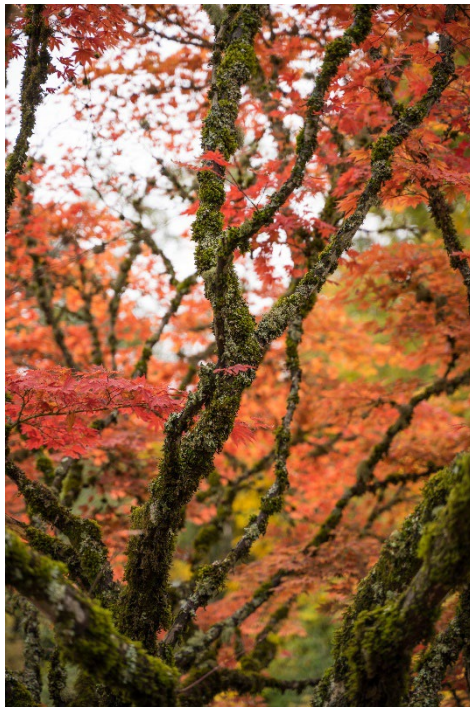




# OHSU OPAT Program

Infectious Diseases



Phone: 503-494-4971

Fax: 503-494-4264

Hours: Monday – Friday, 8:00AM-5:00PM

3181 SW Sam Jackson Park Rd, Portland, OR  
97239

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## Who we are:

The Division of Infectious Diseases is part of the Department of Medicine at Oregon Health & Science University. We are a group of academic physicians and allied health professionals specializing in the diagnosis and treatment of infectious diseases.

# What is OPAT?

**OPAT is Outpatient IV Antibiotic Therapy.** The OPAT program is provided through OHSU's Department of Infectious Diseases. Our team helps patients with intravenous (IV) antibiotics for treatment of their serious infections. This brochure has been developed to help you learn more about what to expect when receiving IV antibiotics outside of the hospital.

## What to Expect

1. **WHERE:** IV antibiotics may be given at your home, at an infusion center, with dialysis, or at a skilled nursing facility. Your OPAT setting depends on your care needs, preferences, and insurance coverage.
2. **HOW:** IV antibiotics are usually delivered through a central line, such as a PICC line, port, or dialysis line. Central lines simplify IV antibiotic therapy, but require weekly nursing care to ensure proper functioning and your safety.
3. **WHEN:** Depending on your infection, antibiotics may be infused one time a day, multiple times a day, or in a continuous manner throughout the day.
4. **Every Week a Nurse Will:**
  - Draw blood for lab tests through your central line. Lab results will be monitored to check for antibiotic side effects and for expected improvement in your infection. Adjustments to your medications may be made based on these results.
  - Change the dressing on your central line. Dressing changes and line care are essential for safe use of IV antibiotics.
5. **FOLLOW UP:** You may be asked to return to the OHSU OPAT/Infectious Diseases clinic for follow up appointments or have a telehealth appointment. These appointments are to check on the status of your infection, your response to antibiotics, and to discuss your future treatment course. Your follow-up appointment will be made prior to your discharge from the hospital or soon after.
6. **COMMUNICATION is KEY!** Please keep your contact information up to date, note your preferred mode of communication, answer your phone, and consider using OHSU "MyChart" for electronic communication. It is very important that we are able to reach you.

# The Most Common Central Line is a PICC Line

## What is a PICC line?

“PICC”=Peripherally Inserted **C**entral **C**atheter

PICC is a form of intravenous (IV) access. It is a soft flexible tube called a “catheter” that is usually inserted into a vein in the arm, and runs under your skin to a large vein near your heart.

PICC lines and other central lines have the advantage of being able to be used for longer periods of time than a regular IV.

## What are the main risks of a PICC line?

- Blood clots in the arm
- Infection of the line which can lead to more serious infections
- Irritation of the skin at the insertion site

## How do I care for my PICC line and what do I watch for?

1. Wash your hands before and after using your PICC line.
2. Look at the PICC site/dressing daily and call us with any concerns especially:
  - **Redness, pain, or tenderness around the line**
  - **Swelling or puffiness in the arm or hand**
  - **Wet, dirty, leaking, or exposed insertion site**
  - **Rash or irritation under the PICC dressing tape**
3. Ensure PICC dressing changes are done **at least weekly** by a nurse.



4. Keep the PICC dressing clean and dry when showering by covering the arm with plastic wrap and tape or you can use a waterproof sleeve that can be purchased at a pharmacy or a medical supply store.
5. **DO NOT** allow your blood pressure to be taken in the arm with the PICC line.
6. **NEVER** use scissors near the PICC line.
7. **NEVER** pull on the PICC line. Try to keep it covered with a long-sleeved shirt to avoid accidentally pulling on the line. Keep pets and small children away from the PICC line. Coil excess tubing to prevent tripping on the line.
8. When you and your Infectious Diseases provider decide it is time to stop IV antibiotics, your central line will be removed by a health care professional.

## What do I do if I notice symptoms related to my central line?

1. **For home infusion:** Call your infusion company's nursing line.
2. **For infusion centers:** If your infusion center is open, call your infusion center for an urgent assessment appointment.
3. **For skilled nursing facilities:** Notify your nurse.

**Please contact the OHSU OPAT/Infectious Diseases team with central line concerns that are not promptly resolved by following the above instructions**



## Side effects to antibiotics and symptoms of worsening infection

Please talk to your healthcare team before you leave the hospital about potential antibiotic side effects and symptoms for your condition. In general, please call OPAT/Infectious Diseases for any of the following conditions at (503)494-4971:

- Rash/itchiness anywhere on your body

- Fever
- Worsening sweating episodes or chills
- Nausea or vomiting
- Diarrhea
- Dark or bloody urine.
- Significant decrease in frequency of urination
- Muscle pain or body aches
- Ringing in your ears
- Worsening pain, swelling, redness, warmth or drainage at your infection site or at a new site on your body
- Symptoms similar to those that led you to the hospital

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***If you have trouble breathing or have swelling of the mouth, tongue, face, or neck – this is a medical emergency.***



***Please call 911 for immediate attention***

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## Diarrhea & “The Good Bacteria”

One common side effect to antibiotic therapy is diarrhea. Over 700 species of bacteria live in the large intestine and are important for our health.

Antibiotics kill bacteria both the “good” bacteria in your gut and the “bad” bacteria causing your infection. This commonly leads to stool changes during antibiotic treatment that can range from mild to severe.

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**If you start to have diarrhea, it is important to call the Infectious Disease clinic right away!**

*In some cases, diarrhea requires a stool test and additional antibiotic treatment for an infection called Clostridium difficile (C. diff) colitis.*



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## For Diarrhea

- Before using any anti-diarrheal medication, talk to the OHSU OPAT/Infectious Diseases team or your primary care provider.
- Stop taking laxatives and stool softeners.
- Diarrhea can cause dehydration so drink plenty of water.

## To Help Prevent Stool Changes

- Eating yogurt may help replace the “good bacteria”. Look for yogurt with “**active** and **live cultures**” on the label of the container.
- Probiotic supplements may also help replenish the “good bacteria” in your body and are readily available at grocery stores and pharmacies.
- Avoid alcohol, caffeine, spicy or greasy foods.

*(If you are immunocompromised from steroid use, chemotherapy, or other immunosuppressive medications, live cultures & probiotic supplements should be avoided.)*

# What can I do to optimize my health during treatment for Infection?

## Antibiotics

Take your antibiotics as prescribed and do not skip any doses – Even if you feel better! Antibiotics work by staying at a constant level in

your bloodstream. If you skip a dose, bacteria causing your infection may rebound. If you skip or miss a dose, please let us know. If you develop symptoms related to the antibiotics, please let us know.

## Nutrition

Eat a nutritious, well balanced diet and follow any dietary restrictions (such as low salt or low potassium) as ordered. We encourage a diet that includes lean proteins, fresh fruits and vegetables that fit any dietary restrictions you might have. Stay well hydrated with water and avoid sugary drinks.

## Stop Smoking

Smoking decreases oxygen and blood flow to healing tissues and hinders antibiotics reaching your infection. The Oregon Tobacco Quit Line is a free telephone service available to all Oregon residents who want to stop using tobacco:

- English: [www.quitnow.net/Oregon/](http://www.quitnow.net/Oregon/)  
or call 1-800-QUIT-NOW (1-800-784-8669)
- Español: [www.quitnow.net/oregonsp/](http://www.quitnow.net/oregonsp/)  
or call 1-855-DEJELO-YA (1-855-335-3569)
- TTY: 1-877-777-6534

## Hand Hygiene

Wash your hands frequently – before and after IV antibiotic doses, after using the toilet, before meals, as well as before and after any wound care.

## Importance of Primary Care Providers (PCP)

The OHSU OPAT/Infectious Diseases team cannot provide primary healthcare. We highly recommend that you find a Primary Care



Provider (PCP) if you do not have one. We encourage you to schedule a post-hospital discharge appointment with your PCP soon after you return home. Your PCP can help manage diabetes, heart disease, high blood pressure, treatment of pain, and coordinate care for other conditions that may hinder your recovery from infection.

## If I have new symptoms after I leave the hospital, what do I do?

For emergencies, CALL 911. For other concerns, call us at OPAT Infectious Diseases at (503) 494-4971. If you cannot reach us for urgent issues, please visit your nearest emergency department. If you are in the Portland area, consider visiting OHSU's emergency department to improve continuity in your care.

## Summary

Using IV antibiotics outside of the hospital has advantages and disadvantages. On the positive side, some people can safely return home and the cost of infection treatments outside the hospital are much less. However, it can be harder to quickly resolve any problems or complications when they arise.

Our goal is to ensure your safety as you receive much needed IV antibiotics through a central line for your serious infection.

## Please let us know of any changes to the following:

- Antibiotic (including missed doses and changes in frequency)
- Phone numbers

- Address
- Primary Care Provider
- Your ability to come to follow up appointments
- Transportation
- Emergency contacts
- Insurance

## Questions?

Please write down questions here so that we can discuss them when we talk next.

Call us at 503-494-4971 or contact us through OHSU “MyChart”.

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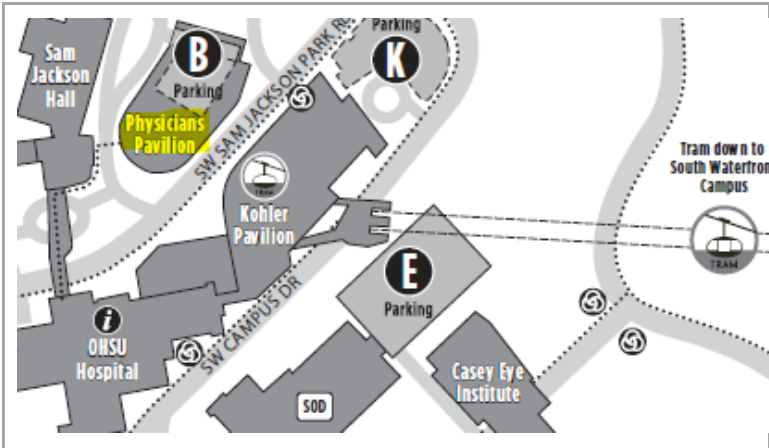
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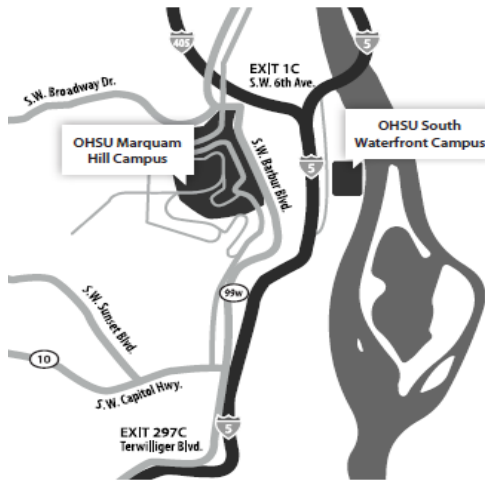
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# MAPS

## Marquam Hill Campus



## Portland Area



OHSU interactive map: [www.ohsu.edu/map](http://www.ohsu.edu/map)

## Contact Us

Located on the campus of Oregon Health & Sciences University in Portland, Oregon. The OPAT/Infectious Diseases Program serves those individuals across the Pacific Northwest.

Hours: Monday – Friday, 8:00AM-5:00PM

3181 SW Sam Jackson Park Rd

Portland, OR 97239

OHSU Main Number: 503-494-8311

Infectious Disease Clinic: 503-494-4971

Website: <https://www.ohsu.edu/school-of-medicine/infectious-diseases>

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***For urgent matters, an on-call infectious diseases provider can be reached after hours by calling 503-494-4971***

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