



# Chemotherapy Immunotherapy Targeted Therapy Class

Presented by Infusion Nurses



# Welcome...

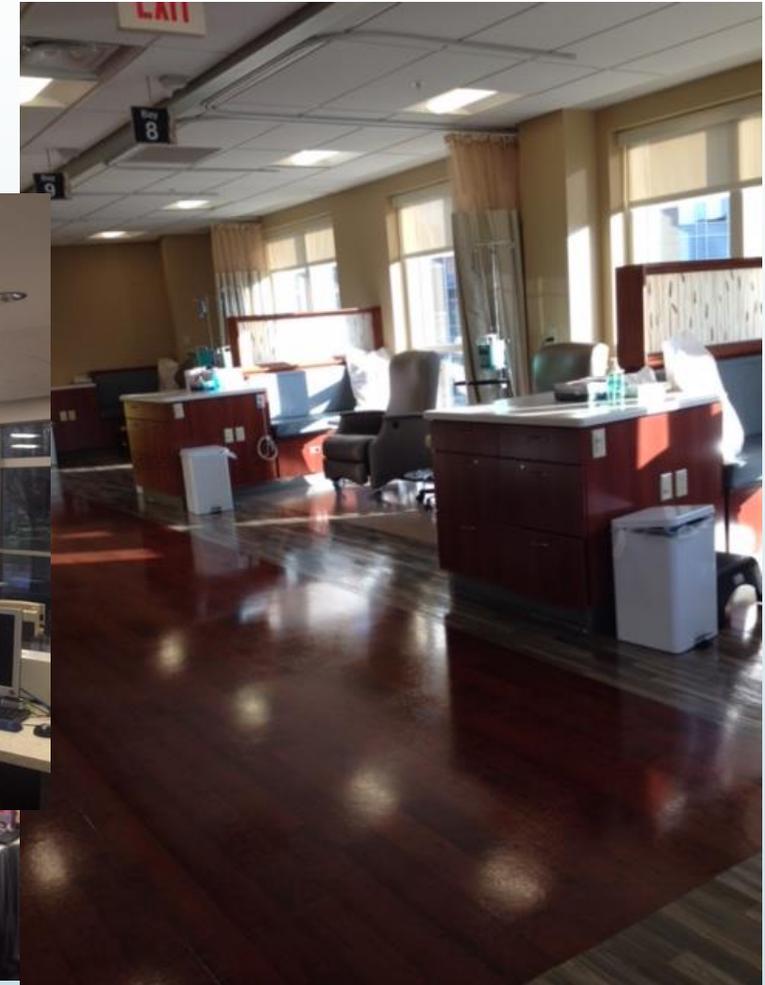
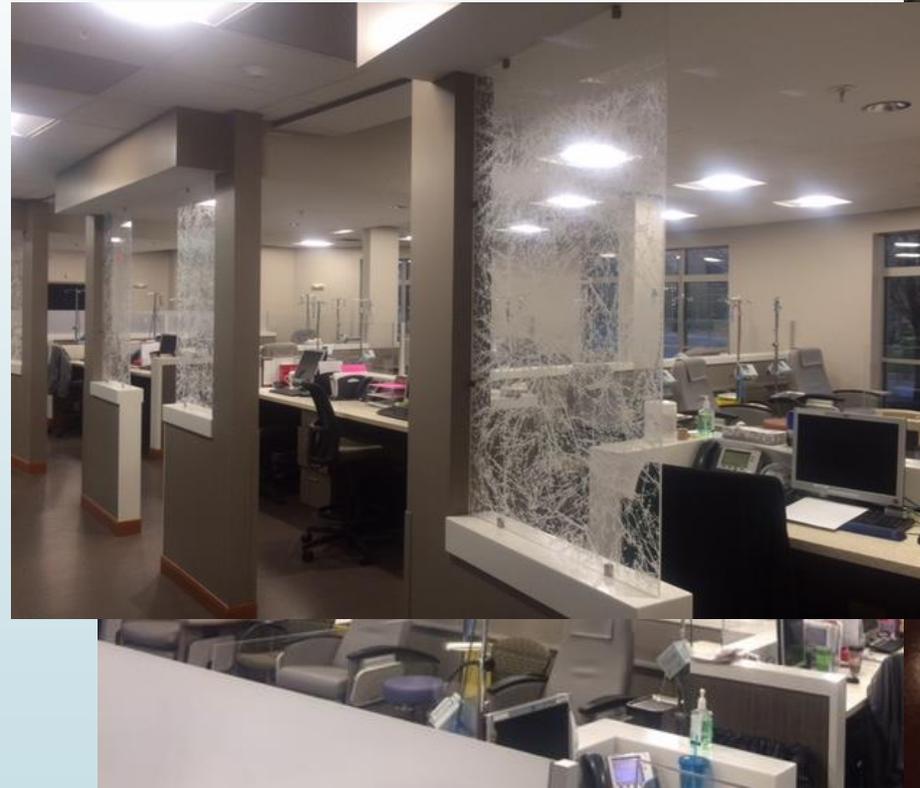
- ▶ Welcome and thank you for choosing Dayton Physicians Network
- ▶ Chemotherapy and Biotherapy is experienced differently, both physically and emotionally, by each patient.
- ▶ Management of side effects related to chemotherapy/biotherapy has improved over the years.
- ▶ Chemotherapy is an individual experience and we are here to support you and your loved ones every step of the way with the best care possible, the most considerate staff and most importantly – with hope.



# What to expect the day of treatment

- Bring a support person with you for your first treatment
- Eat before you come into the office
- Take all of your regular medications unless otherwise instructed
- Dress comfortably
- Bring a book to read, a tablet/cell phone, or maybe you will take a nap
- Pack a snack – especially if you are diabetic
- Pain Medication

# Treatment Rooms



A dark blue arrow points to the right from the left edge of the slide. Below it, several thin, curved lines in shades of blue and grey sweep across the left side of the slide.

# Understanding Your Blood Counts

- ▶ White Blood Cells – fight off infections
  - ▶ Red Blood Cells – carry the oxygen thru your blood/help you with energy
  - ▶ Platelets – clot your blood/stop you from bleeding
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- ▶ It is important that you check your temperature when feeling warm or ill
  - ▶ If you begin running a fever of 99.5 F or greater you need to call the office
  - ▶ Number to call 937-293-1622
  - ▶ Resource -"Quick Tips"



# Nausea/Vomiting

- ▶ You will receive anti-nausea medication before your treatment is started
- ▶ If you have medication to take only when you need it, take it at the first sign of nausea. Rest and wait for the medicine to take effect.
- ▶ Peppermint and lemon drops help
- ▶ Ginger may as well – for example: ginger ale, ginger tea or snaps
- ▶ Don't skip meals. Nausea is more likely to occur on an empty stomach.
- ▶ Cold foods may be more appealing than hot ones, since they have fewer smells associated with them.
- ▶ Take your anti-nausea medication as soon as you feel sick to your stomach!!!
- ▶ If the medication does not help please call the office- 937-293-1622
- ▶ Drink plenty of fluids



# Nutrition

- ▶ It is good to maintain your weight throughout your treatment
- ▶ Healthy, balanced diet
- ▶ One may need to eat smaller more frequent meals rather than three large meals per day
- ▶ Drink small amounts of fluid frequently. Drink at least 10 cups per day to prevent dehydration
- ▶ May use Ensure, Boost, Carnation Instant Breakfast – but this does not substitute for a meal
- ▶ Need to get your protein in order to help your body get through treatment
- ▶ Proper nutrition is important for healing and sustainability
- ▶ There are nutritionists/dieticians we can refer you to see



# Mouth Care

- ▶ Rinse your mouth after meals and at bedtime with a salt and soda solution. Mix 1 tsp of salt and 1 Tbsp. baking soda in a quart jar of water. Replace mixture once a week.
  - ▶ Swish, gargle, spit back out – four times per day
  - ▶ After each meal and at bedtime
- ▶ Brush your teeth at least twice a day and inspect your mouth daily
- ▶ Many mouthwashes contain alcohol which is drying and irritating to sensitive tissues in your mouth.
- ▶ If you wear dentures, remove them at night to give your gums a rest.
- ▶ You may have gentle teeth cleanings by your dentist. If you require a procedure, please check with your provider first



# Hair Loss

- ▶ Hair loss is dependent upon which medication you will be taking
- ▶ Some people see thinning of hair and not complete hair loss
- ▶ Hair usually begins to come out 7 to 10 days after one begins treatment
  - ▶ May lose eyebrows, eyelashes, nasal hair
  - ▶ Men don't shave their face as often
  - ▶ Women do not need to shave their legs as often, either
- ▶ Expressions of Hope – Good Samaritan North 898-1566  
Miami Valley South 438-7355
- ▶ Becca's – 937-298-9222
- ▶ Oncolotech – 937-434-3378
- ▶ American Cancer Society – will receive a free wig
- ▶ Sweeny Todd Salon-provides free wigs from ACS 937 339-8633



# Fatigue

- ▶ Treatment can cause feelings of weakness, energy depletion, exhaustion and/or lack of motivation to carry on.
- ▶ Conserve energy. Rest when you are tired. Listen to your body. Do the things you want to do when your energy is at its highest level.
- ▶ Take a nap each day if you feel you need to-usually for 30 to 60 min. Try to maintain a normal night sleep schedule.
- ▶ Keep your lifestyle the same as much as you can
- ▶ Each day, do one thing that you enjoy
- ▶ Accepting help during times of fatigue may be needed. Family and friends want to help and often need direction from you about how to help: childcare, housework, yard work, errands, driving, etc.
- ▶ Please let your oncologist know if you are having difficulty coping with fatigue



# Diarrhea

- ▶ Some treatments can Cause Diarrhea
- ▶ **FLUID INTAKE:** It is important to replace lost body fluids. Drink 3 quarts of fluids daily from the following: Gatorade, tea, juices, bouillon or gelatin. All these fluids are high in potassium which is lost when you have diarrhea. Drinking liquids will not make diarrhea worse.
- ▶ **DIETARY CHANGES:** Eat a LOW RESIDUE, BLAND diet that includes: Noodles, custard, cottage cheese, rice; toast; mild cooked vegetables. Have frequent, small meals. If diarrhea is severe, restrict your intake to fluids only.
- ▶ **REPORT TO DOCTOR:** More than 4 loose stools per day, diarrhea accompanied by fever; diarrhea accompanied by abdominal pain; diarrhea accompanied by dizziness or blood. When you call for help, be prepared to tell the nurse the number, amount and appearance of the bowel movements. Call 937-293-1622 with any concerns
- ▶ **MEDICATIONS:** Some drugs are associated with diarrhea that has to be treated immediately. Please call 937-293-1622 for recommendations
- ▶ **RECTAL CARE:** Cleanse the area gently after each bowel movement with mild soap, warm water and PAT DRY, do not wipe. Apply A & D ointment, Desitin or other soothing, healing cream



# Constipation

- ▶ Many aspects of cancer care can contribute to constipation including medications, decreased food and fluid intake, depression and decreased activity levels.
- ▶ You can help prevent constipation by following these recommendations:
  - ▶ **FLUID INTAKE:** Drink 8-12 cups of liquid daily. Include fresh fruit juices and hot liquids upon arising.
  - ▶ **DIETARY CHANGES:** Include high fiber foods every day in your diet. Use whole grains rather than refined grains; add bran, fresh fruits, raw vegetables and prunes to your diet.
  - ▶ **EXERCISE:** Include physical activity in your daily routine.
  - ▶ **LAXATIVES:** If you do not have a bowel movement in 2 days, call office. Miralax is often recommended
  - ▶ If you do not have results from the laxative, Call us at 937-293-1622



# Hygiene during treatment

- ▶ Hand washing
- ▶ Showering-avoid alcohol based lotion
- ▶ Please report and inspect any new changes/pains or breaks of your skin
- ▶ **KEEP YOUR BODY CLEAN:** Bathe at least every other daily, wash hands before eating or preparing food, and after using the bathroom. Keep nails clean, clipped short and straight across. Perform mouth care daily. Keep lips moist with lubricant. Clean carefully after bowel movements. ***Ladies, always wipe from front to back.***



# Safe Handling for family members

- ▶ If the person going thru treatment happens to get sick, vomits, and someone else needs to clean-up, please wear disposable gloves
  - ▶ Clean your hands well after
  - ▶ Throw the gloves away
- ▶ Keep oral chemotherapy away from children. It needs to be stored away from other family medications.
- ▶ **DISPOSAL OF HAZARDOUS DRUGS**  
If you are discontinued from oral chemotherapy, please bring the unused medications back to your Oncologist's office for proper disposal or drug recycle program. Do not flush medications down the toilet.
- ▶ **BODY WASTE**  
You may use the toilet (septic tank or sewer) as usual. Flush with the lid closed for 48 hours after receiving chemotherapy. Wash your hands with soap and water afterwards and wash your skin if urine or stool gets on it. Pregnant women should avoid direct contact with chemotherapy or contaminated waste.
- ▶ **LAUNDRY**  
Wash your clothing or linen normally unless they become soiled with chemotherapy. If that happens, put on gloves and handle the laundry carefully to avoid getting drug on your hands. Immediately place the contaminated items in the washer and wash as usual.
- ▶ **EYE CARE**  
If any chemotherapy splashes into your eyes, flush them with water for 10 minutes and notify your doctor



# Traveling

- ▶ Please let your Oncologist know if you plan on taking a trip – especially if it requires that you get on a plane
- ▶ However, because some chemotherapy requires special storage (such as refrigeration), you may need to make special arrangements, check with your nurse, doctor or medicine supplier for further instructions.
- ▶ Regardless of your means of travel (airplane, car or other) always seal your chemotherapy drugs in a plastic bag.
- ▶ It is important to keep your Office Visits and Treatments, if needing to make changes let your provider or Nurse
- ▶ Plan ahead for a vacation by allowing us to make copies of your recent visit notes & medications to take with you in case of an unexpected emergency



# Frequently asked Questions

- ▶ **Can I be around my pets?** Yes, Please have another family member clean up after a cat and/or dog. Be cautious that they do not scratch or bite you due to risk of infection.
- ▶ **Is it safe for family members to have contact with me during my chemotherapy?**  
Yes. Eating together, enjoying favorite activities, hugging and kissing are all safe.
- ▶ **Is it safe for my family to use the same toilet as I do?**  
Yes, sharing is safe. Close the lid and flush after each use.
- ▶ **What should I do if I do not have control of my bladder or bowels?**  
Use a disposable, plastic backed pad, diaper or sheet to absorb urine or stool. Change immediately when soiled, and wash skin with mild soap and water. If you have an ostomy, your caregiver should wear gloves when emptying or changing the bags. Discard disposable ostomy supplies in the chemotherapy waste container.
- ▶ **What if I use a bedpan, urinal or commode?**  
Your caregiver should wear gloves when emptying body wastes. Rinse the container with water after each use and wash it with soap and water at least once a day.
- ▶ **Is it safe to be sexually active during my treatment?**  
Ask your doctor or your nurse this question. It is possible that traces of chemotherapy may be present in vaginal fluid and semen for up to 48 hours after treatment. The most conservative recommendation is to use barrier protection during sexual activity for 48 hours post-treatment. Special precautions may be necessary.



# Office Visits

- ▶ Throughout your care you will see your providers often.
- ▶ It is important for you to keep your appointments to avoid treatment delay, manage your care, and ensure your needs are met
- ▶ Comprehensive Care Visit-A type of visit to discuss your financial, emotional and treatment needs. This visit will be with a Advanced Practice Provider that is experienced in oncology.
- ▶ Triage Nurses are available throughout the weekdays, call 937-293-1622 8-4:30pm
- ▶ Weekend After Hours are available also, call 937-293-1622 starting at 10 am



# Financial Concerns/Forms/Chart Access

- ▶ There are financial counselors available to you at each of our locations
  - ▶ They are available to assist you with co-pays, getting prescriptions covered, understanding your benefits, to name a few
- ▶ Family Medical Leave Act
- ▶ Advance Directives-Please bring copies to our office and have them scanned into our chart-thanks!
  - ▶ Living Will
  - ▶ HCPOA
  - ▶ Would you like a brochure?
- ▶ Medical Disability forms
- ▶ Patient Portal is available for you to access your chart from home



# Take care of yourself

- ▶ Support groups
- ▶ Read books and/or articles that are inspiring to you
- ▶ Write in a journal
- ▶ Paint
- ▶ Go for a walk
- ▶ Humor is always good medicine



# Caregivers-please take care of yourself too!

- ▶ It's ok to take time for yourself...
  - ▶ Exercise
  - ▶ Read a book
  - ▶ Go shopping or see a funny movie
  - ▶ Play a round of golf
  - ▶ Have lunch with a friend
  - ▶ Surround yourself with supportive friends/family



# What Cancer Cannot Do

- Cancer is so limited...
- It cannot cripple love,
- It cannot shatter hope,
- It cannot corrode faith,
- It cannot eat away peace,
- It cannot destroy confidence,
- It cannot kill friendship,
- It cannot shut out memories,
- It cannot silence courage,
- It cannot invade the soul,
- It cannot reduce eternal life,
- It cannot quench the spirit,
- It cannot lessen the power of God.



# Individual Discussion

- ▶ We will now meet individually to discuss your treatment and other special needs you may have.
- ▶ Please make a list of questions if needing to discuss anything further on your day of treatment.
- ▶ You may bring your prescribed medications with you to review with your infusion nurse the first day of treatment or your next office visit if you have questions.
- ▶ Thank you for joining us today! It is our pleasure to be a part of your Care Team.