

# Central line care

---

Partnering to keep your child safe



**Children's**<sup>SM</sup>  
Healthcare of Atlanta





# Contents

---

- What is a central line?
- What is a CLABSI?
- Preventing a CLABSI:

**Hygiene**

**Keeping a  
clean room**

**Protecting  
the line**

**Keeping the  
dressing secure**

# Your child's central line



## What is a central line?

**A central line is a special type of I.V. (intravenous) line.**



It is:

- Placed in the arm, leg, scalp, neck or chest. The end of the line lies near the heart in one of the body's large veins.
- Used to give fluids, blood products and medicines.

There are many types of central lines. Some include:

- Non-tunneled, non-cuffed, low-flow (PICC)
- Tunneled, non-cuffed, low-flow (CVL)
- Tunneled, cuffed, low-flow (Broviac or Hickman)
- Tunneled, cuffed, high-flow (Permcath)
- Portacath, sometimes called a port or mediport

The names describe how the line is placed in the body, how it is secured to the skin tissue, and how fast fluids can move through the line.

Talk with your child's care team about why your child needs a central line and what type of line your child has.

# Your child's central line

---



## What is a CLABSI?

### Central line-associated bloodstream infection

**Your child's care team follows guidelines to help prevent your child from getting a CLABSI. Talk with your child's care team for more details.**

A central line-associated bloodstream infection or CLABSI:

- Happens when bacteria (a type of germ), or more rarely fungus, grow in your child's central line or bloodstream.
- Requires that your child get antibiotics immediately.
- Can be serious and even cause death.

Some risks for getting a CLABSI are:

- Having a central line.
- Using the central line longer than needed rather than switching to oral medicines when it is safe and advised.
- Poor hygiene, such as not brushing your teeth and not bathing.
- Low white blood cell (WBC) counts.
- A weak immune system or problems fighting sickness.
- Normal bacteria that live on your child's skin and mouth.
- Not following guidelines for central line care.

# Your child's central line



## Hygiene

### Hand hygiene



**Keeping your hands and your child's hands clean is one of the most important things you can do while your child is in the hospital.**

- Wash your hands and your child's hands with soap and water for at least 20 seconds:
  - When hands look dirty.
  - After using the bathroom.
  - After helping your child in the bathroom or changing diapers.
  - After eating.
  - After coughing or sneezing into hands.
- Use alcohol-based gel or foam:
  - When you enter or leave your child's room.
  - Before caring for your child.
  - Before you eat or before feeding your child.
- It is OK to ask the care team to clean their hands or to ask if they have already cleaned them.

# Your child's central line



## Hygiene

### Mouth care



**Talk with the care team about who will complete your child's mouth care in the hospital.**

- If your child has teeth:
  - Use a soft-bristle toothbrush to brush their teeth and gums two (2) times every day.
- If your child does not have teeth:
  - Wipe the inside of their cheeks and gums two (2) times every day with a clean, wet cloth or gauze.
- A mother may use pumped breast milk for her baby's mouth care. For details, talk with the care team.
- If your child cannot eat or drink, ask the care team if it is OK to swab your child's mouth.
- Your child needs extra mouth care if they have a breathing tube. Talk with the care team for more details.
- Some children may need special mouth rinse. Your care team will let you know if this applies to your child.

# Your child's central line



## Hygiene

### Bathing



**Talk with the care team about who will complete your child's baths in the hospital.**

- Your child needs a soap-and-water bath at least one (1) time every day. Talk to the care team about how to protect the central line from water.
- Your child needs a special kind of skin cleaner, CHG, every day if they are older than 2 months. CHG helps reduce germs on the skin that can cause infections.

# Your child's central line



## Hygiene

### CHG bathing



#### Bathe your child with CHG.

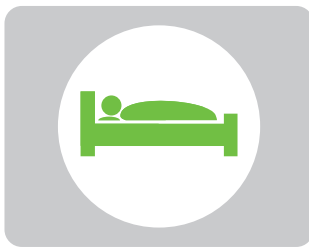
- Do not use CHG on an area that has a burn, rash, eczema, open sore or wound.
- Ask the care team if your child needs a regular bath before their CHG bath. If they need a regular bath, allow their skin to cool and dry before their CHG bath.
- Some areas may use liquid CHG soap in place of CHG cloths.
- Use CHG cloths to wipe your child's skin from jaw to toes.
  - Use a different cloth for each large body part to avoid spreading germs from one area of skin to another.
  - You may need to use up to six (6) CHG cloths. This depends on your child's size. Talk with the care team about how many cloths to use.
  - Do not use CHG cloths on your child's face, ears, eyes, nose, mouth, tip of penis, anus or vagina. If cloths touch these areas, rinse them well with clean, warm water to help prevent irritation.
- After bathing, let the skin air dry. Do not use a towel.
  - Your child's skin will feel sticky for about 3 to 5 minutes.
  - CHG will stay on the skin to kill germs over time.
- Only use skin products as advised by the care team.

# Your child's central line



## Keeping a clean room

### Linens



**Your child should have their bed linens changed every day and more often when dirty.**

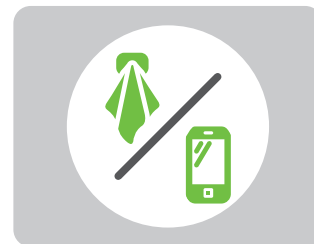
- Your child's bed linens should be changed:
  - Every day when your child takes their bath.
  - More often when dirty.
- Ask the care team before changing the linens.
- Put dirty gowns and linens in the linen bin. Keep dirty clothes and linens off the floor.
- Always wash your hands after touching dirty items.
- There are washing machines you can use for personal things in your child's bed. Wash them every day or sooner if they get dirty.

# Your child's central line



## Keeping a clean room

### Room hygiene



**Our environmental services (EVS) team will clean your child's room every day.**

- Wipe down and disinfect your personal space every day. Ask your care team for wipes.
- Clear and clean tables and counters often. Keep the room free of clutter.
- Put all trash in the trash can.
- Let the care team know if you have spills, see medical items on the floor or need extra cleaning by EVS.
- Personal items and electronics, such as cell phones, tablets and computers, carry germs. You may use alcohol wipes to clean them. Ask your care team if you need wipes.
- Do not store items on the counter next to the sink.

# Your child's central line



## Keeping a clean room

### Food storage



**The following food guidelines will help keep your child's room clean:**

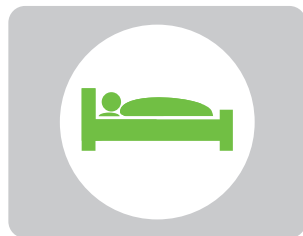
- Throw away food and drinks in a timely manner.
- Place perishable food items (foods that spoil or go bad) in the family refrigerator.
- Label all items stored in the family refrigerator/freezer with the family (or parent) name and the date the food was opened (if no manufacturer's expiration date is on the original packaging).

# Your child's central line



## Keeping a clean room

### Clean and dirty areas



#### Designate clean and dirty areas in your child's room.

- Talk with your child's care team about the difference between clean and dirty areas. Have them show you these areas in your child's room.
- Your child's bed is a clean space.
- Keep dirty things like diapers and urinals away from clean areas. Choose a spot for dirty things only.
- Always wash your hands after handling dirty items. It is OK to remind staff to wash their hands after handling dirty items, too.

# Your child's central line



## Protecting the line

### How does the care team help prevent infection in my child's central line?



**During routine care for your child's central line, doctors and nurses take precautions to prevent infection.**

- The care team:
  - Cleans their hands with soap and water or uses alcohol-based gel or foam.
  - Wears gloves when touching the central line.
  - Cleans the end cap before using the line.
  - Changes the dressing and cleans the skin around the line.
  - Wears a mask when needed.
- The care team also partners with you to make sure hygiene tasks get completed.

# Your child's central line



## Protecting the line

### How can I help prevent my child's central line from infection?



**We invite you to be our partner in your child's care.**

- Clean your hands with soap and water or use an alcohol-based gel or foam.
- Remind everyone to clean their hands before entering your child's room. This includes visitors, doctors, nurses and other staff.
- Speak up if someone is not properly caring for your child's central line.
- Make sure your child completes all hygiene tasks.
- Keep your child from putting central line tubing in their mouth.
- Keep central line tubing out of dirty areas like bath water, diapers and on the floor.
- When changing your child's diaper:
  - Place dirty diapers in a designated area like on the diaper scale or in the bathroom.
  - Always wash your hands with soap and water after changing their diaper.
  - If it is OK to move your child, place them on a nonabsorbent pad at the end of the crib or bed to keep linens clean.

# Your child's central line



## Protecting the line

### How can I help protect the central line from breaking?



### Be careful around your child's central line.

- Keep anchoring devices in place at all times. This helps secure the line.
- Do not let your child play with the central line, caps or tubing.
- Avoid pulling or stretching the tubing.
- Be careful not to get tubing stuck on anything when getting your child out of the crib or bed. Ask your care team if your child can be moved without help.

# Your child's central line



## Protecting the line

**What do I do if the central line breaks or tubing is disconnected?**



**Take the following steps in the event of a central line break.**

- Call for help right away.
- If you have been taught central line emergency care by your child's healthcare team, clamp the line.

# Your child's central line



## Keeping the dressing secure

### Why does the central line have an occlusive dressing (sticking to skin)?



**It is important that the dressing is always secure.**

- An occlusive central line dressing protects the line and insertion site from germs that can make your child sick.
- The insertion site is where the line enters the body through the skin.
- Let the care team know if the dressing is not secure, or is non-occlusive. The dressing should be changed **right away**.
- Tell the care team if your child has redness, swelling, tenderness, pain or drainage at the insertion site.

# Your child's central line



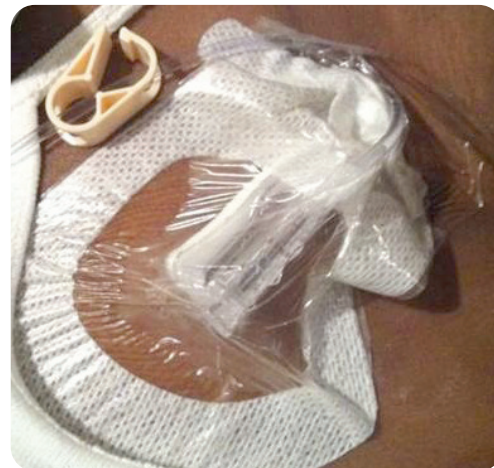
## Keeping the dressing secure

What is a non-occlusive dressing (not sticking to skin)?

Secure (occlusive)



Not secure (non-occlusive)



**A dressing is non-occlusive, or not secure, when the edges are coming up or the dressing is not sticking to the skin.**

- Signs that a dressing is non-occlusive include:
  - The entire border edge is not sticking at the skin.
  - One or more sides of the dressing are raised.
  - There is an opening from the edge of the dressing to the insertion site.
- Never add extra tape to the dressing once it is in place. It is OK to speak up if someone adds tape. Ask the care team to change the dressing instead.

# Your child's central line



## Keeping the dressing secure

Can the dressing be reinforced with tape when it is no longer secure?



**A central line dressing should never be reinforced when it is no longer secure.**

- If a dressing is not secure, the line is at risk for being exposed to more germs.
- Do not add tape to the dressing or allow others to do so.
- It is OK to speak up when someone adds tape to a dressing that is not secure. Ask the staff to change the dressing instead.

# Your child's central line



## Keeping the dressing secure

### When does the dressing need to be changed?



### Follow these guidelines to protect your child's central line.

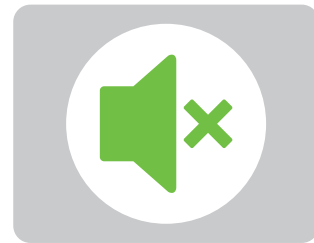
- The dressing should be changed right away if it is not sticking to the skin or insertion site.
- If the dressing has an antimicrobial patch, it should be changed:
  - Every 7 days.
  - When wet, dirty or not sticking.
- If the central line has a different dressing type, it may be changed more often.
- If your child has a Neo-PICC, the dressing only needs to be changed when wet, dirty or not sticking.

# Your child's central line



## Keeping the dressing secure

### How can I help with the dressing change?



- Your care team will complete the first dressing change.
  - They will use a special process called sterile technique.
  - Two (2) nurses do the dressing changes together.
  - In some cases, you may be taught how to complete dressing changes. You can only participate in dressing changes in the hospital after you are taught and provide return demonstration on a manikin.
- You can help keep your child safe by:
  - Wearing a mask if you are within 6 feet of your child.
  - Not speaking to the care team during the dressing change unless you have safety concerns. It is important that they pay close attention to what they are doing.





**Children's**<sup>SM</sup>  
Healthcare of Atlanta

[choa.org](http://choa.org)