

Port Pillows Project Outline

***Update:** We received no response back from the Fridley or Coon Rapids MN Oncology Clinics so the Minnesota Oncology Cancer Center in Maplewood were the recipients of 150 port pillows to give to their patients.*

Our fall service project will be making port pillows for patients undergoing chemo therapy. The port pillows are small pockets of fabric stuffed with soft batting and fasten on to seat belt straps with Velcro. They are used by patients undergoing chemo treatments to make their car trips back and forth more comfortable. I thankfully didn't know much about ports so I did a little research on them. I found out a port is a small disc made of plastic or metal about the size of a quarter that sits just under the skin. A soft thin tube connects the port to a large vein. The chemotherapy medicines are given to the patients through the ports rather than an injection with a needle each time. The ports are usually placed in the upper chest area just below the collarbone, right near where the seat belt crosses the chest.

I contacted the Minnesota Oncology Clinic in Fridley to see if they could use these port pillows and the response was yes – 100% yes! The contact there is checking to see how many patients would need port pillows, but I have not heard back from her yet. The initial number was 50-100 port pillows.

Since this is a brand new project for us there are a lot of unknowns but I think these would be the basic steps to complete this project:

1) Collect fabric

- We're looking for bright, uplifting colors and patterns like florals or happy, pretty designs for women and plaid, solid or masculine fabrics for men
- Fabric should be cotton or a cotton blend and not stretchy fabric like t-shirt, sweatshirt or spandex blends. Plaid flannel would be great for men & women too
- Fabric can be bought at a fabric store or you can use clothing like blouses, shirts, dresses etc. Check out garage sales, Savers, Goodwill or even your own closet! Pillowcases work well too!

2) Cutting the fabric

- Each port pillow is made from 4 pieces of fabric cut into rectangular shapes
 - 2 pieces of fabric cut into 5 x 7 inch rectangles for the pillow
 - 2 pieces of fabric cut into 3 ½ x 4 ¾ inch rectangles for the straps
 - Avoid having any seams from the clothing in the cut rectangles
 - The sizes of the rectangles doesn't need to be exact, just kinda close!

3) If possible, bring the cut fabric to our September meeting or I can collect it sooner too

4) Fabric pieces will be sewn together

- Kathy EM will sew but if others would like to help with the sewing, they are welcome to help also

5) After the sewing is completed, polyester quilt batting needs to be inserted to create the "pillow"

- A date needs to be set and volunteers will be needed to help with this

6) Kathy EM will finish the sewing

7) Inspirational tags will be signed and attached to each pillow

- A date needs to be set and volunteers will be needed to help with this

8) Deliver to ~~MN Oncology~~ Minnesota Oncology Cancer Center in Maplewood

- If possible, several FWT members will meet at the clinic to donate the pillows
- A specific date has not been determined but since October is National Breast Cancer Awareness month so we're aiming for sometime in October



attach strap here

attach strap here

Port Pillow

5 x 7 inches
Cut 2 fabric pieces

velcro

velcro




Straps

3 1/2 x 4 3/4 inches
Cut 2 fabric pieces

Fold in half

velcro

These are the tags we included with each port pillow. Several of our members signed each tag using their first name.



This pillow was made for you by The Fridley Women of Today.
Just attach the straps to your seatbelt and it will
keep the seatbelt from rubbing against
and irritating the skin around your port entry,
providing comfort while you travel.

Hand made just for you by:

Our wish for you is strength and courage along your journey!

Front



fridleywt@mnwt.org
www.fridleywt.com

Back



This is how they will look when finished



This is how they are used in the car

