

# St. Jude Parents

MAY 2019

## Following isolation precautions helps keep all St. Jude patients safe

Last year, the hospital started using an updated system to decide which patients need to be isolated (kept away) from other patients because of illnesses that can spread. The risk of spreading some viruses and bacteria is higher than it is for others, so different levels of protection are needed. Six types of isolation precautions are now in use for outpatients only.

If the care team says your child must follow isolation precautions, see the list below. By following these guidelines, you can help keep all St. Jude patients safe from infection.

### 1. Special Airborne Precautions

### 2. Airborne Precautions

### 3. Contact Precautions Restrictive

### 4. Droplet Precautions Restrictive

If your child is in any of these four groups, go directly to the Isolation entrance. Please do not go to regular Patient Registration. No visiting outside the patient room. Patient Services arranges transport; do not ride the St. Jude shuttle buses.

### 5. Contact Precautions Non-Restrictive

Go directly to Patient Registration to register for the day. Your child can ride the St. Jude shuttle buses and visit common areas, waiting rooms and other events.

### 6. Droplet Precautions Non-Restrictive

Go directly to Patient Registration to register for the day. Your child should wear a mask when riding the St. Jude

shuttle buses and visiting common areas, waiting rooms and other events.

The non-restrictive precautions are for outpatients only. For inpatients in isolation, no visiting outside the patient room is allowed.

All patients, especially those on isolation, should clean their hands often. Use soap and water or an alcohol-based hand cleaner. Keeping hands clean is the most important way to prevent the spread of infection.

If you have questions about these isolation guidelines, talk to the staff.

If your child shows signs of an illness that might spread to others, please call your primary clinic before coming to the hospital. If you call the hospital after normal clinic hours, ask to speak to the nursing coordinator.

## Keeping your child and your personal items safe

The St. Jude staff wants to remind all patient families about two important concerns – using clean wagons and protecting your personal items.

### Clean wagons

The red wagons are helpful in moving young children from one place to the next. But re-using a wagon after another patient could expose your child to germs that cause infection. Sanitary wipes will not work well enough to clean these wagons.

Staff members clean the wagons every night. The wagons are then delivered to the Patient Care Center (PCC) and Chili's Care Center. You will know a wagon is clean if it has a white piece of tape across it with the words "READY TO ROLL" printed in green. Be sure and choose one of those wagons.

Also, linens you see in wagons, wheelchairs or other places should be considered dirty. After sheets and blankets are used by one patient, they need to be cleaned even if they do not look dirty.

If you have questions about the

St. Jude wagons, talk to the Guest Services representative at either the Patient Care Center or Chili's Care Center lobby desk or ask a Patient Services staff member.

### Personal items

Mark personal items with your name and phone number or your child's full name. That way, the staff can reach you if one of your items is found. Use a Sharpie®-type marker or write the details on tape and place it on the item.

Be sure to keep your personal belongings secure. Consider leaving valuables and important paperwork in your St. Jude housing room. Tri Delta Place offers a small safe in every room. In Target House, Ronald McDonald House or Parcels @ Concourse, your items will be secure if you keep your front door locked.

Do not leave your personal items (laptops, purses, luggage, etc.) unattended in common areas of the hospital or housing facilities.

Remember to keep your housing room keys with you at all times. If you lose a set of keys, tell the housing staff right away. Then, they can

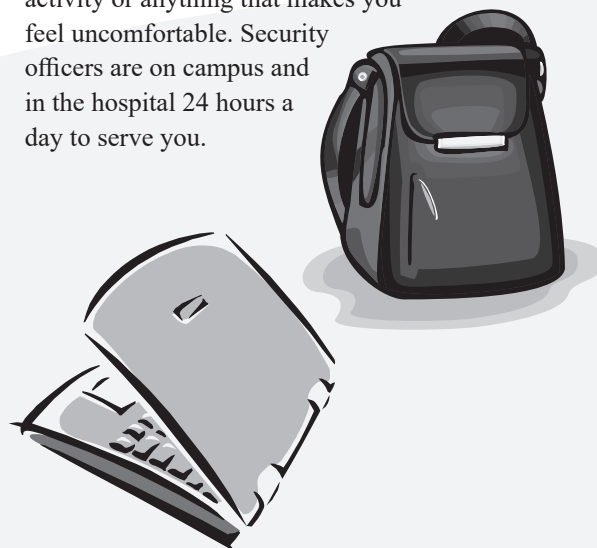
help protect you and your belongings.

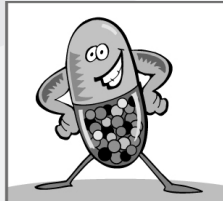
If you have a vehicle on the hospital or housing grounds, keep the doors locked. Do not leave personal items in your vehicle.

If you do lose a personal item while in the hospital, check with Patient Services on the Patient Care Center plaza level and with Security.

If you think your possessions have been lost or stolen, call Security. To reach them from a hospital phone, dial 4444. If using a cell phone, call 901-595-4444.

Always be aware of your surroundings. Report any suspicious activity or anything that makes you feel uncomfortable. Security officers are on campus and in the hospital 24 hours a day to serve you.





# Talking about Medicines

## Some medicines increase your child's risk of falling

By Shane Cross, PharmD, Pharmaceutical Service

As a parent, you need to know your child's medicines and their most common side effects. Pay close attention to medicines that can cause your child to feel drowsy or dizzy, because they might increase the chance of a fall.

Below is a list of medicines used at St. Jude that can make a person less alert or slower to react. This list does not contain every medicine known to increase the risk of falls. So, it is important to always speak with your doctor, nurse or pharmacist if you have questions or concerns.

- Amitriptyline (Elavil®)
- Bupropion (Wellbutrin®)
- Carbamazepine (Tegretol®; Carbatrol®)
- Citalopram (Celexa®)
- Codeine
- Diphenhydramine (Benadryl®)
- Divalproex (Depakote®)
- Duloxetine (Cymbalta®)
- Escitalopram (Lexapro®)
- Fentanyl (Duragesic®)
- Fluoxetine (Prozac®)
- Gabapentin (Neurontin®)
- Hydromorphone (Dilaudid®)
- Lamotrigine (Lamictal®)
- Lacosamide (Vimpat®)
- Levetiracetam (Keppra®)
- Lorazepam (Ativan®)
- Morphine (Oramorph®; Kadian®)
- Oxcarbazepine (Trileptal®)
- Oxycodone (Percocet®)
- Paroxetine (Paxil®)
- Phenobarbital
- Phenytoin (Dilantin®)
- Pregabalin (Lyrica®)
- Promethazine (Phenergan®)
- Risperidone (Risperdal®)
- Sertraline (Zoloft®)
- Topiramate (Topamax®)
- Zolpidem (Ambien®)
- Zonisamide (Zonegran®)

## Food while your child is inpatient

When your child is an inpatient, it is helpful to know when you can order food for your child. It's also nice to know when Kay Kafe is open for your own meals. The Nutrition Centers offer helpful food items when Room Service and Kay Kafe are closed.

### Room Service Hours

For inpatients, Room Service is offered Monday through Friday from 7 a.m. to 9 p.m. On Saturdays, Sundays and holidays, it is open from 7:30 a.m. to 9 p.m.

### Kay Kafe Hours

Kay Kafe cafeteria is open Monday through Friday from 7 a.m. to 7 p.m. and Saturdays, Sundays and holidays from 7:30 a.m. to 7 p.m.

Kay Kafe Express is open seven days a week and on holidays from 7–9 p.m.

### Nutrition Centers

The Nutrition Centers on each inpatient floor are stocked with many items patients request. When Room Service and the Kay Kafe are closed, talk to an inpatient nurse about food items your child would like to have from the Nutrition Center.

Remember: The Nutrition Center refrigerators are stocked only by Food Services staff. Food brought into the hospital from outside locations or from Kay Kafe should be stored in the Family Lounge refrigerator. If you remove a food item from the Nutrition Center refrigerator, but your child cannot finish it, please throw it away rather than placing it back in the refrigerator.

*St. Jude Parents* is published on the first of each month by Patient Education and Biomedical Communications. Your questions and comments are important to us. **We want to print advice and tips from St. Jude parents to other St. Jude parents.** To share your ideas or to receive this newsletter by email, please call or email Samantha Ransone, RN, PhD, at 901-595-3334 ([ParentsNewsletter@stjude.org](mailto:ParentsNewsletter@stjude.org)) or Lois Young ([loislane.young@comcast.net](mailto:loislane.young@comcast.net)). To subscribe to an online version of this newsletter or to learn more about *St. Jude Parents*, visit [www.stjude.org/parents-newsletter](http://www.stjude.org/parents-newsletter). St. Jude is an Equal Opportunity Employer.

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ATTENTION: If you speak another language, assistance services, free of charge, are available to you. Call 1-866-278-5833 (TTY: 1-901-595-1040).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-278-5833 (TTY: 1-901-595-1040).

تنبيه: إذا كنت تتحدث باللغة العربية فيمكنك الإستعانة بخدمات المساعدة اللغوية المتوفرة لك مجاناً. يرجى الاتصال بالرقم 1-866-278-5833 (الهاتف النصي: 1-901-595-1040).



## St. Jude Children's Research Hospital®

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