

VUMC SCT Patient and Caregiver Guide During COVID-19 Outbreak

Updated April 9, 2020

This document is for both our stem cell transplant patients and their caregivers to provide guidance for precautions during the COVID-19 pandemic.

Caregiver Role

- Establish primary caregiver, along with back-up caregivers in case of illness or emergency.
- Ensure local lodging is kept clean
 - Includes cleaning/sanitizing any supplies brought into local lodging
 - Taking extra time to sanitize highly used items in lodging: bathrooms, counters, remotes
- Serve as or arrange transportation to the outpatient clinic for appointments.
- Ensure patient is appropriately wearing mask when not in local lodging or in clinic room.
- Always advise your patient to stay at home. Prevent them from going out for food and medicine. Ask a friend, neighbor or family member to bring your supplies when possible.

What is Social Distancing? (per CDC guidelines)

- Maintaining a distance of at least 6 feet (2 meters) from others
- Avoiding crowded places
 - Do not attend gatherings. Including gatherings of friends/family in private spaces: family homes, weddings, religious services.
 - Do not host gatherings in your lodging area.
 - Do not leave lodging unless attending appointments in outpatient SCT unit for patient or having to obtain supplies.
- Using non-contact delivery services as much as possible
 - For grocery delivery service in Nashville, our Social Work team can assist you in reaching out to Nashville based resources. COVIDHelpNashville@gmail.com (615) 447-8260.
 - CVS is waiving home delivery fees for prescription medications
 - Walgreens is waiving delivery fees for all eligible prescription meds and free delivery for any purchase on Walgreens.com
 - If picking up prescriptions from inhouse pharmacy, patient should wait in outpatient SCT unit room, car or lodging.
- Strictly avoid contact with someone displaying symptoms of coronavirus (COVID 19).
 - Symptoms include: new cough, high temperature
- Use telephone/online resources to contact your healthcare provider or other services as able.

How to maintain Social Distancing in local lodging?

- Work to maintain approximately 6 feet away from one another in shared spaces and minimize time together in shared spaces: kitchens, bathrooms
- If possible, sleep in separate beds and use separate bathrooms.
 - Ensure each person is using separate towels for both showering and hand washing
 - If must share spaces, ensure bathroom surfaces are cleaned after each use.

- Ensure both patient and caregiver regularly wash hands, avoiding touching his/her face, and clean frequently touched surfaces and items

Importance of Hand and Respiratory Hygiene

- Wash hands for 20 seconds with soap and water. Do this after you blow your nose, sneeze or cough, and after you eat or handle food
- Use hand sanitizer with at least 60% alcohol solution
- <https://www.youtube.com/watch?v=avib0F7-f98&feature=youtu.be>
- Cover your cough or sneeze with a tissue, then throw the tissue away
- Clean and disinfect frequently touched objects and surfaces in the home

What steps can you take to stay connected with family and friends while Social Distancing?

- Use phone or online methods (FaceTime, Skype, etc.) to stay in touch with family and friends during this time.
- Important for mental well being to remain connected to loved ones.

How do I report if I have symptoms?

- Most common symptoms of COVID-19:
 - New onset cough
 - Fever
 - New onset shortness of breath
- For patients call to alert the SCT program to report new symptoms and get instructions about next steps.
 - VUMC: (615) 936-8422
 - Pediatrics: 615-936-6989
- For caregivers that develop any of the symptoms above:
 - CALL:
 - VUMC Adult : Call VUMC Hotline **888-312-0847** to be assessed via phone if testing/screening needed.
 - Pediatrics: 615-936-6989
 - Wear a mask until receiving further instructions.
 - Call back up caregiver and alert SCT program by calling:
 - VUMC: (615) 936-8422
 - Pediatrics: 615-936-6989

Online Resources

- [CDC Coronavirus Information: https://www.cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
- VUMC COVID Information Page: <https://www.vumc.org/coronavirus/information-vumc-employees-and-patients>