

Prophylactic regimen for onco-hematological patients during chemotherapy-induced neutropenia

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Introduction

Neutropenia is one of the commonest complications in patients with hematologic malignancies. Infective risk is related to the severity and duration of neutropenia. Higher risk is associated with concurrent immunological defects. Generally prophylaxis is recommended only for patients with prolonged phases of neutropenia.

Aim

To review the publications about the prophylaxis of infections in hematological patients during chemotherapy-induced neutropenia.

Materials and methods

We analyzed scientific articles on the topic of the characteristics of food, drinks, hygiene care, isolation of patients, prophylactic use of antibacterial, antifungal and antiviral drugs.

Results

Typical protocols include isolation procedures, mouthcare (antiseptic mouthwash 4-hourly, swish and spit), antibacterial, antifungal and antiviral prophylaxis. Patients must keep special diet: they should avoid some drinks (unsterilized water, unpasteurized milk and freshly squeezed fruit juice) and food (cream, ice-cream, soft, blue, or ripened cheeses, live yoghurt, raw eggs or derived foods, e.g. mayonnaise and souffles, cold chicken and meat, raw fish, shellfish, unpeeled fresh vegetables and fruits, uncooked herbs and spices).

Conclusion

Preventive actions against infectious complications in patients with neutropenia should include not only antibiotics, antifungal and antiviral drugs, but also special food, drinks and personal hygiene.