

## Self-Care Activities: BMT and Hem/Onc Patients

We find that patients who actively participate in their care have a better hospital experience. Here is the list of activities we expect you to do while you are a patient on our unit:

- Showering or bathing daily with chlorhexidine soap as part of the transplant protocol to prevent infection. Your nurse or tech can help you cover your central line dressing with plastic wrap and tape before showering.
  - Do not use bar soap, use liquid soap only.
  - Do not use a loofah, use a new washcloth each day.
- Eating and drinking adequate amounts each day to maintain healthy nutrition and telling us what your intake is (food & fluid).
- Performing mouth care at least 4 times a day: brushing with a soft toothbrush and rinsing with salt and soda solution.
- Saving and recording all of your urine during your admission. We will show you how to do that and how to record it yourself.
- Saving your first bowel movement upon admission or telling us if the consistency changes (becomes loose/liquid).
- Applying creams to your skin as directed.
- Using your incentive spirometer (for breathing exercises) as directed, 10 times per hour.
- Walking in the halls at least 3 times a day for 10 minutes, or more if tolerated. Ask your nurse or tech if you need to wear a mask when walking in the halls.
- Using SCDs (leg compression devices to prevent blood clots) when you are in bed or up in the chair.

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