

# Welcome!

This handbook outlines key information you will need during your journey in the Cancer and Blood Diseases Institute (CBDI).

There are many different types of cancer, each with its own treatment, and individual patients differ widely in their response to treatment. For this reason, no handbook can replace discussion with your doctor and care team members. Ask them any questions you have.

Sincerely,

The CBDI Team



# When to Call

## WHEN TO CALL

**513-517-CBDI (2234)**

**Call right away if**  
you have any of these symptoms:



Temperature of  
100.4°F (38°C) or  
higher



Signs of  
infection



Unexpected or  
excessive vomiting



Changes in  
eating and drinking



Changes or painful  
bowel movements



Vomiting after  
receiving anti-nausea  
medicine



Bleeding



Swollen and painful  
stomach



Changes in urine  
frequency or color

**Call within 24 hours if**  
you have contact with anyone who is newly  
diagnosed with chickenpox or shingles.



# How to Take a Temperature

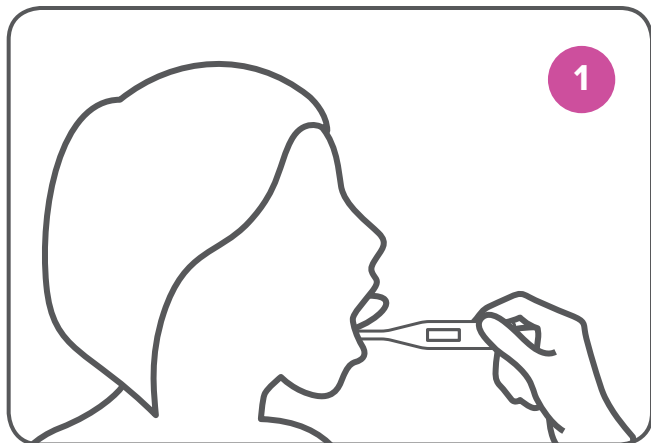
A temperature should be checked any time you do not feel well.

The temperature should not be checked rectally.

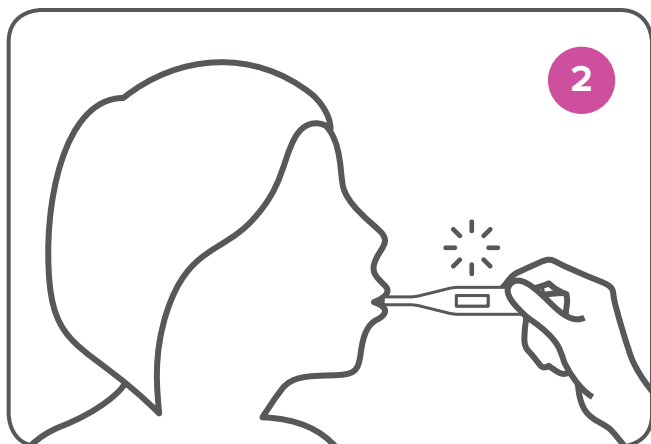


## HOW TO TAKE A TEMPERATURE

### Taking a temperature by mouth



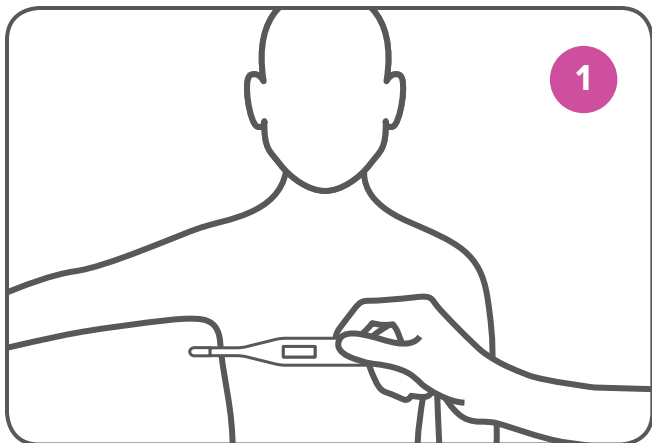
Place the thermometer under the tongue.



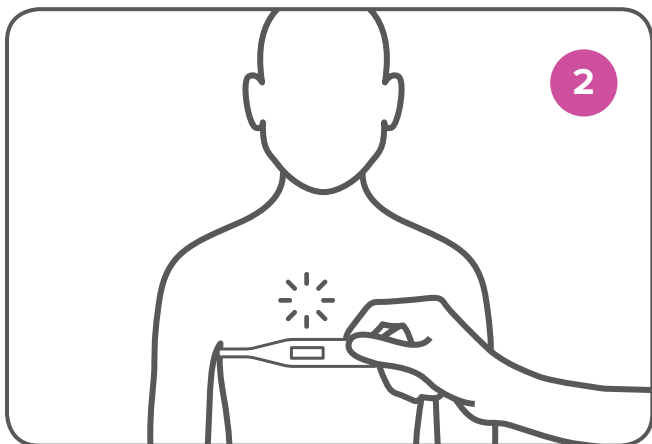
Close lips fully until thermometer beeps.

## HOW TO TAKE A TEMPERATURE

### Taking a temperature under the armpit



Place the thermometer under the armpit and lower the arm to the side.



Hold the arm close to the body to assure that the thermometer remains in the armpit until thermometer beeps.

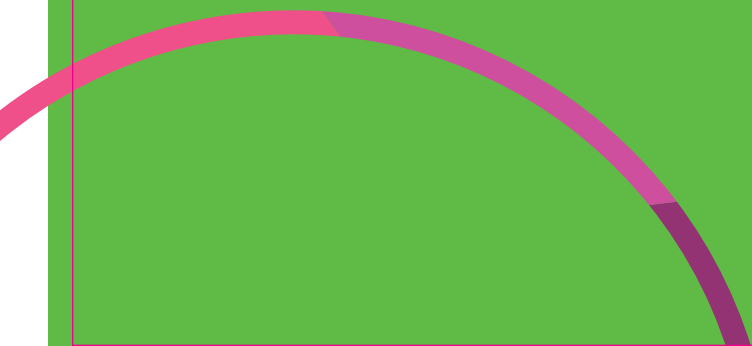




# Understanding Blood Counts

Blood is made in the bone marrow, a soft spongy tissue within our bones, and carries oxygen and nourishment throughout the body. Blood is made up of red blood cells, white blood cells, platelets and clotting factors, as well as a liquid called plasma.

Individuals who receive chemotherapy or whose disease affects the bone marrow may have many changes in blood counts. Throughout treatment blood counts will be checked often.





## UNDERSTANDING BLOOD COUNTS

### Type of Blood Cell or Product

# Hemoglobin (HGB)

Protein within red blood cells that carries oxygen to provide energy to the body.



LOW  
BUT OKAY

8–12



NEEDS  
ATTENTION

**LESS THAN 8**

(LESS THAN 10 IF RECEIVING  
RADIATION THERAPY)



### Signs of low count include:

paleness, fatigue, heart palpitations,  
shortness of breath, headaches.

## UNDERSTANDING BLOOD COUNTS

### Type of Blood Cell or Product

# Platelets

Smallest blood cell in the human body that makes clots to help stop bleeding if a blood vessel is cut or injured.



LOW  
BUT OKAY

50,000 – 100,000



NEEDS  
ATTENTION

20,000 – 50,000



**Signs of low count include:**

bruising, bleeding.

## UNDERSTANDING BLOOD COUNTS

### Type of Blood Cell or Product

# Absolute Neutrophil Count (ANC)

The total number of neutrophils you have to fight a bacterial or fungal infection.



LOW  
BUT OKAY

500 – 1,000




NEEDS  
ATTENTION

LESS THAN 500



# Members of Your Team

A multidisciplinary group of healthcare professionals will support you throughout your entire journey.



## MEMBERS OF YOUR TEAM

### Meet your team



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#### **Primary Oncologist**

The primary oncologist is the physician that will direct and oversee care throughout your entire treatment, both inpatient and outpatient.



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#### **Fellow**

The fellow is a licensed pediatrician who has chosen to further specialize in pediatric oncology. They work with your primary oncologist to coordinate your care.

## MEMBERS OF YOUR TEAM

### Meet your team



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#### **Nurse Practitioner**

The nurse practitioner is a registered nurse with an advanced degree. They work with your primary oncologist to coordinate your care.



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#### **Nurse Care Manager**

The nurse care manager coordinates your care plan and can help you better understand the overall process and the specifics of your plan.



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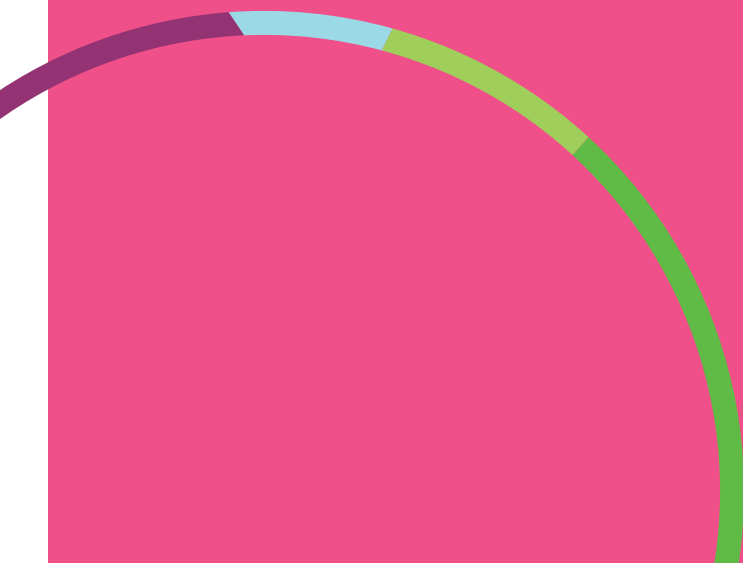
### **Social Worker**

The social worker provides emotional support and connects you with resources.



# Oncology Care Units

You will be making many visits to the Cancer and Blood Diseases Institute to complete treatment.





The image shows the exterior of a modern multi-story building. The facade is primarily light-colored stone or concrete. There are several large windows, some of which are framed in dark grey or black. Two prominent vertical glass panels are colored: one is bright green and the other is bright pink. The building has a modern architectural style with clean lines and a mix of materials. The sky is clear and blue.

# Burnet Campus

# Children's

## ONCOLOGY CARE UNITS

### Adolescent & Young Adult (AYA) Outpatient Clinic



#### Where is the Outpatient Clinic located?

The Cancer and Blood Diseases Institute AYA Outpatient Clinic is located on the first floor of the A building.

#### When are appointments available?

Appointments are available Monday through Friday from 7:30 am until 4:30 pm and Saturdays from 7:00 am until 3:30 pm. You can make an appointment by calling (513) 517-CBDI (2234).

## ONCOLOGY CARE UNITS

### Clinic Procedure Room



#### **When are appointments available?**

Certain procedures requiring general anesthesia are performed in the Cancer and Blood Disease Institute Outpatient Clinic Monday through Friday.

#### **What types of procedures are performed here?**

These procedures may include lumbar punctures, bone marrow aspirates and bone marrow biopsies. The evening before a scheduled procedure a nurse from clinic will call you to review your current health status, verify the procedure, medications, scheduled appointment time and discuss the time at which you may have nothing further to eat or drink before the scheduled procedure.

## ONCOLOGY CARE UNITS

### Day Hospital



#### Where is the Day Hospital located?

Day Hospital is part of the Outpatient Clinic and is located on the 5th floor of the A building.

#### What is the Day Hospital?

At times you may need medications or treatments that take longer than two hours to receive; in this case we will schedule an appointment in the Day Hospital. This may include infusions of blood, intravenous fluids, medications or chemotherapy. Because of the longer appointment times, the patient rooms in Day Hospital have hospital beds, chairs and televisions to make the visit more comfortable.

## ONCOLOGY CARE UNITS

### Inpatient Unit



#### Where is the Inpatient Unit located?

At different times during your therapy, you may be admitted to the Inpatient Unit. The Inpatient Units are located on the 5th floor of the A building.

#### Who's admitted to the Inpatient Unit?

Most of the admissions are scheduled when patients need chemotherapy that requires close monitoring. At other times you may be admitted because it is necessary to receive medications to recover from an illness or to prevent further complications.

#### Are the inpatient rooms private?

All of the rooms on the Inpatient Unit are private.

## ONCOLOGY CARE UNITS

### Inpatient Unit

#### Who can visit my inpatient room?

Parents and spouses may stay in the patient room 24 hours a day. All other guests may visit between the hours of 8:30 am and 8:30 pm.

During flu season, younger children may be restricted from visiting. When children visit the hospital, their temperature will be taken and they will be screened for signs of illness.

#### What are healthcare rounds?

Every morning a team of doctors, nurses, pharmacists, dietitians and social workers perform health care rounds. Families and patients are encouraged to take part in daily morning rounds. This is a great opportunity to ask the team any questions you might have. Doctors and nurses are available 24-hours a day to answer any questions or concerns.

# Liberty Campus

CANCER & BLOOD DISEASE INSTITUTE ENTRANCE

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## ONCOLOGY CARE UNITS

### Liberty Outpatient Clinic



#### **Where is the Liberty Outpatient Clinic located?**

The Liberty Outpatient Clinic is located on the Cincinnati Children's Liberty Campus in Liberty Township, OH. The clinic is located on the 2nd floor of Location B above the Proton Therapy Center.

#### **When are appointments available?**

Appointments are available Monday through Friday from 8:00 am to 5:00 pm. You can make an appointment by calling 513-517-CBDI (2234).

#### **Is it the same staff as Burnet Campus?**

The Liberty Outpatient Clinic is staffed by the same doctors and nurses as the Burnet Campus.



## ONCOLOGY CARE UNITS

### Liberty Inpatient Unit



#### Where is the Liberty Inpatient Unit located?

The Liberty Inpatient Unit is located on the Cincinnati Children's Liberty Campus in Liberty Township, OH. The unit is located on the 4th floor of Location A.

#### Who is admitted to the Inpatient Unit?

You may be admitted to the Inpatient Unit because it is necessary to receive medications to recover from an illness or to prevent further complications. Talk to your care team to determine if the Liberty Inpatient Unit is right for you.

#### Is it the same staff as Burnet Campus?

The Liberty Inpatient Unit is staffed by the same doctors and nurses as the Burnet Campus.

## ONCOLOGY CARE UNITS

### Proton Therapy Center



#### Where is the Proton Therapy Center located?

The Proton Therapy Center is located at Cincinnati Children's Liberty Campus in Liberty Township, OH. The center is on the first floor of Location B.

#### What is Proton therapy?

Proton therapy uses protons to treat pediatric and adult tumors. It has the advantage of greater precision, it attacks the tumor but avoids healthy tissues and organs near by.

#### When are appointments available?

Appointments are available Monday through Friday from 7:00 am to 4:30 pm. You can ask your care team to help you make an appointment or call 513-636-2866 (ATOM).



