

EBMT ONLINE MEETING - HOW DO YOU DO IT.....?

ISOLATION RULES IN HSCT

The meeting held on February 28, 2024, sought to empower nurses by promoting collaboration between centres and fostering networking for professional growth. It also aimed to compare nursing practices across Europe to better understand different approaches to care and work towards standardizing guidelines.

FROM WHICH COUNTRY WERE THE PARTICIPANTS?



Spain, Italy, Germany, France, Denmark, UK, Belgium, Netherlands, Austria and Indonesia.

Total participants: **25 people**

ON WHAT TOPICS DO YOU THINK WHEN WE TALK ABOUT ISOLATION RULES?

1. Protective Gear
2. Protective Isolation Time
3. Food Restrictions
4. Isolation Room and Outside the Room
5. Hygiene Policy
6. Visitor Policy



1) PROTECTIVE GEAR

In most hospitals, nurses wear their standard uniform on the ward. In the **patients' rooms**, **28% wear full protective gear** (apron, mask, and gloves), **28% wear an apron and mask**, and **33% wear only a mask**. One respondent answered that they wore only an apron.

Parents and visitors were allowed in **most hospitals to wear their own clothes** but with a **mask (28%)** and **no protective gear (22%)**.

Other responses were divided because some respondents were allowed to wear **their own clothes but with an apron, mask, and gloves for full protective gear**. The "other" option was probably chosen because **not all hospitals allow visitors on the ward**.



2) PROTECTIVE ISOLATION TIME

We were surprised by the **diversity of responses** for this item. Here is a small sample:

- **3 days prior to stem cell infusion.**
- **Until immunosuppression is discontinued.**
- When **entering the unit/admission for HSCT until discharge.**
- When **white blood cell count is under 500.**
- **Until neutrophils are over 1000 for 10 days.**
- **Until neutrophils are more than 1500.**
- **Until T cell recovery.**

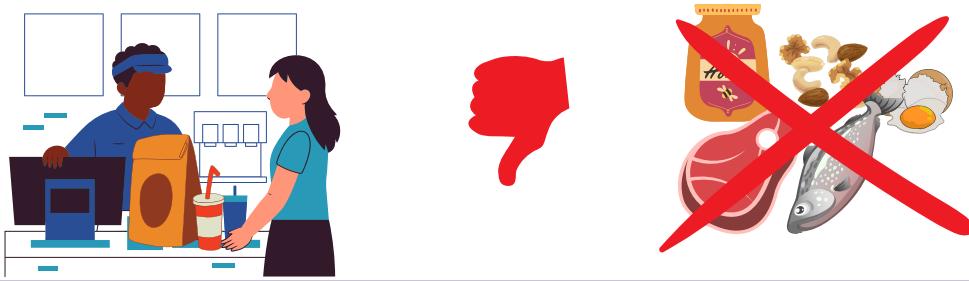


3) FOOD RESTRICTIONS

85% of the responses are following a **specific diet**, similar to a **pregnancy diet**, with **all food cooked** and **avoiding raw meat or fish, nuts, soft or raw eggs, and honey**.



However, a **notable difference** was observed in that **parents were generally not permitted to cook food for their child or bring in take-away food from outside the hospital, although a few hospitals do allow this**.



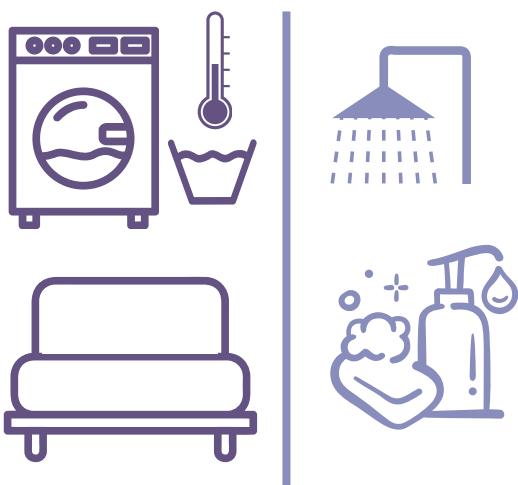
4) ISOLATION ROOM AND OUTSIDE THE ROOM

60% of the responses indicated that **patients are not permitted to leave their room/unit during hospitalization, except for necessary tests**.

On the other hand, **40% mentioned** that their **patients are allowed to leave the unit and go outside the hospital during hospitalization**.



5) HYGIENE POLICY



In general, **patients are required to shower daily and change their clothes and sheets daily**. The **washing temperature for clothes or teddy bears ranges from 40 to 85 degrees Celsius**.

However, in one hospital, **patients are not permitted to shower but instead use wet wash gloves, unless they are using Thiotepa/Treosulfan**.

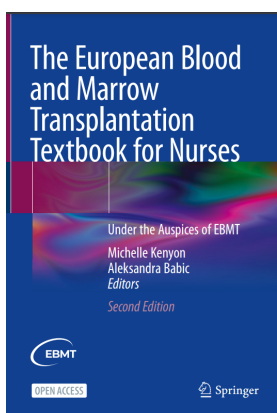
6) VISITOR POLICY

In most centres of the participants, **visitors are allowed**.

Some centres only permit parents (30%), and have restrictions such as visitor age (siblings), visitor numbers, and history of chickenpox, among others.



EBMT TEXTBOOK FOR NURSES



EBMT advise a **single room with filtered air (HEPA filtered)**, and there is a **chapter about strategies for infection and sepsis prevention**.

Hand hygiene is possibly the most important action to prevent infections, and the clinical staff should wear a clean, short-sleeved uniform. Protective isolation during the neutropenic phase is recommended, and the patient should not be in contact with any staff or visitors showing symptoms of infection.

