

CARING FOR THE PATIENT AND FAMILY PRIOR TO BMT

Pimpão, C.; Maestra, I.; Millan, L.

Hospital de Santa Maria – Bone Marrow Transplant (BMT) Unit - Lisbon - Portugal

In Hospital de Santa Maria Bone Marrow Transplant Unit, we intend to initiate a nursing consultation with the aim of giving patients and their families, the best nurse care.

This work has the purpose to present the main information we want to grant in this consultation.

Fifteen years of transplantation proved that patients have a poor information level, which leads to an anxiety enlargement. When patients and their families are correctly informed about transplantation procedure before it starts, the treatment plan will be better succeeded.

A bibliographic survey was made, based on researching about coping, communication, rehabilitation and our experience, we developed a check list with the main information which we intend to apply in the nursing consultation.

We think:

- ✓ Before the admission, patients should visit the Transplant Unit, meet some staff and discuss some nurse care, in order to reduce anxiety;
- ✓ Also family and care-givers should be encouraged to visit the Transplant Unit before admission, and to discuss anything that concerns them;
- ✓ A booklet with the Unit rules should be given before admission. In this booklet there is information about visitors rules, nutrition, hygiene and clothes, spiritual support and other information.



A decision of submitting or not a BMT causes anyone confusion and anxiety. Family and friends reactions are extremely important particularly when a donor is involved. Information should be given in a way that patient can understand it, and he must be the one that controls what he wants to know.