

Flushing the CVAD Line SKILL

Watch the Video

- ▶ Watch the DVD included in your kit or go [HERE](#) to watch the video online.

Overview

- ▶ Your PICC and tunneled catheter will have to be flushed to make sure the line stays open. How often you should flush depends on the type of catheter and the type of medications you are getting through your CVAD.
- ▶ Your CVAD should always be flushed before and after giving medications or fluids and after drawing blood. This will help prevent blood from clotting in the tube and blocking access.



Flushing the CVAD

STEP 1: CLEAN AND PREPARE YOUR WORK AREA

1. Clean your work area—prepare a work area that is clean, clutter-free, and well lit. Minimize germs in the area—keep away pets and people with colds, and don't be in front of a blowing fan. Clean the work area with soap and water and dry with a paper towel. You can also cover the surface with a clean towel if the surface is not washable.
2. Gather your supplies:
 - Flushing syringes
 - Alcohol wipes
 - Clean gloves



Supplies

3. Wash your hands the right way

- Wet your hands with clean running water and apply soap.
- Rub your hands together to make a lather and scrub the backs of your hands, between your fingers, and under your nails.
- Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under running water.
- Turn off the faucet using the back of your hand or a paper towel. Do not contaminate newly cleaned hands.
- Dry your hands using a clean towel or air-dry them.



Wash your hands the right way

How to use hand sanitizers as an alternative

- Apply the product to the palm of one hand.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs.
- Hand sanitizers are not as effective when hands are visibly dirty.

STEP 2: SCRUB THE NEEDLELESS CONNECTOR

1. Put on clean gloves.
2. Vigorously scrub for at least 15 seconds with an alcohol wipe. Use a fresh wipe for each needleless connector and for each time you access the connector.
3. Your health care team may have you scrub with chlorhexidine instead of an alcohol wipe. New data is just coming out about which solution is better at decreasing the risk of infection.



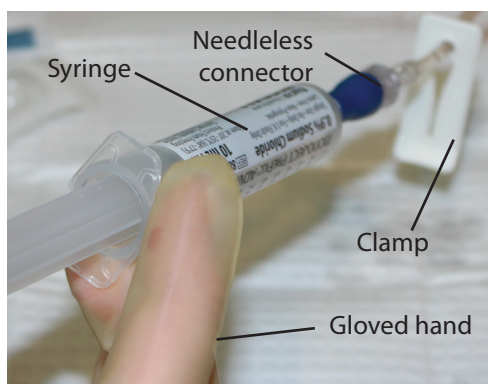
Scrub the connector

STEP 3: PREPARE AND ATTACH THE SYRINGE

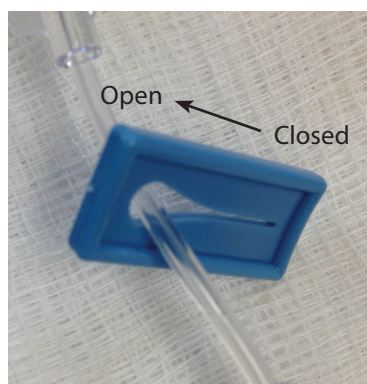
1. Prepare the syringe.
 - Uncap the syringe.
 - Hold it upright with the tip pointing to the ceiling.
 - Push out any air at the tip of the syringe.
 - Do not touch the clean tip with your fingers.
2. Attach the syringe to the needleless connector.
3. Unclamp the tubing.



Hold syringe upright



Attach the syringe and flush



Unclamp the tubing

STEP 4: FLUSH THE LINE

1. Flush the fluids slowly. This is usually 3 mL of sodium chloride for infants and 10 mL of sodium chloride for adults.
2. Clamp the tubing.

Stop here or continue to flush with heparin, if instructed.

3. You will repeat these steps for each CVAD lumen. Remove your gloves and wash your hands when finished.

Patient Alert: Use the Correct Size Syringe

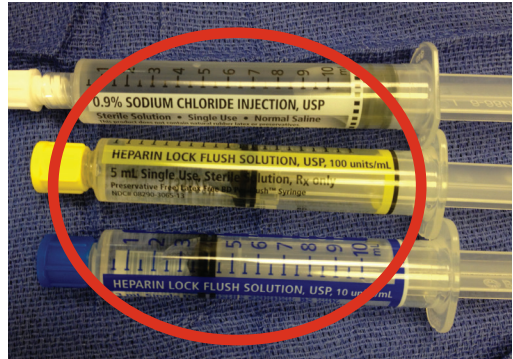
Only use 10 mL syringes when flushing or giving medications. This will prevent excess pressure on the CVAD.



10 mL syringe

Patient Alert: Check the Heparin Dose

There are different forms of heparin syringes. Heparin syringes can be 10 USP units per mL and 100 USP units per mL. The 10 USP units per mL will be used for routine flushing. The 100 USP units per mL will be used when the CVAD is not being flushed frequently. Some heparin flush solutions also contain an antibiotic.



Different syringes

To Practice

- ▶ Gather the supplies in your skill kit.
- ▶ Use the central line practice model and skills checklist to clean and flush the needleless connector.

