

# Interleukin 2

## Medical Intensive Care Unit (4MICU)



### Ronald Reagan UCLA Medical Center

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Los Angeles, CA 90095

Main Phone: (310) 267-7441  
Fax: (310) 267-3785



# About Our Unit

The Medical Intensive Care Unit (MICU) cares for critically ill patients in an intensive care environment, with nursing staff specially trained in the administration of Interleukin 2 therapy.

One registered nurse (RN) is assigned to take care of a maximum of two patients. Our Medical Intensive Care Unit patient rooms are designed to allow nurses constant visual contact with their patients. As a safety precaution, the Medical Intensive Care Unit is a closed unit and requires permission to enter by intercom.

Each private-patient-care room contains the most advanced intensive-care equipment available, including cardiac-monitoring and emergency-response equipment. The curtains in the room will usually be drawn to keep your room more private.

A brief tour is available on weekdays for patients and visitors interested in walking through the unit and meeting the staff before arrival. To arrange for a tour, please call the nurse manager at (310) 267-9529.

## Quick Reference Guide

### Unit Director / Manager

Mark Flitcraft, RN, MSN  
(310) 267-9529

### Clinical Nurse Specialist

Yuhan Kao, RN, MSN, CNS  
(310) 267-7465

### Assistant Manager

Sherry Xu, RN, BA, CCRN  
(310) 267-7485

### Clinical Case Manager

Connie Lefevre  
(310) 267-9740

### Clinical Social Worker

Codie Lieto  
(310) 267-9741

### Charge Nurse On-Duty

(310) 267-7480 or  
(310) 267-7482

### Patient Affairs

(310) 267-9113

### Respiratory Supervisor

Orna Molayeme,  
MA, RCP, RRT, NPS  
(310) 267-8921

# During Your Stay

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## The Medical Team

During each shift, you will be assigned a registered nurse (RN) and a clinical care partner (CCP). The CCP will perform supportive activities you may need, or that assist the RN. Additional nursing staff includes the charge nurse, who supervises the RN, and the nurse manager.

Interleukin-2 treatment, also called IL2 treatment, involves two physician teams: the Medical Intensive Care team and the Oncology team. Each team is led by an experienced, senior faculty physician who is in charge of your care while you are hospitalized. The attending supervises other members of the team, including fellows, residents and interns.



# Visitation Guidelines

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Visitors are allowed to stay overnight. However, since the rooms are designed for patients only, no fold-out beds are available and a public bathroom is located outside the unit.

During the hours of 8:00 am to 9:00 am and 8:00 pm to 9:00 pm, visitors may be asked to leave the room, to allow the new nurse on duty to perform an initial assessment and connect with the patient.

# Contact Information

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A manager is available 24/7 to answer your questions. You can contact any of the following:

- A nurse manager  
Available 24/7 and can be reached through the charge nurse.
- On-site charge nurses  
There are always two charge nurse's assigned to either the East or West side of the nursing unit at any time.
- House supervisor  
Please ask the bedside nurse to page the house supervisor or by calling the page operator at (310) 825-6301.
- Patient liaison office  
Available during business hours at (310) 267-9113.

# Privacy and Safety Guidelines

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- You may use your cell phone inside the patient's room or outside the unit. Please do not use the cell phone while wandering in the unit hallways.
- Please respect other patients' privacy in the unit by staying inside the patient's room during your entire visit.
- Restrooms are available for your use and are located near the elevators right outside the Intensive Care Unit entrances.
- Please do not visit if you feel like you are coming down with a cold, flu, or any other potentially contagious conditions.



# Privacy and Safety Guidelines

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- Visitors must follow hand hygiene instructions given by the staff. At times, you may be asked to wash your hands with water and soap instead of using the alcohol-based gel. Please sanitize your hands before and after visiting your loved one to protect your loved one's health and your own health.
- No fresh flowers, fresh fruits, latex balloons, or pets (guide dogs and therapy dogs are exceptions; please check with staff first) are allowed.
- Cameras and cell phone photography are not allowed inside the MICU.
- For Infection Control and safety reasons, visitors are not allowed to have meals or food in the room; limited beverages are allowed.
- Your loved one may be connected to various medical equipment for his/her treatment in the MICU. Please refrain from touching these devices and allow sufficient space for our team to access the equipment when you are visiting.
- Children under the age of 18 are allowed to visit only with a supervising parent or adult and may not be left unattended at any time. Please prepare the child for what they will see and hear. Talk with the nurse before bringing children to visit. If children are not able to visit, you may want them to tape record or write a message for the patient.
- The room is designed for patient care; family and loved one personal items must be limited to fit into the patient belonging space. If you have excess belongings that do not fit into the patient belonging space, you will be required to remove these items as a safety measure.

# Your Treatment

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## Starting Interleukin 2 Treatment

Before starting Interleukin 2 (IL-2) treatment, a peripherally inserted central catheter (PICC) must be inserted. A PICC line is a small intravenous access line that is usually placed in the arm. Patients may have a PICC throughout their hospital stay and go home with it if therapy is needed after discharge. Your nurse will provide PICC care instructions before insertion and after discharge.



During IL-2 treatment, your vital signs will be taken continuously. Five leads will be placed on the chest wall to record the electrical activity of the heart. A finger/ear probe will be placed to measure the oxygen your body is receiving. A blood pressure cuff will be worn on the arm without the PICC line, and blood pressure be obtained at least every hour. Body temperature will be obtained every four hours. If you are febrile, your temperature will be taken more often and cooling measures (such as cool ice baths and ice packs) will be used.

Before every IL-2 dosing, blood specimens will be obtained to make sure the body is tolerating the IL-2 treatment. Lab draws will occur within a short amount of time before the scheduled IL-2 doses (8:00 am, 4:00 pm and 12:00 am).

IL-2 therapy will be administered in one treatment consisting of two cycles. Cycle one and two will last five days with a total of 14 doses. The IL-2 doses are administered every eight hours.



# Your Treatment

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## Managing Side Effects

Management of side effects is the most challenging part of IL-2 therapy and can include low blood pressure, fever, nausea, vomiting, diarrhea, infection, chills, swelling and weight gain, confusion, skin rashes, and changes in liver and blood chemistries. Additionally, patients may experience body aches and fatigue. The registered nurse will help you manage side effects; your communication of any symptoms you may be experiencing is important.

IL-2 side effects usually occur within one to two hours after the drug is infused; the Registered Nurse will provide extra blankets for you and remind you to stay in bed for three to four hours after the 15-minute drug infusion. A commode is available in the room, but for your own safety please do not get out of bed without assistance.







## After Treatment: When You Go Home

- Gradually increase clear liquid intake to eight to 12 glasses per day.
- Start increasing food intake with bland, starchy meals such as pastas, milk shakes and mashed potatoes (think foods that are white in color). As your appetite returns, start with small, frequent meals, adding high protein foods such as eggs, milk, meat and cheese.
- If you're experiencing nausea and vomiting, try using an antiemetic (a drug to prevent nausea) 30 minutes before meal time. Also, serving meals at room temperature and eating foods that do not have a strong odor can help reduce nausea and vomiting.

# Your Treatment

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- Slowly increase activity levels and plan periods of rest. Employ energy-conservation strategies, including setting priorities. Drinking plenty of fluids will help lessen fatigue.
- To prevent mouth irritation (stomatitis), use a soft nylon bristled toothbrush.
- Use a strong sun block (SPF greater than 15) whenever you go outside, even in the winter. Protect yourself from direct rays of the sun with loose-fitting cotton clothes and a hat.
- Use a mild soap without perfume, rinse thoroughly and avoid lotions with alcohol, perfumes and chemicals. Recommended lotions such as Eucerin, Lubriderm, Aloe Vera and Aveeno can help reduce skin irritation. Do not use over-the-counter creams that contain steroids (steroids prevent IL-2 from working). Stay away from high humidity to lessen skin irritation and avoid frequent hot showers and baths; apply cool towels if any itching occurs.
- Do not operate machinery or drive a car while taking medications that cause drowsiness.
- After you go home, you may experience symptoms not addressed in this brochure. You can always call the MICU charge nurse if you cannot reach your private physician. For emergencies, go to the nearest Emergency Department.





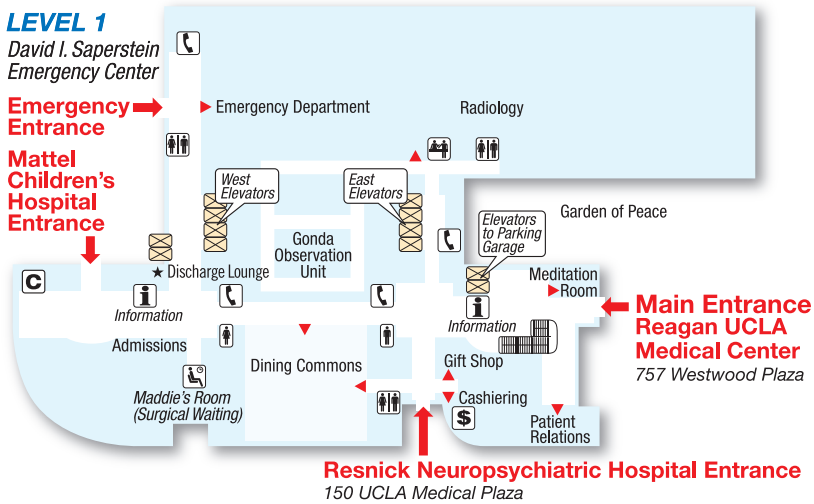
# Floor Guide

## LEVEL 1

David I. Saperstein  
Emergency Center

**Emergency Entrance** →

**Mattel Children's Hospital Entrance** ↓



## LEVEL 4

Resnick  
Neuropsychiatric  
Hospital

