

Getting a Port

Prep Book



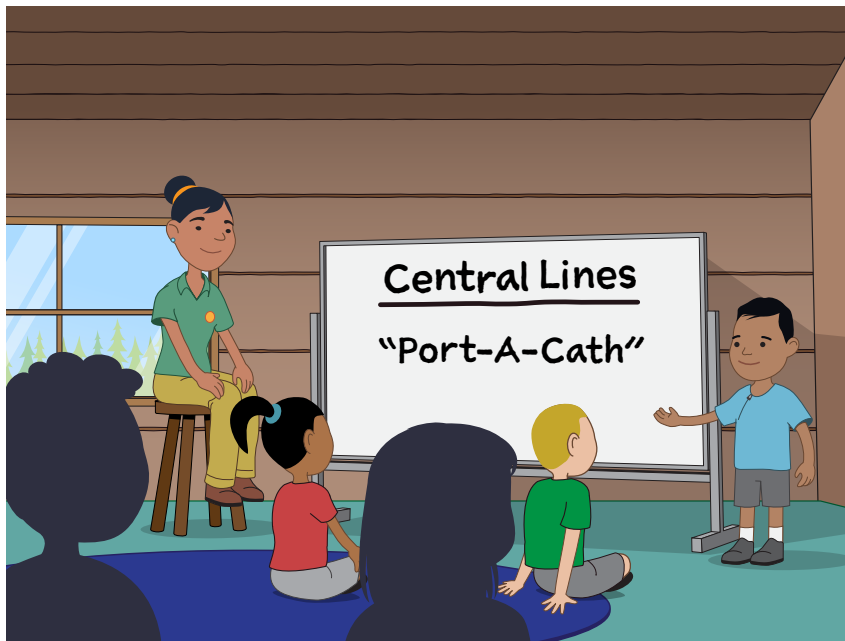
by **UC Davis Child Life**



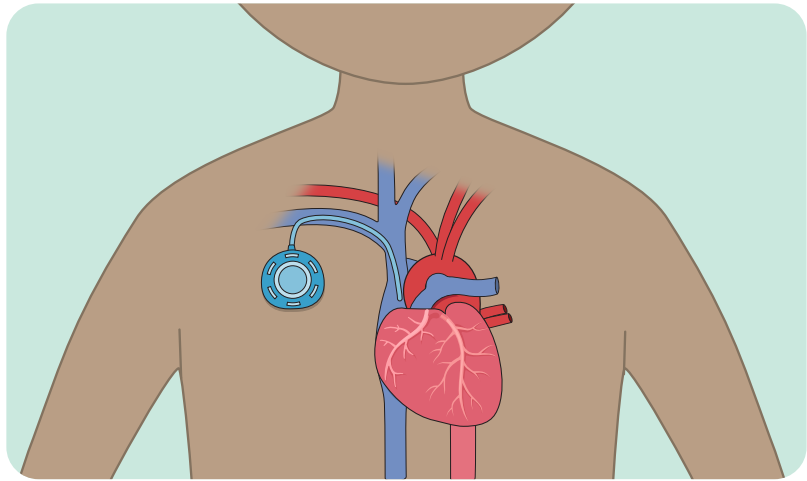
Hey there! I'm at camp about to do the zip line. It's awesome that I can do fun things even with my port! Haven't heard of a port before?

Let's zip into the learning lab so I can tell you more!

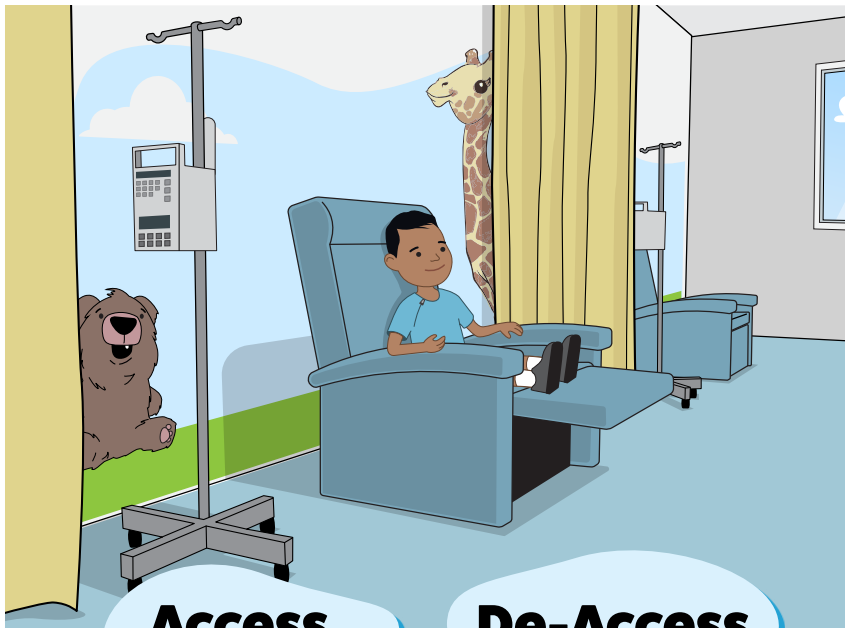




Kids with certain illnesses need to have medicine, water, and blood draws to help their body. A port helps this happen with fewer pokes.



A **port** is a type of central line that's placed under the skin on the chest during surgery. It is a thin, flexible tube that goes into a large vein that stops at the top of the heart. A port can be in for short or longer periods of time.



Access

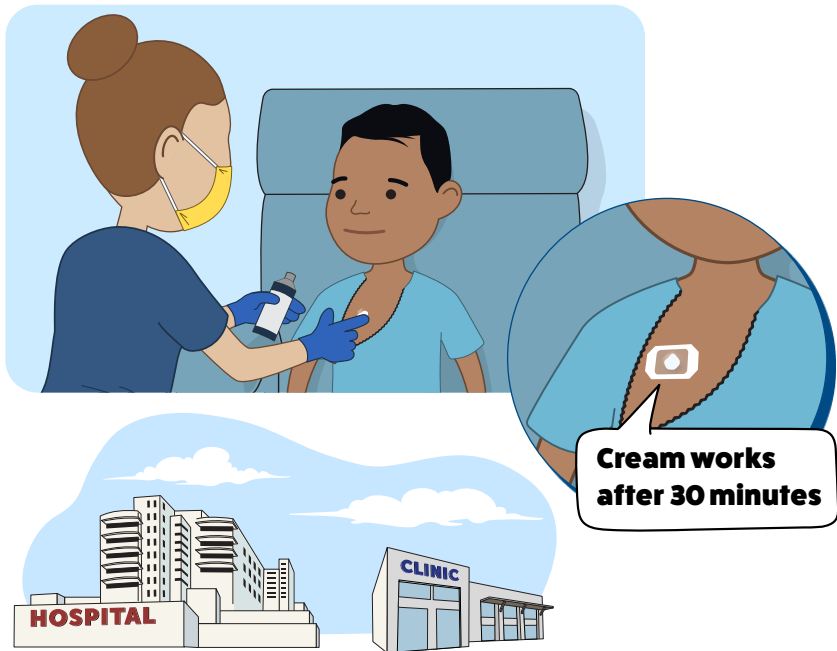
De-Access

Before I got my port, I learned two new words,
“**access**” and “**de-access.**”



Accessing a port means that a nurse carefully places a needle into the middle of the port to use it. **De-accessing** the port means they carefully remove the needle.

My care team makes sure I have numbing cream for each port access. This helps my skin not feel the poke as much. I put the cream on before I come to the hospital or clinic.



Before my port is accessed, I usually feel a little nervous, but then I think about what I can control.

My child life specialist helps me create a coping plan.

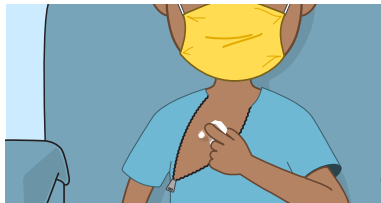
I like to use a squeeze ball, watch a video on the iPad, and have a count to three before the poke. Some kids like to watch every step the nurse is doing but not me!



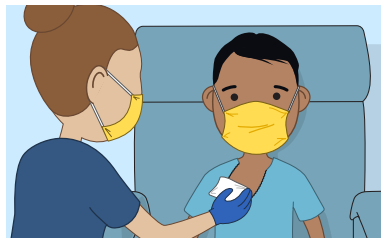


Once the nurse is ready,
we all put on a mask to
keep germs away.

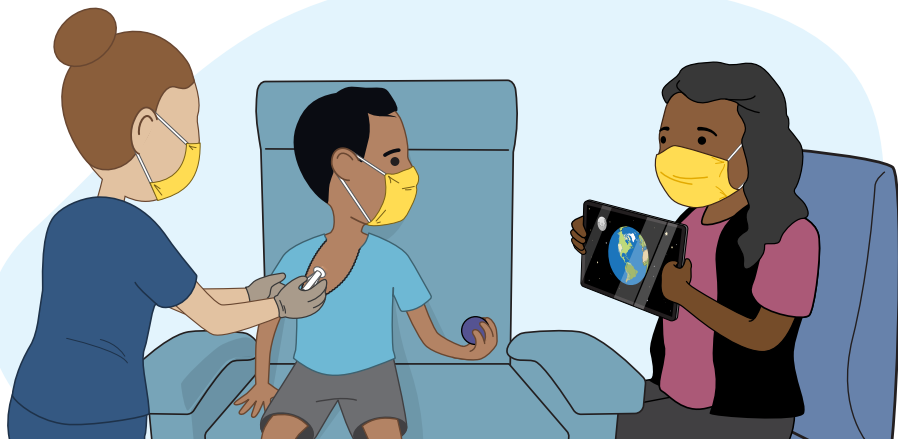
The first step is to remove the tape and numbing cream. There is a tool I use to help the tape come off my skin called **adhesive remover**. It can be a spray or a wipe and feels wet and cold on my skin.



After the tape is off, the nurse wipes the cream away with a soft tissue.



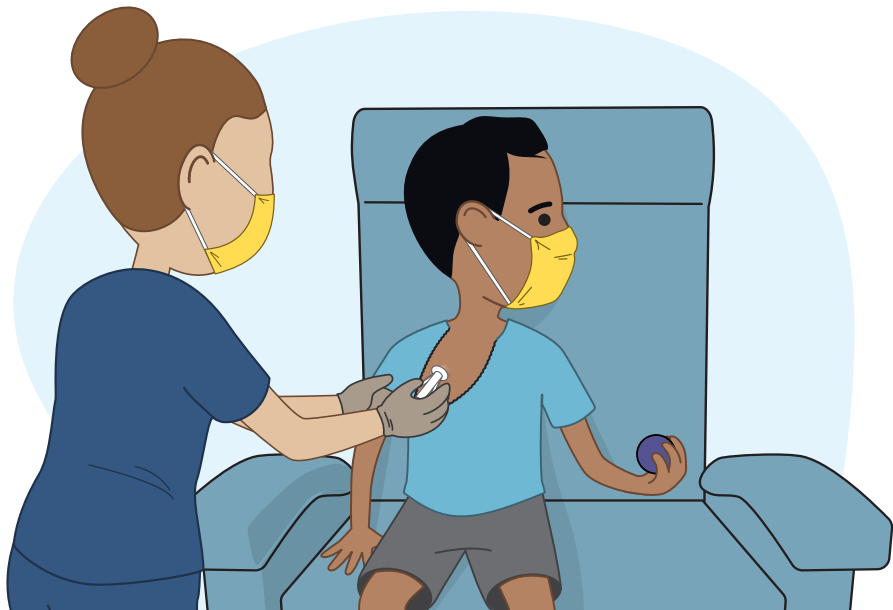
Next, the nurse will feel the port, so they know just where the needle goes.



Then, the cleaning process starts with a small wipe. Some cleaners smell different.

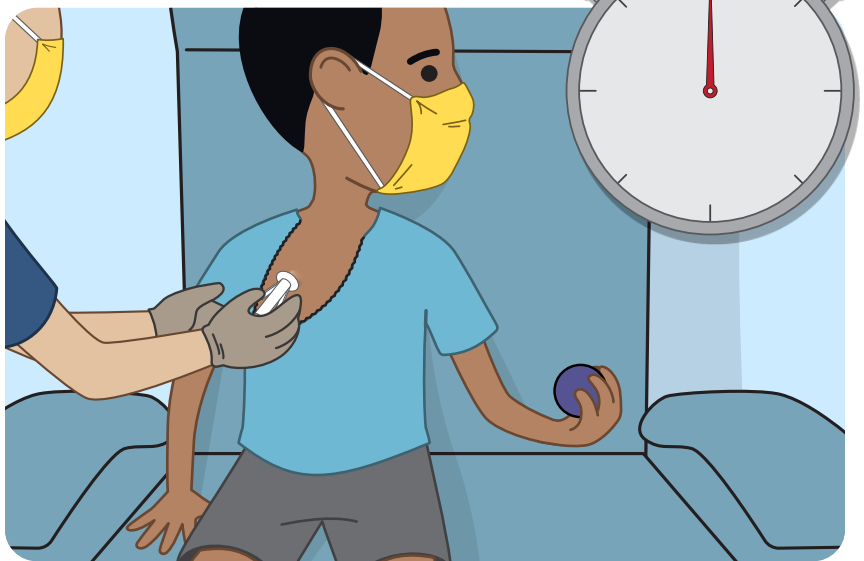


The nurse puts on **sterile** gloves. My job is to not touch the nurse's hands or my port, so everything stays clean. That's why I use a squeeze ball or sometimes hold my mom's hand.



Time for more cleaning!

The nurse will use another cleaner on my port for at least 30 seconds. After the cleaning is done, we wait until it is dry.



Then the nurse will use their fingers
to keep the port in a safe position.

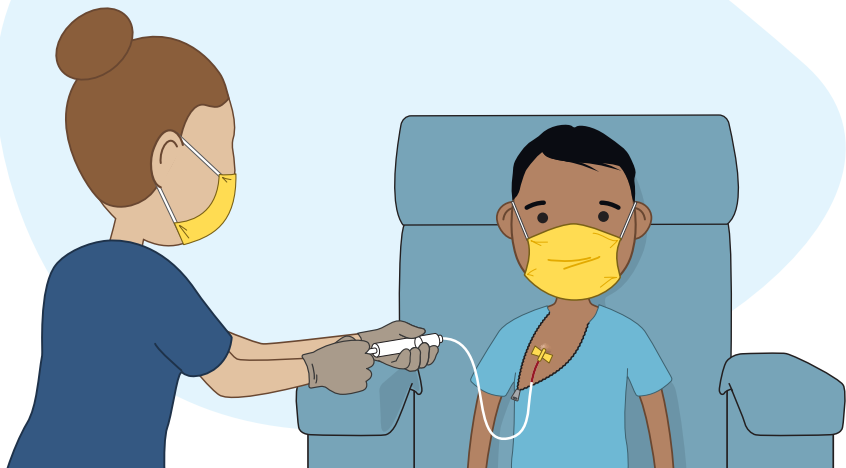


I always ask the nurse to count to three before they access my port.

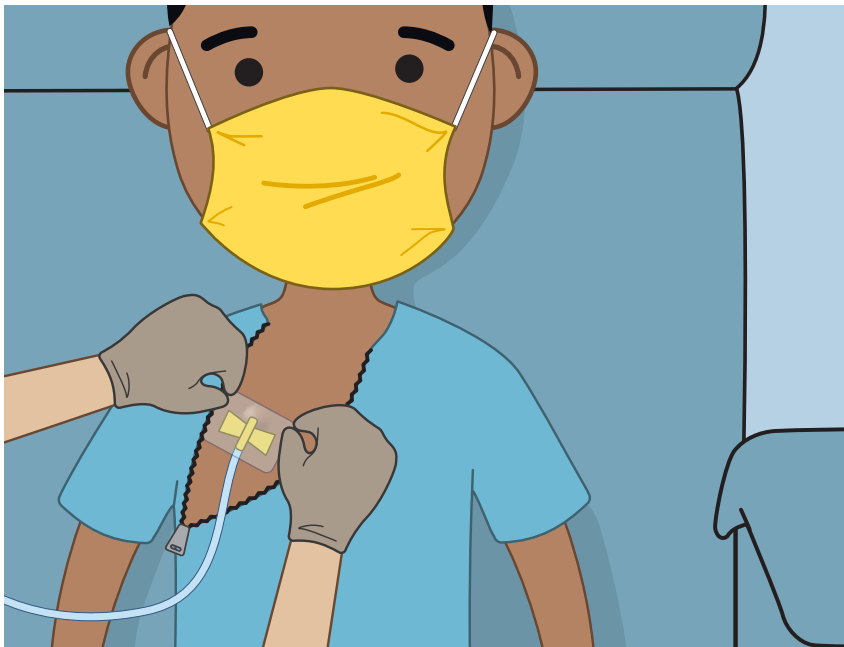
1, 2, 3

An illustration showing a nurse on the left and a patient on the right. The nurse has her hair in a bun, wears a yellow face mask, and blue scrubs. She is wearing gloves and is about to access a port on the patient's chest. The patient is wearing a yellow face mask and a light blue hospital gown. A speech bubble above the patient contains the text '1, 2, 3'. The background is a light blue circle.

Once the poke is done, they make sure they are in the right place by checking for blood return. This means the nurse uses the saline syringe and checks for blood in the tube.

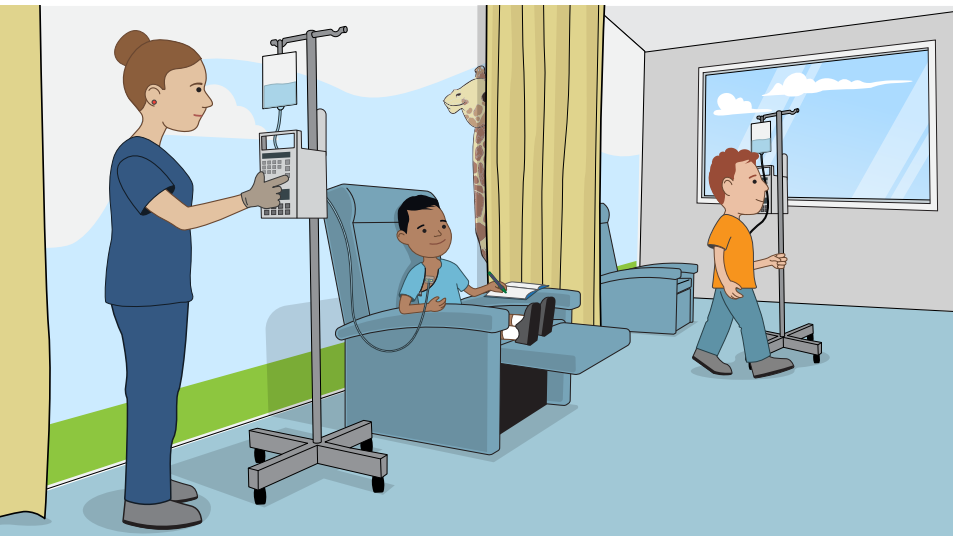


Then the nurse covers my port with tape, also called a “dressing,” to keep the port site safe.

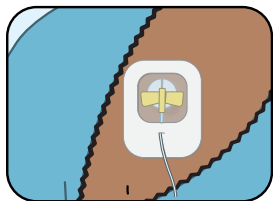
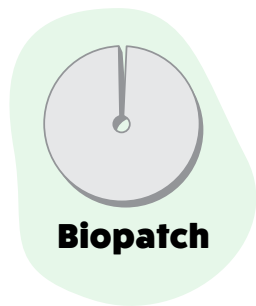


When the medicine is ready to go in my port, the nurse connects it from a medicine bag hanging on a pole next to my chair.

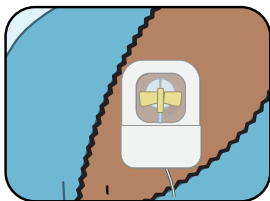
While I get the medicine through my port, I can stay sitting and do activities, or I can walk around with my medicine pole.



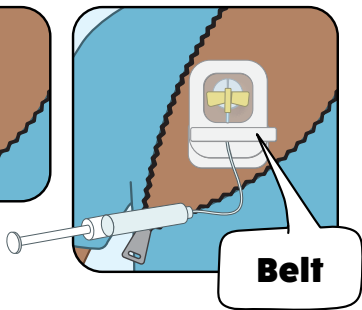
If I had an appointment the next day, I would ask to stay accessed overnight. The nurse would add a **Biopatch** to keep the port safe from germs. The Biopatch is like a small pillow that goes underneath the tape.



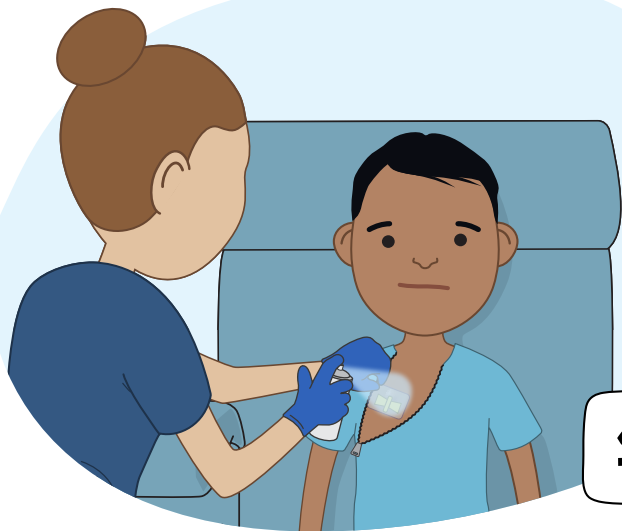
Shirt



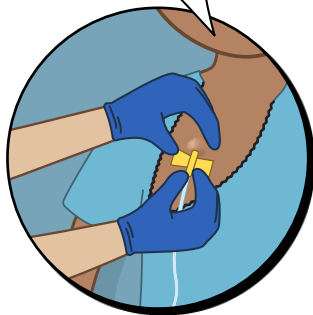
Pants



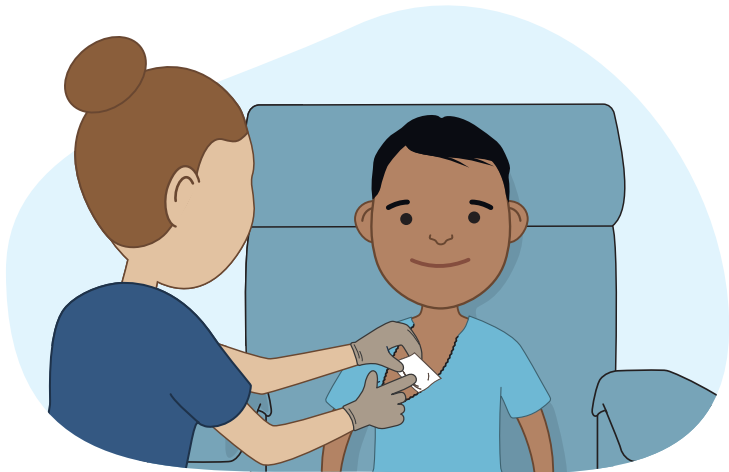
When I stay accessed, my port “gets dressed.” The first piece is the shirt, the second is the pants, and finally, the belt to hold them together!



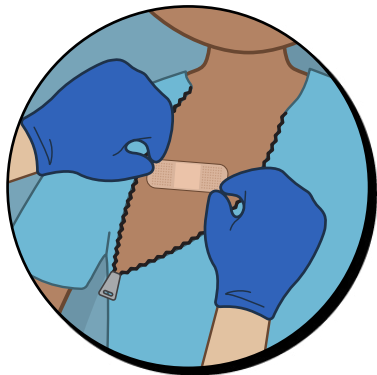
1, 2, 3



Today, I will be deaccessed after my medicine is done. The nurse carefully removes the tape with the adhesive remover spray. Then, I count to three and take a deep breath.



The nurse gently removes the needle, holds a piece of gauze on my port, and puts on a band aid. Finally, I leave and enjoy the rest of my day.





Thanks for learning about ports with me. You might still be wondering about some things. You can ask your care team when you see them next. Now, let's go to our next camp activity!

Write down what you think would best help you when you get your port accessed!

COMFORT MEASURES:

Information:

- Step-by-step instructions
- One voice during procedure
- No one talking

People:

- Parent/caregiver
- Child Life Specialist (when available)

Position:

- Lie flat
- Sit up
- Comfort position
- Curtain closed/privacy

Distraction:

- iPad/videos
- Blow bubbles
- Play a game
- Toys
- Listen to music
- Guided imagery

Other:

- Watch procedure
- Look away.
- Count “1, 2, 3”
- No count
- Essential Oil (smell sensitivity)
- Lollipop/gum (taste sensitivity)

Anything else I want my care team to know:

Glossary

Port: A small round device placed under the skin and attached to a vein in the chest. Ports are used for lab draws and/or to give medicine. Ports are a type of central line.

Sterile: Extra clean so the area does not have germs. Wearing a mask and using specific cleaners helps keep things sterile.

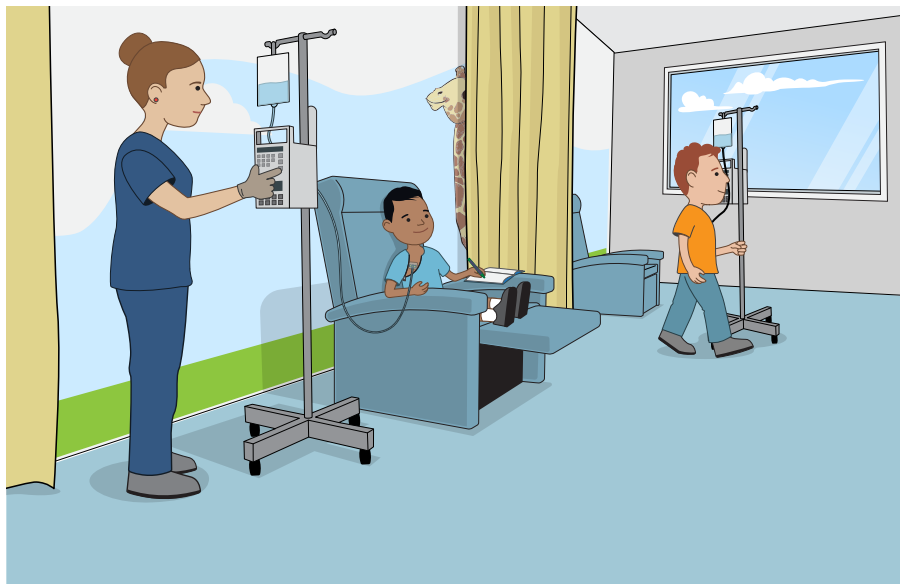
Access: A sterile procedure where a nurse will safely place a needle into the middle of the port.

De-access: A non-sterile procedure where a nurse will safely remove the needle from the port.

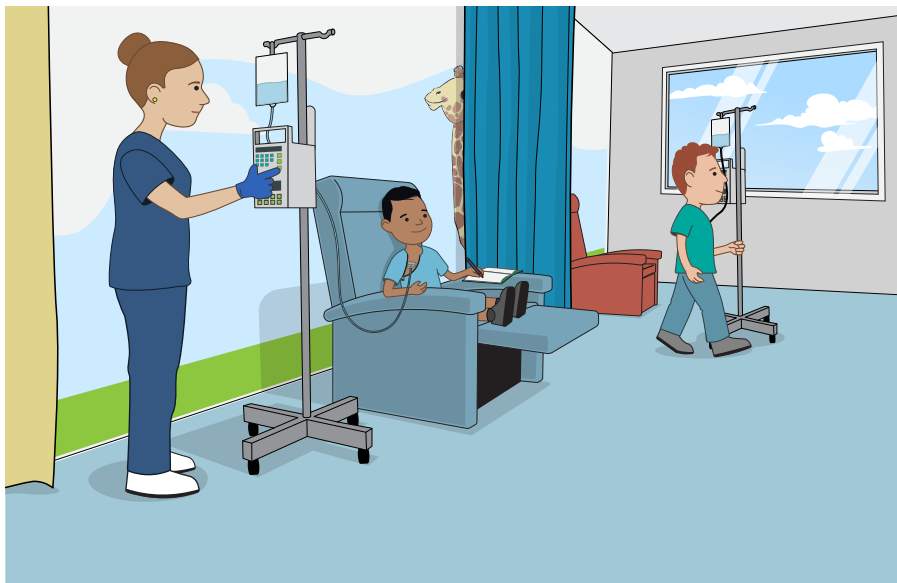
Adhesive remover: Used to help remove tape. There are different kinds — can be a spray or a wipe and feels wet and cold on the skin.

Biopatch: A circle piece of foam that feels like a pillow. A biopatch is placed on the port to reduce germs if the port stays accessed overnight or longer.

Spot the Difference



Can you spot all **eleven** differences?



1. Nurse's earring
2. Nurse's glove
3. Nurse's shoes
4. Buttons on medicine pole
5. Main character's socks
6. Crayon
7. Coloring book
8. Walking patient's shirt
9. Curtain
10. Chair
11. Clouds

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