

# Welcome to 7 West

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Dear future patients and families,

**Welcome to 7 West!** We are so excited to meet you and get to know you during your transplant hospital stay. We would like to share some information with you about what to expect while you're in the hospital. We're honored by your dedication to your health and wellbeing by coming to us for your transplant, and we are humbled to be a part of your journey.

## **What will a “typical” hospital stay look like?**

### **Checking into the hospital**

- Your day of admission will include a lot of education and review, a tour of the unit, swabs, stool (poop) sample collection, and more.
- Typically, within hours of your admission, you will be connected to IV fluids. This will be the start of your relationship with your new friend – the IV pole! Name it, decorate it, get comfortable with it - it will be with you throughout much of your hospital stay. We do not disconnect the IV for showers, walks, or other many reasons. Many times, you will be receiving continuous infusions that are necessary for your overall healing and recovery.

### **Support and partnership with you and your caregiver**

- We encourage you to invite your caregiver to stay and partner with us on the education review during admission and over the first couple days. It's useful to have another person there to listen, absorb, and process the information.
- The better we can partner with you and your support system, the smoother your experience can be. We recommend that you and your

caregiver set up a routine of hospital visits so they're regularly present for your care. We also encourage open communication between you, your caregiver, and your team of healthcare providers to review and practice the skills you'll need for successful care once you leave the hospital.

### **Getting your medications**

Most of your medications are given twice a day. We may not give you medications at the same exact time each day. We'll make sure to give you your medications within an appropriate window of time.

### **Handling the busy hospital setting**

- Long hospital stays come with lots of interruptions, frequent visitors, and many different things happening that can overload your senses. We know that this may affect your rest and stress levels - we like to say that you will be well cared for while you're in the hospital, and that you will sleep when you get home!
- You can expect hourly rounds, taking your vital signs every 4 hours, assessments from your nurse each shift, chemotherapy and medication, and other check-ins needed for your treatments and interventions.
- Your night shift nurses will come in to draw your morning labs and check your vital signs between 3:00 AM - 5:00 AM.
- If you are receiving a CAR T-cell treatment, your care will include "neuro checks" up to every 2 hours. Neuro checks include checking your eye pupils, level of alertness, strength, and mobility (movement).

### **Keeping you safe and healthy in the hospital**

- Early in your admission, there will be lots of review of what to expect, education, risks, and safety precautions (actions you can take to reduce or prevent risks). This includes bleeding precautions, fall precautions, and infection risks.

- Our main goal is to make sure you're safe and healthy, so that your stay is as short as possible and you have the least number of complications (issues) during your treatment. This works best when you and your caregiver partner with us in your care and agree to walk, drink, eat, shower, and brush your teeth each day. These may seem like basic life skills, but they have a huge effect on your overall health and wellbeing.
- You may have heard people talk about the time after your conditioning chemotherapy and transplant as "the dog days." Those "dog days" are often much harder than what patients expect. Typically, patients are very independent and able to complete daily activities on their own when they start their hospital stay. During your 2-5 week stay with us, it is normal that you'll need help with care that you used to do on your own, including taking showers, walking the halls, safely getting to the bathroom, etc.
- If your treatment involves receiving cells that aren't your own, there is the risk that you may develop graft-versus-host disease (GVHD) in the hospital. We have many resources and medications to manage your symptoms and support you through the challenges.

### **Making you feel comfortable during your stay**

We invite you to bring in some items from home, since you will be with us for a long period of time. Having some inspiration - photos of your loved ones, things that remind you of home, or things that just make you feel cozy - are often encouraging and good for your wellbeing. However, based on safety guidelines and hospital policies, you are not allowed to bring these items:

- Small appliances (like coffee makers or blenders)
- Egg crate mattress pads
- Sharp objects
- Vape pens, e-cigarettes, or other items containing THC

We look forward to meeting you and partnering in your care!

- Your 7W nursing team and BMT medical team

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