

瑪麗醫院  
臨床腫瘤科

週邊置入中央靜脈導管 / 植入式注射座  
記錄

Queen Mary Hospital  
Department of Clinical Oncology  
Peripherally Inserted Central Catheter (PICC)/  
Implanted Venous Access Port (IVAP)  
Care Record



RM LABEL





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週邊置入中央靜脈導管 / 植入式注射座 護理記錄  
PICC / IVAP Care Record

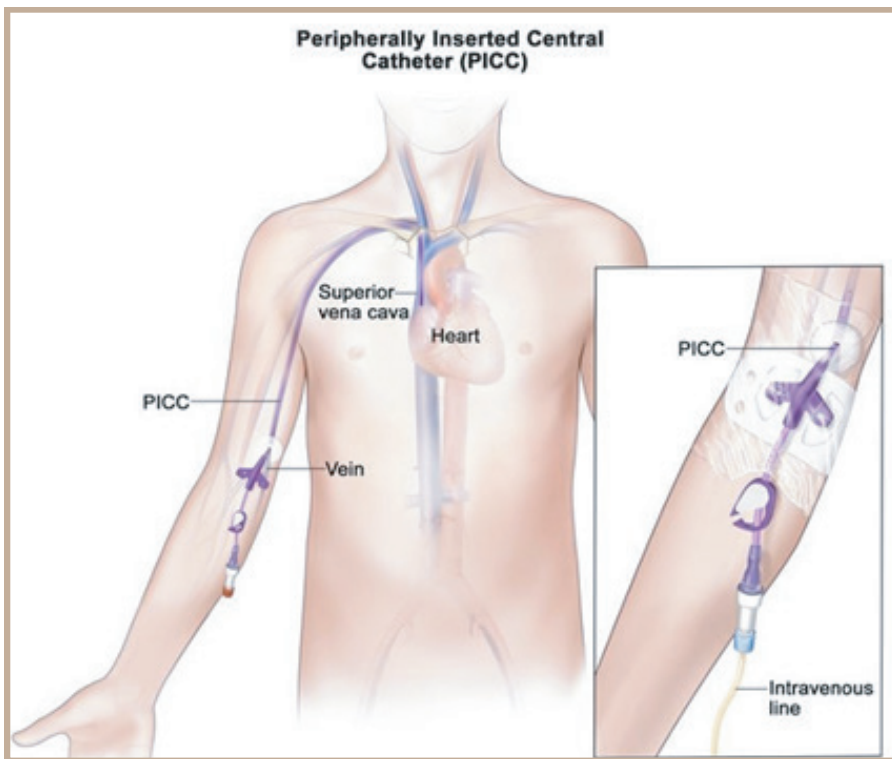
# 週邊置入中央靜脈導管 / 植入式注射座 植入記錄

## PICC / IVAP INSERTION RECORD

|                                                                          |                                                                                              |                                                                                                                   |
|--------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| 類型<br>Type                                                               | 週邊置入中央靜脈導管<br>PICC                                                                           | 植入式注射座<br>IVAP                                                                                                    |
| 日期<br>Insertion date                                                     |                                                                                              |                                                                                                                   |
| 位置<br>Site                                                               | <input type="checkbox"/> 右手 Right Arm<br><input type="checkbox"/> 左手 Left Arm                | <input type="checkbox"/> 右胸 Right Chest<br><input type="checkbox"/> 左胸 Left Chest                                 |
| 尺寸<br>Size                                                               | Fr _____                                                                                     | Fr _____                                                                                                          |
| 端口<br>Lumen                                                              | <input type="checkbox"/> 單端口<br>Single Lumen<br><input type="checkbox"/> 雙端口<br>Double Lumen | <input type="checkbox"/> 單端口<br>Single Lumen<br><input type="checkbox"/> 雙端口<br>Double Lumen                      |
| 類型<br>Model                                                              | PowerPICC                                                                                    | PowerPort                                                                                                         |
| 產品編號<br>LOT Number                                                       |                                                                                              |                                                                                                                   |
| 首次護理傷口日期:<br>Initial dressing date:<br>(post insertion 24 hours)         |                                                                                              | 不適用<br>N/A                                                                                                        |
| 導管突出長度:<br>Insertion length:<br>(from insertion site to<br>catheter hub) | _____ 厘米 CM                                                                                  | 不適用<br>N/A                                                                                                        |
| 拆線日期<br>Stitches Removal Date                                            | 不適用<br>N/A                                                                                   | 頸部拆線日期<br>Entrance site stitches removal<br>date:<br>_____<br>胸口拆線日期<br>Exit site stitches removal date:<br>_____ |
| 沖洗次數<br>Frequency of<br>Flushing                                         | 最少每星期一次<br>At least once per week                                                            | 最少每四星期一次<br>At least every 4 weeks                                                                                |

# 週邊置入中央靜脈導管護理指引

## PICC Nursing Instruction



### 放置導管後一星期的注意事項：

1. 首24小時減少置管手的活動
2. 首幾天可暖敷上手臂和做握拳或輕度的手臂運動來促進血液循環
3. 有需要可服用止痛藥
4. 觀察傷口，如滲血或穿刺點附近出現大範圍瘀傷，應告知醫護人員

### First week after PICC Insertion:

1. Minimize activity of the involved arm in the first 24 hours
2. Applying warm compress for the first few days to the upper arm and light arm exercise by regularly squeeze hand into fist can help to prevent mechanical phlebitis
3. Analgesic may be needed for pain relief
4. Report if there is active bleeding at exit site or extensive bruising near exit site

# 週邊置入中央靜脈導管 日常護理

## PICC Daily Care

### 1. 觀察置管，如有以下情況請立即到 醫院求診：

- 發燒
- 置管手臂、肩膀或頸部腫脹
- 感染跡象，例如紅腫、有滲液、疼痛
- 導管體內部分滑出體外
- 導管斷裂或破損、輸液接頭脫落
- 刺穿點滲血，而按壓未能止血



### 2. 導管需要最少每星期（或根據製造商的建議）由醫護人員沖洗去維持暢通

### 3. 保持敷料清潔乾燥，根據指示由醫護人員更換敷料

### 4. 請勿將導管浸入水中

### 5. 避免浸浴，淋浴時用保鮮紙或膠袋保護置管位置，保持乾爽

### 6. 嚴禁在置管手臂量血壓或使用止血帶

### 7. 避免提5公斤以上重物及做劇烈運動

### 8. 穿著鬆身袖口衣服



### 1. Daily assessment and seek medical advice if the following occur:

- Fever
- Swelling of upper arm, shoulder or neck of cannulated arm
- Signs of infection near exit site e.g. erythema, drainage, tenderness, pain, redness, and swelling
- Length of exposed catheter increased
- Broken or leakage of PICC or dislodgement of PICC cap
- Active bleeding over insertion site, which cannot be stopped even with pressure applied

### 2. Flush the catheter by medical staff at least once per week (or based on manufacturer's recommendation) to maintain patency

### 3. Keep dressing dry and intact, dressing regularly according to medical advice.

### 4. Do not submerge PICC into water

### 5. Take shower instead of bath, use wrap or plastic bag to keep the affected arm dry when showering

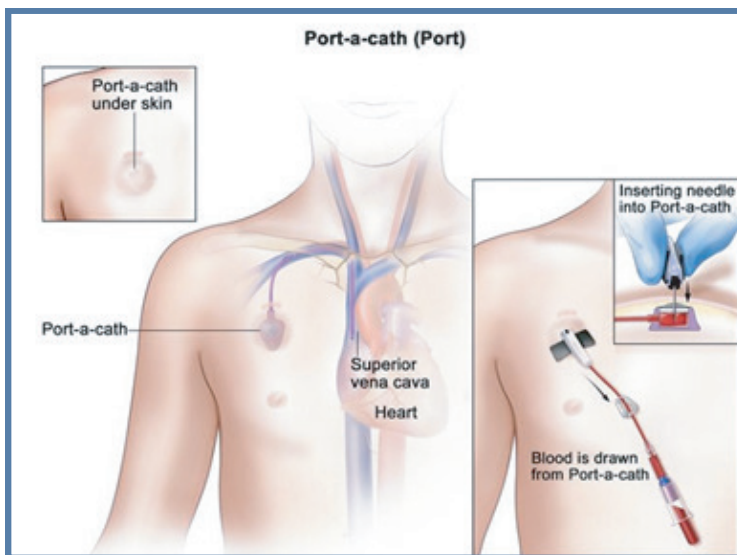
### 6. No blood pressure taking or tourniquet to the affected arm

### 7. Avoid heavy lifting (> 5kg) or other vigorous exercise

### 8. Wear loose sleeve clothes

# 植入式注射座護理指引

## Implanted Venous Access Port (IVAP) Nursing Instruction



### 放置植入式注射座後一至兩星期的注意事項：

#### 傷口：

1. 按照醫護人員之指示，以敷料覆蓋傷口直至指定日期，或由醫護人員定期護理傷口，並更換敷料
2. 每日檢查敷料狀況，以確保傷口敷料乾爽。若敷料沾有滲液，請按照指示由醫護人員護理傷口及更換敷料
3. 洗澡時應另外貼上防水膠布以免沾濕傷口，並於洗澡後除下防水膠布，以保持傷口敷料乾爽

#### 拆線：

1. 按照指示，於指定日期由醫護人員拆線

### 1-2 weeks after IVAP Insertion:

#### **Wound care:**

1. Keep dressings intact or attend appointments for wound dressing according to instructions from medical staff
2. Check on the dressing daily. Wound dressing is needed if there is any oozing
3. Cover the dressing with a waterproof patch when showering, and remove it afterwards to keep the dressing dry

#### **Stitches removal:**

1. Attend follow-up appointments for stitches removal according to instructions from medical staff

## 植入式注射座 日常護理

### IVAP Daily Care

1. 傷口癒合後無需敷料覆蓋，並如常清潔洗澡，保持個人衛生
2. 如有以下情況請立即到醫院求診：
  - 發燒
  - 感染跡象，例如 紅腫、熱、疼痛、有滲液等狀況
  - 注射座的同側手臂、肩膀或頸部腫脹
3. 注射座需要最少每月（或根據製造商的建議）由醫護人員沖洗去維持暢通
4. 裝置植入式注射座的皮膚範圍會有稍微突起，避免撞擊該處，以免損壞或移位
5. 避免植入式注射座的同側手臂劇烈活動，如 360 度旋轉、過度擴胸運動、提 5 公斤以上重物、舉重或打高爾夫球等，以免移位。其他 日常活動如常



1. Remove dressing and leave it open to air once the wounds are healed.
2. Daily assessment and seek medical advice if the following occur:
  - Fever
  - Signs of infection around wounds or area of port e.g. erythema, drainage, tenderness, pain, redness, and swelling
  - Swelling of neck, shoulder or arm on the side where the port is inserted
3. Flush the port by medical staff at least once per month (or based on manufacturer's recommendation) to maintain patency
4. You may feel the disc-shaped port under your skin. Avoid putting pressure over the area
5. Avoid vigorous exercise over the arm on the side where the port is inserted, e.g. circular motion of shoulder, excessive chest stretching, heavy lifting (>5kg) golfing



# 週邊置入中央靜脈導管 / 植入式注射座 護理記錄

## PICC / IVAP Care Record

| 日期<br>Date | 周邊皮膚<br>Surrounding<br>Skin | 抽取血液<br>Blood<br>Aspiration | 暢通<br>Patency | 導管突出<br>長度<br>Length<br>(cm) | 更換接頭<br>Change of<br>Connector | 更換敷料<br>Dressing | 地點<br>Location | 簽署<br>Signature &<br>Staff Chop |
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瑪麗醫院  
臨床腫瘤科

週邊置入中央靜脈導管 / 植入式注射座  
記錄

Queen Mary Hospital  
Department of Clinical Oncology  
Peripherally Inserted Central Catheter (PICC)/  
Implanted Venous Access Port (IVAP)  
Care Record

如有查詢，請於辦公時間  
致電瑪麗醫院臨床腫瘤科門診 **2255 4202**  
緊急情況請到附近醫院急症室求診

**For any enquiries,  
please contact Out-patient Clinic,  
Department of Clinical Oncology,  
Queen Mary Hospital at 2255 4202  
Attend nearby A&E Department if emergency**



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|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------|
|  瑪麗醫院<br>Queen Mary Hospital | Pamphlet Topic & Department Code        |
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