

#07 Central Vascular Access Device care and maintenance best practice/dressing

Transcript:

00:00:00 **Servane Pelle-Lombardy**

Hello and welcome back to the BD IV News podcast or welcome and more specifically to our special series, Vascular Access Insights.

Remember, this is where we explore the science, strategy, and real-life stories behind effective vascular access management.

So whether you're a nurse, a clinician, or an healthcare leader, this series is your go-to resource for best practices and practical solutions that improve outcomes and reduce complications.

We're here to support and empower your practice, one episode at a time.

In this episode today, we examine the critical domain of central venous access, where adherence to evidence-based care and rigorous maintenance protocols can significantly reduce the risk of complications and improve patient outcomes.

I'm your host, Servane Pelle-Lombardy, Associate Director of Medical Affairs for BD's Medication Delivery Solution in the EMEA, and I'm thrilled to be joined by two of our outstanding experts in the field, Dr. Rick van Loon.

Hello, Rick.

How are you?

00:01:06 **Dr. Rick van Loon**

Hello Servane, hello, everybody.

00:01:08 **Servane Pelle-Lombardy**

Ricky is anesthesia nurse and PhD from Eindhoven University of Technology, currently at Fontis University of Applied Science, and is widely recognized for his work and publications on the difficult intravenous access scale.

And Gema.

Welcome, Gema.

00:01:25 **Gema Muñoz**

Hello Servane, hello, everybody.

00:01:28 **Servane Pelle-Lombardy**

Hello.

Gema, Gema Muñoz, advanced nurse practitioner, but also lead nurse in vascular access at the Royal Marsden NHS Foundation Trust.

So very happy to have you both on board.

When it comes to the inadequate care of central venous access devices, this can lead obviously to severe complications and that's including infection and other complications.

It can increase hospital stays and also bring higher healthcare costs to the organization.

But the good news seems to be that in this case, with proper technique and attention to the detail, most of it can be prevented.

So Rick and Gema, let's get into the detail that matter most at the patient bedside.

And how do you think we can move in that area from the risk to the prevention?

00:02:29 **Dr. Rick van Loon**

Yeah, thank you, Servane.

I think it's important to carefully consider the procedures to be performed from the outset because this can prevent many complications, of course.

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And it goes without saying that careful handling of the procedures is a key condition for catheter care and maintenance, of course.

And sterility, for example, is crucial.

But I think there is still much room for improvement.

So let's share our ideas, Gema.

00:02:56 **Gema Muñoz**

Yes, I agree.

I always said that care and maintenance of a central venous access devices is 90% of the lifespan of the device.

So it doesn't really matter if the device has been inserted wonderfully.

If it is not well looked after, we always end up removing the catheter before it's due and sometimes with complications that they are avoidable.

So, yes, I would say care and maintenance is key for these catheters to succeed.

00:03:32 **Dr. Rick van Loon**

Yeah, I think we can start with monitoring, because regular inspection of the catheter insertion site is essential.

That's what you say, Gema.

00:03:42 **Gema Muñoz**

Surveillance is important, so we can address those potential complications, but also having a standardized approach to the weekly care and maintenance of central vascular access devices is key.

So we have daily monitoring of the exit side and potentially something as basic as dating the dressing, then whoever comes afterwards to do any kind of care and maintenance, they know when that dressing might be due, which is very helpful in acute setting, but also when patients are looked after in the community.

00:04:27 **Dr. Rick van Loon**

Yeah, and this is where training and leadership comes in, I think, because hospitals that appoint experienced nurses or even vascular access specialists see better outcomes.

These professionals are not only skilled in the technical aspect, but also act as role models or educators so they can help design practical tools, training sessions, and support their colleagues on the floor.

Creating awareness, because that's essential.

00:04:54 **Gema Muñoz**

Awareness for other healthcare practitioners and also training patients.

In my organisation, we have a large, a community of patients that they go and they have their care and maintenance outside of the hospital because most of the treatment is delivered ambulatory and we have developed or have developed a three options for care and maintenance.

So patients can have the weekly care and maintenance coming back to the hospital.

They can have it at home via community nurses.

Or we're trying to empower our patients to take ownership of their device and have the care and maintenance at home with the help of a relative or a family friend.

So we've developed videos and posters and information leaflets with a step-by-step guide so they can successfully look after their devices outside the hospital.

And this proves really, really, really, really successful because those catheters maintain look after the patients sometimes tend to have better outcomes than those that they are looked at for clinical nurses in the community or coming in and out of hospital.

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Do you have anything similar like that?

00:06:19 **Dr. Rick van Loon**

Yeah, patients certainly play a crucial role in care and maintenance of central vascular access devices, of course.

I completely agree with you and that's important because they are the first ones who experience discomfort or complications like pain, pain at the insertion site, redness, things like that.

So including patients in surveillance and in care maintenance of central vascular access device is crucial to increase catheter dwell and increase better outcomes for the patients, of course.

I think another thing that's very important is the multidisciplinary approach.

What do you think about that?

00:06:57 **Gema Muñoz**

I think so. That is why it is important to have standardized practices and potentially developing algorithms for patients that develop sensitivities.

So we all know what to do when and how to use the technology that is available at special dressings when it's necessary, as that could potentially avoid MARS reactions to the adhesive from the dressings and so on.

00:07:31 **Dr. Rick van Loon**

The prevention of complications, it's the key in best clinical practice, of course.

So, and I think it's not the job of one person or one department of department.

It requires the collaboration between infection control teams, vascular access specialists, physicians, doctors, nursing staff, and the patient in this as well.

Because when we all work together, patients receive faster, more coordinated care and improve outcomes, of course.

So what do you think?

What are the key messages from this podcast?

00:08:07 **Gema Muñoz**

I would suggest again, as I always say, that care and maintenance is the most important factor on devices lasting the whole duration of treatment with minimal complications.

Awareness for everybody that is going to get in contact with a CVAD is important and the most important is involving patients, making patients aware and giving them ownership when possible of their care and maintenance.

00:08:44 **Dr. Rick van Loon**

And I think we have to make it easy for everyone involved in patient care with a central vascular access device with posters, easy guidelines or easy care bundles that can be used at bedside at our patients.

00:08:58 **Gema Muñoz**

Absolutely.

00:09:00 **Dr. Rick van Loon**

Back to you, Servane.

00:09:02 **Servane Pelle-Lombardy**

I'm so inspired, really.

Thank you so much, both of you.



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Thank you, Rick. Thank you, Gema, for sharing such valuable insights and tips from your experience today with everyone.

That's a lot of food for thought for anyone listening and involved actually in central vascular access device patient care.

From flushing protocols, dressing changes, to recognizing early signs of complications, nurses are really on the front line of prevention and it's listening to you, it's not only about maintaining a line, right?

It's protecting a patient's lifeline.

So really inspiring.

Thanks again to all of you for tuning in.

And don't miss the next episode where we'll dive into especially the how to prevent, identify, and manage thrombotic complications.

And remember, you are the VAMBassador, so good access saves lives, so stay connected.