

Resources for Navigator

When patients call with questions, follow these guidelines when advising them.

Advise patients to come to the CCC during working hours for emergencies
If outside working hours, they should go to the Emergency Department
If live outside of Moshi, go to nearby hospital

If the patient calls with:

FEVER!!

- Anything >38C, or >37.5C for more than 1 hour- this is an **Emergency**, and must go to the hospital!
- Other symptoms may include: chills and shivering
- Do NOT wait until the morning, the patient must go to hospital right away!
- The patient could be neutropenic and must get blood investigations and antibiotics!
- Ask the patient to take their temperature while talking with them (most patients should have a thermometer)
- Advise them to take their red card with them to the hospital

Other **Emergencies** that MUST come to the hospital: Difficulty Breathing and any change of consciousness/mental status

VOMITING

- Advise to seek medical care if they have >3 Vomiting episodes/day
- If less than that, have them stay hydrated and eat small bites of food/drinks that are easy on the stomach, once vomiting stops

DIARRHEA

- Advise to seek medical care if they have >6 episodes/day or they see blood in their stool, or are feeling faint, dizzy, lightheaded, unable to stand, even after only 1 episode
- They should try to stay hydrated and can use ORS after each motion
- Advise to drink a lot of water, eat small meals/day and avoid things like caffeine and alcohol

MUCOSITIS

- Advise to seek medical care if they are having severe pain in their throat and can't swallow (they may be neutropenic)
- If they can swallow but still have sores/pain in the mouth/throat, instruct them on using a bicarbonate rinse: in 500ml water bottle, mix water with 2 Tbsp bicarbonate, and a small spoonful of salt. Mix together. Gargle every 4hours.

PAIN

- Most patients with pain issues will be on Morphine
- Morphine has no dose limit
- Typical dose is 5ml every 4 hours, with 10ml at night
- If pain persists, you can increase to 7.5ml (try for 3 days)
- If pain continues to persist, increase to 10ml with 15ml at night
- If considering Ibuprofen- a renal function must be evaluated first!
- If pain continues to persist despite these efforts, and is severe- come to hospital

BLEEDING

- Seek medical care if bleeding persists despite interventions (ex: putting pressure on nose for 5minutes to stop bleeding)
- Seek medical care if blood is seen in stool or in vomit