Procedure Guidelines for Performing Dressing Care for a Central Venous Access Device (CVAD)

1. Verify the health care provider’s orders.
2. Gather the necessary equipment and supplies.
3. Provide for the patient’s privacy.
4. Perform hand hygiene.
5. Introduce yourself to the patient and family, if present.
6. Identify the patient using two identifiers, according to your agency’s policy. Compare the identifiers in the MAR/medical record with the information on the patient’s identification bracelet, and ask the patient to state his or her name.
7. Perform insertion site care and dressing change:
   A. Position the patient in a comfortable position, with his or her head slightly elevated. If the patient has a PICC or midline device, extend his or her arm with the line.
   B. Prepare either a transparent dressing or a gauze dressing.
      (1) For a transparent dressing, perform insertion site care every 5 to 7 days and as needed.
      (2) For a gauze dressing, provide insertion site care every 48 hours and as needed.
   C. Perform hand hygiene.
   D. Apply a mask and clean gloves.
   E. Ask the patient to turn his or her head away from the dressing site.
   F. Remove the old dressing by lifting and removing either the transparent dressing or the tape and gauze in the direction of the catheter insertion. Discard the old dressing in the appropriate biohazard container.
   G. Remove the catheter stabilization device, if one was used. This device must be removed with alcohol.
   H. Inspect the catheter, the insertion site, and the surrounding skin. Measure the patient’s mid-arm circumference above the insertion site to assess for thrombosis if the patient has a PICC line.
   I. Remove and discard your clean gloves, and perform hand hygiene.
   J. Open the CVAD dressing kit using sterile technique. Open the steri-strips and place them on the sterile field. Apply the sterile gloves from the kit.
   K. Cleanse the site:
      (1) Use 2% chlorhexidine. Using a back-and-forth motion, move vertically and horizontally for at least 30 seconds; allow the area to dry for 30 seconds.
      (2) Povidone-iodine may be used in some settings, according to your agency’s policy.
      (3) The area to be cleansed should be the same size as the dressing.
      (4) Clean the tubing also, being careful not to pull on it.
   L. Apply a skin protectant to the entire area, and allow it to dry completely so that the skin is not sticky to the touch.
   M. If indicated per agency policy, apply a chlorhexidine-impregnated disk for short-term CVADs.
   N. Apply a new catheter stabilization device or steri-strips according to the manufacturer’s instructions if the catheter has not been sutured into place.
O. Apply a sterile transparent semipermeable dressing or gauze dressing over the insertion site.
8. Remove your gloves, and perform hand hygiene.
9. Apply a label to the dressing that indicates the date and time the dressing was changed and your initials.
10. Dispose of all soiled supplies and used equipment.
11. Help the patient into a comfortable position, and place toiletries and personal items within reach.
12. Place the call light within easy reach, and make sure the patient knows how to use it to summon assistance.
13. To ensure the patient’s safety, raise the appropriate number of side rails and lower the bed to the lowest position.