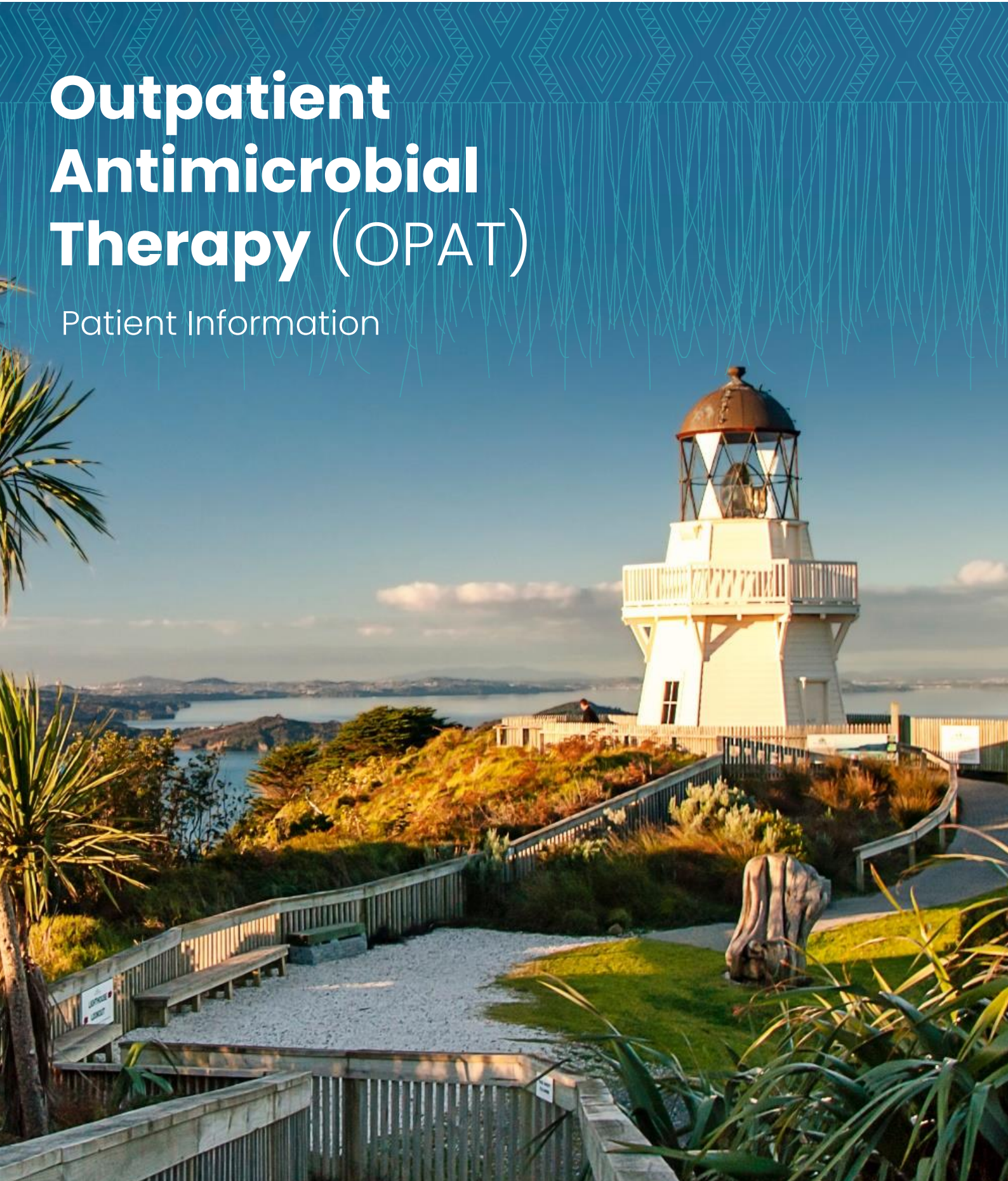


Outpatient Antimicrobial Therapy (OPAT)

Patient Information



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Outpatient Antimicrobial Therapy (OPAT)



The Counties Manukau OPAT service has been at Middlesmore Hospital since 1998. Our service has doctors, nurse specialists, pharmacists, pharmacy technicians and community nurses who help you to receive antibiotic treatment out of the hospital.



Contact Numbers

Emergency

111

Call immediately if you feel:

- Tightness in your throat
- Swelling of your tongue
- Difficulty breathing
- Chest pain/tightening
- Collapse/fainting

OPAT Nurse

021 286 1816 or

(09) 276 0044 ext. 50887 or

Freephone 0800 266 513

Available daily 08:00 AM – 10:00 PM

Call us if you are feeling unwell, have questions about your antibiotics or need additional supplies. Tell us your name and NHI/hospital number.

After 10:00 PM if you need urgent help, or are unwell, go to Middlemore Hospital Emergency Department.

The OPAT nurse will arrange your:

- IV antibiotics & equipment
- District Nurse & Infectious Diseases Team appointments
- blood tests and review results

District Nurse

0800 262 368 or

Mangere/Otara (09) 270 4730

Eastern (09) 270 4758

Manukau (09) 295 1250

Franklin (09) 237 0650

The district nurse will visit you at home or see you at the local clinic to:

- Change your PICC dressing weekly
- Administer your IV antibiotic if you are not able to
- Remove your PICC at the end of your antibiotic treatment

Customer Service

(09) 277 1660

You can send complaints, compliments or feedback to:

- feedbackcentral@middlemore.co.nz
- www.countiesmanukau.health.nz



Peripherally Inserted Central Catheter (PICC)



What is a PICC?

A PICC is a long thin flexible tube (catheter) that is usually inserted in one of the veins in your upper arm. It is designed to reach a large vein near your heart.

Why do I need a PICC?

You need a PICC as part of your treatment plan. The PICC is used to allow yourself, your carer or your nurse to give antibiotics directly into your bloodstream.

Getting a PICC put in does not hurt and you should not feel your PICC once it is in. It stays in place until you have finished your IV antibiotic treatment.

How do I look after my PICC?



Always wash your hands before touching your PICC



Check your PICC site daily for redness, swelling & leaking



Avoid heavy lifting, excessive arm movement, swimming or contact sports



Cover your PICC with plastic & tape or clingwrap before you shower



Never use scissors, pointed or sharp objects around your PICC



Keep your appointment for weekly PICC dressing change

Intravenous (IV) Antibiotics

What are IV antibiotics?

Antibiotics are important medicines prescribed by your doctor and used to treat infections caused by bacteria. IV antibiotics are delivered directly into your bloodstream using a PICC.

Your IV antibiotics can be given to you by bottle (elastomeric infusor), syringe (bolus), or bag (infusion). You must take every dose of your IV antibiotics until the prescribed end date, even if you feel well, so you have the best chance of healing your infection.

We will provide you with your IV antibiotic supplies before you leave the hospital. Our pharmacy will contact you for further IV antibiotic deliveries to your address.

Syringe / Bolus

1

Each dose of your antibiotic is mixed into a large syringe and given slowly over a few minutes and needs to be done 1 – 4 times a day (see instruction sheet). You cannot make the syringes up early; they must be mixed up and given straight away. Each dose takes 20 minutes using the picture guide.

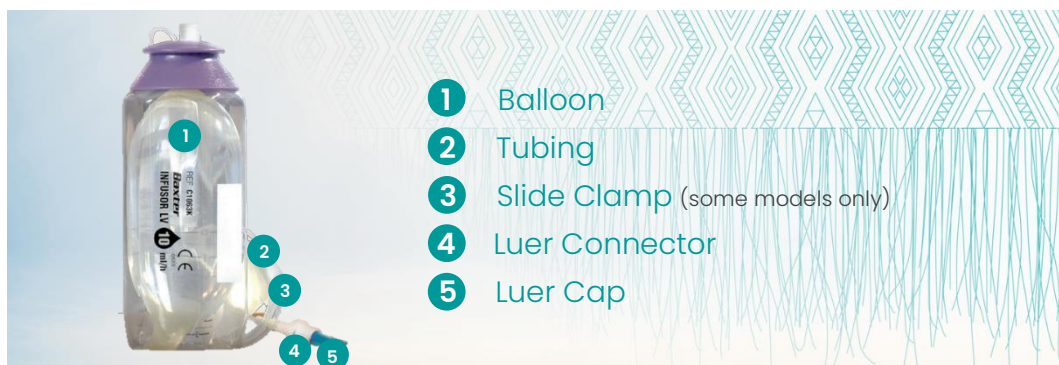
2

Bag / Infusion

Each day, your antibiotics are mixed in a small fluid bag which flows over 30 – 60 minutes. The district nurse will do this for you.

3

Bottle / Elastomeric Infusor



How does the bottle work?

Your bottle is pre-filled with the prescribed antibiotic. The 'balloon' inside the bottle slowly gets smaller to deliver IV antibiotic at a safe and steady rate through the IV tubing and into your PICC. The bottle starts delivering the IV antibiotic immediately once it is connected to your PICC and will continue for 24 hours.

How do I store my bottle?

Your bottle must be kept in the fridge. Keep bottles separate from food.

We will call you before delivering bottles to your address. A copy of the delivery schedule will be provided. You or your family must be at home to sign, receive and put your bottles in the fridge.

How do I use my bottle?

Your bottle must be changed to a new one daily. This can be done by you, your family or the district nurse. Every bottle change takes approximately ten (10) minutes (see instruction sheet).

You must have the PICC slide clamp open and no kinks/twists in the PICC and bottle tubing to allow the bottle work properly.

Can I take a shower with my bottle?

When showering, hang the bottle from the shower head or tap in the mesh bag provided or a plastic bag. The bottle must not be exposed to a direct stream of water. Avoid spending long periods of time in a very warm environment.

How do I carry my bottle?

When doing normal activities, place the bottle in the waist/bum bag provided. It is important to keep the bottle as close as possible to the same height as your PICC connection.

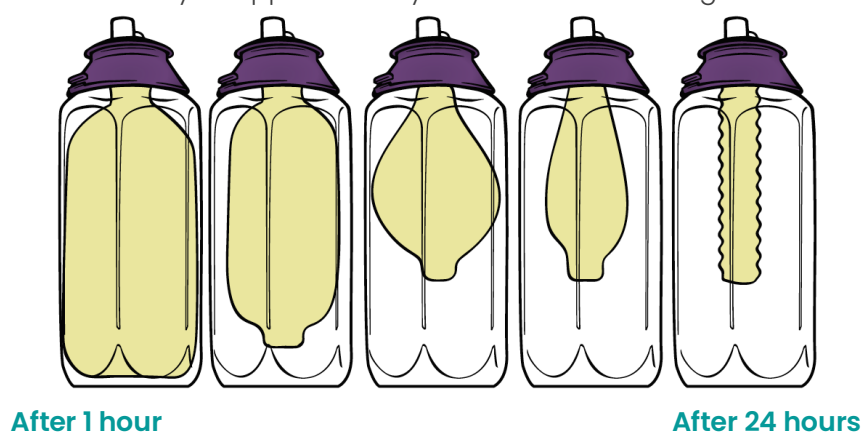
Where should I keep my bottle while sleeping?

When sleeping, place the bottle on the bedside table or on top of the bed covers so it does not get too warm.

How do I monitor the progress of my bottle?

Changes in temperature and height of your bottle can affect the flow rate. Check the progress of your bottle every eight (8) hours during the day. If the 'balloon' size remains unchanged, check tubing for kinks, twists or closed clamp.

The photo below shows you approximately how the balloon will get smaller over time.



After 24hrs, if the balloon looks bigger than a golf ball size, call the OPAT nurse.



Oral Antibiotics

Tablet / Capsule

You may need to take tablet antibiotics as well as your IV antibiotic or after your IV antibiotic course. You will need to take these 1 – 4 times a day (see prescription).

There will be instructions on the packet about how and when to take the tablets.



'Take on an empty stomach' means you do not eat or drink anything 1 hour before or 2 hours after taking your tablet/s



Blood Test

You must have blood tests while on your antibiotics to see how well your infection is responding to the antibiotic treatment and to make sure you are not having any side effects. These tests are free to New Zealand residents.

We will give you a blood test form or send an electronic request to your local laboratory. We will talk with you about how often you need to do these tests until your prescribed end date.



To find a blood test collection centre near you:

- visit www.labtests.co.nz
- scan QR code
- call (09) 574 7399



Infectious Diseases Appointment

If the Infectious Diseases doctors need to see you in clinic or follow-up via phone call, we will give you an appointment letter before you go home or send you one in the mail or email.



Frequently Asked Questions

What side effects might I notice?

Call the OPAT Nurse **021 286 1816** if you have the following:

- skin rash, itching or swelling
- fever (feeling hot or cold, body shakes)
- nausea or vomiting
- diarrhea, stomach upset
- muscle or joint pains
- yellow skin or eyes
- dark urine, pale bowel motions
- small white sores in the mouth
- furry tongue (oral thrush)
- loss of appetite

What should I do if I have concerns about my PICC?

Call the OPAT Nurse **021 286 1816** if you notice the following:

- itching, redness, warmth, pain, or sudden swelling on your PICC arm
- leaking or bleeding under the PICC dressing that does not stop after pressing firmly for 10 minutes
- PICC looks longer (PICC may have been pulled out of your arm)
- Sound of water in your ear
- Shoulder, chest or neck swelling, redness or pain
- PICC dressing is lifting or peeling
- Blood in the PICC and injection port
- PICC breaks → close the clamp above the break

When might I be asked to return to Middlemore Hospital?

You may need to come to hospital to see us if:

- You are very unwell
- Your blood tests results are not right
- Your IV antibiotic needs to be changed
- You need help with your PICC
- You are not safe to continue with IV antibiotics at home

How do I dispose of equipment and antibiotics?

All used equipment and antibiotic bottles can be disposed of along with other household rubbish. Take unused, expired or unwanted tablet antibiotics to your local pharmacy for safe disposal.

Can I travel out of Auckland while on treatment?

You need to stay in Auckland until the end of your IV antibiotic course. If you need to go away, call the OPAT Nurse **021 286 1816** so we can make a safe plan.

What if I am not managing well with IV antibiotics at home?

Call the OPAT Nurse **021 286 1816** if you do not feel safe having IV antibiotics at home.



My Discharge Checklist

- ☐ I know who and how to ring/contact for help once I am out of hospital
- ☐ I understand what my PICC is and how to care for it
- ☐ I understand my antibiotic/treatment plan
- ☐ I have my OPAT folder, bag/box of antibiotics/infusors and box of supplies



My OPAT Plan

I need IV antibiotic/s for my infection

I plan to finish my IV antibiotic/s on

My IV antibiotic is called

I have my antibiotic/s by

Bottle/infusor

over 24 hours, daily

Syringe/bolus

1 2 3 4 times daily

Bag/infusion

Over 30 60 mins; daily

Tablets/capsules

1 2 3 4 times daily

My antibiotic/s is given by

me

my carer/family

district nurse

other:

I have my blood test every

M

T

W

Th

F

Sat

I have my blood test at my

local laboratory

home

other:

The district nurse will visit me at home

daily for antibiotics

weekly for PICC dressing change

My Infectious Diseases doctor appointment is on

- ☐ Be at home for antibiotic courier
- ☐ Keep antibiotic bottles/infusors in fridge
- ☐ Call the OPAT Nurse 021 286 1816 if you change your address/phone number
- ☐ Call the OPAT Nurse 021 286 1816 if you don't feel well, have questions/concerns
- ☐ Do not drink alcohol until the end of your antibiotic treatment as this stops the antibiotics from working well.

