



## Neutropenia Nursing Care

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### 1. Definition:

The normal range of white blood cells is 4000-10000 cells / mm<sup>3</sup>, majority of white blood cells in the body is neutrophil, when the number of absolute neutrophil is less than 1000 cells/ mm<sup>3</sup>, it represents the immune suppression status body, We would take need to measures to prevent infection at this moment.

### 2. Precipitating reasons :

Cancer patients receiving anti-cancer therapy, such as chemical treatment 、 radiation therapy 、 bone marrow transplantation, which inhibiting the hematopoietic system or peripheral blood cell destruction, can lead to immune dysfunction.

### 3. Signs of Infection :

- (1) Fever (Temperature greater than 37.5 Celsius degrees).
- (2) Chills or chill phenomenon.
- (3) Cough, runny nose, sore throat.
- (4) Urination with burning sensation.
- (5) Diarrhea more than twice a day.
- (6) Anal swelling and painful burning sensation.
- (7) Skin, pain or swelling at the injection site with burning sensation.

### 4. Self-care:

- (1) Appropriate protective isolation: based on the degree of decline in the number of neutrophils.

neutrophils	Danger	Precautions
1000-1500	Low Risk	Protective isolation: Wear a mask or reduce visit to public places
500-1000	High Risk	Protective isolation: Wear a mask or reduce visit to public places
<500	High Risk	Absolute isolation: caregiver themselves and everyone contacting with patients are required to wear masks, avoid raw food, or contact with pets。

- (2) Given leukocyte stimulating drug or agent according to physician instructions taking antibiotics or anti-inflammatory if necessary.

(3)Diet:

- a. Prepare well cooked food before eating, Prohibit raw food, such as lettuce salad,-sashimi, yogurt, yakult.
- b. Try to avoid eat seafood with, such as mussels 、shrimp 、crab. To prevent milk sterilization is not complete, It is recommended to drink powder milk.
- c. Eating a high protein diet: soybean milk, eggs or lean meat. Eating food rich in minerals, vitamins A, C and E. Choose fresh fruits which can be peeled.
- d. Cutting boards, kitchen knives and other utensils for raw food and cooked food must be used separately, and must be washed with warm water or detergent after each use.

(4)Daily life instructions :

- a. Nose and mouth: Check the mouth for erythema and use a soft toothbrush or cotton sticks to clean the mouth after eating; mouthwash by physician's prescription.
- b. Skin: Develop the habit of washing hands and cutting fingernails short. Try to avoid any injury by squeezing pimples or scratching acne. Use an electric razor to shave and put on lotion to avoid dry skin. Watch closely for any swelling signs on open wound. Wash the body once every 2-3 days in winter and change the underwear and cleaning the perineum every day.
- c. Perineum and anus : To maintain perineum 、anus 、genitals Drying and cleaning; Use paper towels or toilet paper when wiping, do not wipe back and forth; observe perineal and wound for pain, swelling and ulceration; In the case of diarrhea or constipation, please immediately inform the nursing staff.
- d. Keep the environment clean, avoid contacting people with colds, Varicella, measles, Herpes Zoster infection.
- e. Avoid contacting with secretion from pet to avoid infection.
- f. Reduce visit to public places and wear a mask in public places.
- g. Wash hands quickly.
- h. Measure body temperature regularly. If you have fever or chills, you should return to the clinic immediately.

5. Please cooperate with the doctor's outpatient hours and return to the hospital for regular checkups.

If you have any question or suggestion, please contact with us. We are happy to provide you services to you. Contact telephone number: Taipei main branch Hospital: (02) 25713760 Hsinchu branch: (03)5745098; Taitung branch: (089) 310150 ext: 311. Time of consultant: 9:00 am ~ 12:00 noon, 2:00 pm ~ 5:00 pm Monday ~ Friday.

**May God Bless You**