

中性粒细胞减少症和 中性粒细胞减少预防措施

Neutropenia and Neutropenic Precautions (Chinese)

什么是中性粒细胞减少症？ What is neutropenia?

中性粒细胞减少症 (noo-troh-PEE-nee-uh) 是一种血液中中性粒细胞数量过低的情况。

中性粒细胞 是一种特殊类型的白细胞，对于抵抗感染非常重要，因此中性粒细胞减少症会使您面临严重感染的风险。压力、营养不良和睡眠不足也会削弱您的免疫系统，使感染的可能性增加。

Neutropenia (noo-troh-PEE-nee-uh) is a condition where you have a low number of neutrophils in your blood. **Neutrophils** are a special type of white blood cell that are important for fighting infections, so neutropenia can put you at risk for serious infections. Stress, poor nutrition, and not getting enough sleep can also weaken your immune system, making infection more likely.

我们将检查您的血液以确定是否有中性粒细胞减少症。我们通过使用 **ANC（绝对中性粒细胞计数）** 来测量您血液中的中性粒细胞数量，该数据在您的 **CBC（完全血细胞计数）** 中报告。当您的 ANC 低于 1 时，我们会要求您遵循**中性粒细胞减少预防措施**（本手册中列出的可以帮助减少感染风险的说明）。

We will check your blood for neutropenia. We measure the number of neutrophils in your blood by using the **ANC (absolute neutrophil count)** reported on your **CBC (complete blood count)**. We will ask you to follow

neutropenic precautions (the instructions listed in this handout that can help reduce your risk of infection) when your ANC is less than 1.

什么是感染？ What is an infection?

感染是病菌在体内的入侵和生长，例如细菌、病毒、酵母或其他真菌。感染可以在您身体的任何地方开始，并可能扩散到全身。

An **infection** is the invasion and growth of germs in the body, such as bacteria, viruses, yeast, or other fungi. An infection can start anywhere in your body and may spread throughout your body.

癌症治疗期间的感染可能危及生命，需要紧急医疗关注。在服用任何未由医生开处方的新药物之前，请咨询您的医生或护士——即使是阿司匹林、对乙酰氨基酚（如泰诺®）或布洛芬（如阿德维尔®）。这些药物可以退烧，但也可能掩盖或隐藏更严重问题的迹象，例如感染。

Infections during cancer treatment can be life-threatening, and they need urgent medical attention. Ask your doctor or nurse before taking any new medications that are not prescribed by your doctor - even aspirin, acetaminophen (such as Tylenol®), or ibuprofen (such as Advil®). These medications can lower a fever, but they may also mask or hide signs of a more serious problem like infection.

我应该采取什么预防措施来防止感染？

What precautions should I take to prevent infection?

- 勤洗手。使用肥皂和温水洗手，特别是在吃东西之前和触摸脸部之前。让您周围的人也好洗手。

Wash your hands often and well. Use soap and warm water to wash your hands, especially before eating and before touching your face. Have people around you wash their hands well too.



- 每天使用肥皂和水淋浴。如果您有中心静脉导管，请保持周围区域干净干燥。

Shower daily using soap and water. If you have a central line, keep the area around it clean and dry.

- 使用软毛牙刷认真刷牙，并每天检查口腔是否有溃疡或其他感染迹象。

Brush your teeth well using a soft-bristled toothbrush, and check your mouth for sores or other signs of an infection every day.

- 如果您有擦伤或割伤，请用肥皂和水彻底清洗。

If you get a scrape or cut, clean it well with soap and water.

- 尽量避免细菌。远离人群和生病或感冒的人。不要分享餐具、杯子或毛巾。按指示佩戴口罩。 Avoid germs as much as possible. Stay away from crowds and people who are sick or have a cold. Do not share eating utensils, cups, or towels. Wear a mask as directed.

- 避免接种活疫苗（使用减弱形式的病原体的疫苗，如水痘、脊髓灰质炎或麻疹疫苗）。也要避免接触刚接种过活疫苗的人。如有关于疫苗的问题，请致电您的诊所。 Avoid getting live vaccines (vaccines that use a weakened form of the germ that causes the disease, like chicken pox, polio, or measles vaccines). Also avoid being around people who have just had a live vaccine. Please call your clinic with questions about vaccines.

- 遵循食品安全指南。确保您吃的肉、鱼和鸡蛋完全煮熟。在准备烹饪之前，将食物保持在冰箱中。尽快将剩余食物放入冰箱，并在1-2天内食用。将所有生水果和蔬菜清洗干净。避免吃共享食物，如聚餐和自助餐。



Follow food safety guidelines. Make sure the meat, fish, and eggs you eat are cooked completely. Keep foods refrigerated until you're ready to cook them. Refrigerate leftover food as soon as possible and eat within 1-2 days. Wash all raw fruits and vegetables very well. Avoid eating shared foods, such as potlucks and buffets.

- 避免在有松散泥土的地方活动，如建筑工地附近或在园艺、割草或耙落叶时。

Avoid areas where there is loose dirt, such as around construction sites or during gardening, mowing grass, or raking leaves.

- 避免与其他人发生性行为。也要避免亲吻任何有口腔溃疡或生病的人。

Avoid sexual activity with other people. Also avoid kissing anyone who has any mouth sores or anyone who is sick.

- 不要将任何东西放入您的直肠或阴道（如卫生棉条、性玩具、栓剂、冲洗液等）。

Do not put anything into your rectum or vagina (such as tampons, sex toys, suppositories, douches, etc.).

- 如果您的屁股疼痛或出血，请告知您的医生或护士，因为这可能会增加感染的风险。Let your doctor or nurse know if your butt is sore or bleeding, as this could increase your risk of infection.

- 避免接触动物粪便（大便）、笼子和猫砂箱。避免处理生的宠物食品。请勿处理爬行动物。在您处于中性粒细胞减少状态时，请让家人或照顾者帮助您完成这些任务。Avoid contact with animal feces (poop), cages, litter boxes. Avoid

handling raw pet food. Do not handle reptiles. Ask a family member or caregiver to help you with these tasks while you are neutropenic.

- 您的医生可能会开一些药物（如抗病毒药物、抗真菌药物和抗生素）来帮助预防感染。他们也可能开一些称为生长因子的药物，以增加您的白细胞数量。按处方服用您的药物。 Your doctor may prescribe medications (such as antiviral, antifungal, and antibiotic medications) to help prevent infection. They may also prescribe medications called growth factors to increase your number of white blood cells. Take your medications as prescribed.

感染的迹象是什么？ What are signs of infection?

如果您有任何这些感染迹象，请拨打诊所电话 (734) 647-8902：

Call the clinic at (734) 647-8902 if you have any of these signs of infection:

- 体温超过100.4华氏度 Fever greater than 100.4 degrees Fahrenheit
- 寒战、出汗或颤抖 Chills, sweats, or shakes
- 异常疲劳、感觉不适或困惑

Unusual fatigue, feeling unwell, or confusion

- 咳嗽变化或新咳嗽 Change in your cough or a new cough
- 呼吸急促 Shortness of breath
- 流鼻涕、打喷嚏或鼻塞（鼻子堵塞）

Runny nose, sniffles, or congestion (stuffy nose)

- 耳痛、头痛、鼻窦痛或脖子僵硬或疼痛

Ear pain, headache, sinus pain, or a stiff or sore neck

- 喉咙痛、口腔疼痛、口腔或舌头上有白色涂层，或吞咽疼痛

Sore throat, mouth pain, a white coating in your mouth or on your tongue, or painful swallowing

- 恶心、呕吐或腹泻 Nausea, vomiting, or diarrhea

- 新的腹痛或加重的腹痛 New belly pain or belly pain that gets worse

- 靠近中心静脉导管插入部位的皮疹、发红或肿胀

Skin rash, redness, or swelling near your central line site

- 关节疼痛、肿胀或发红 Joint pain, swelling, or redness

- 排尿时疼痛（小便时疼痛）或排便时疼痛

Pain with urination (pain when you pee) or bowel movements

- 尿液中带血或浑浊

Urine that is bloody or cloudy

什么是中性粒细胞减少性发热？ What is a neutropenic fever?

当一个人发烧超过100.4华氏度并且中性粒细胞计数低时，就会出现这种情况。

This is when a person develops a fever greater than 100.4 degrees Fahrenheit when they have a low neutrophil count.

如果我认为我有发烧或感染的迹象，我该怎么办？

What do I do if I think I have a fever or signs of an infection?

立即拨打诊所或值班医生的电话 (734) 647-8902。找出您当地急诊室的位置，因为他们可能会要求您去那里就医。

Immediately call the clinic or on-call doctor at (734) 647-8902. Find out where

your local emergency department is, as they will likely ask you to go there to get care.

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如果您对此文件、您的情况或治疗方案有任何疑问，请与您的医疗保健提供者商谈。

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作者：Jaclyn Jirasek, BSN, RN, OCN, BMTCN, Nicole Kowalkowski, BSN, RN, OCN 和 Michelle Myers, BSN, RN

编辑：Brittany Batell, MPH MSW

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Authors: Jaclyn Jirasek, BSN, RN, OCN, BMTCN, Nicole Kowalkowski, BSN, RN, OCN and Michelle Myers, BSN, RN

Edited by: Brittany Batell, MPH MSW

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