

CHILDREN AND  
YOUNG PEOPLE



## CHILD-FOCUSED HEALTHCARE

Admission information  
for children and families

## WELCOME TO BMI HEALTHCARE

The children's team are here to make your stay on the ward as comfortable as possible. Our aim is to deliver a high standard of medical and nursing care to ensure that your child has a speedy recovery.

For children, the prospect of being admitted to hospital is potentially frightening. The following information has therefore been provided to help you prepare your child for their hospital stay in advance.

It is important that your child understands the operation he/she is going to have.



## PREPARING YOUR CHILD

- Discuss the operation with your child a few days before he/she is coming into hospital
- Explain what the operation is for, on a level of understanding suitable for your child
- Tell your child that he/she may be given some pre-medication or anaesthetic to help them sleep and prevent them from feeling any pain if they are having an operation
- Encourage your child to express their feelings and be alert for any concerns that they may have
- Always be truthful with your child
- Do not tell them something will not hurt when it might

## WHAT TO BRING

- Pyjamas or nightdress  
(cotton only with cotton underwear)
- Slippers
- Favourite soft toy or comforter
- A game they will enjoy playing
- Inhalers if your child is asthmatic or any medication they are taking
- Toiletries



## ON ADMISSION

The children's team will be responsible for the management of nursing care for your child. Please feel free to discuss any problems with your nurse.

Your child will be weighed, and their temperature, pulse and blood pressure recorded and a name band applied around their wrist.

Some anaesthetic cream (magic cream) will be put on the back of both hands. This numbs the skin and vein for the insertion of a cannula (thin plastic tube) which will be used to administer medication. Anaesthetic gas is administered through a mask for younger children.

A full, age appropriate, explanation can be given to your child of everything that is going to happen.

Your child's consultant will have explained to you that your child will have to be 'Nil by Mouth' for a period of time. This means having no food or drink before their operation. The length of time required to fast will be explained to you at the pre-admission clinic.

You will be seen by your consultant and asked to sign a consent form. You can take this opportunity to discuss any queries that you may have. You will also meet the anaesthetist who will explain how your child will go to sleep and the pain relief used.

We welcome a parent or guardian staying with a child on the ward. It is also possible for parents to order a meal, without charge, from the kitchen. However subsequent meals/refreshments will be charged to the patient's account.

Each room is fitted with an nurse-call system, so that if you have any problems a buzzer will sound at the nurse's station and a nurse will come to the room. The nurse looking after your child will monitor them on a regular basis, but if your child is in pain or in need of anything else please inform your nurse or use the nurse-call system. Each room has its own private washing and showering facilities. Please bring toiletries for you and your child.

## GOING TO THEATRE

Where possible, you will be given an indication as to what time your child may go to theatre. However, please bear in mind that theatre times cannot be guaranteed and may change at the last minute depending upon clinical need.

The nurse looking after your child will walk with you both to the anaesthetic room where you will stay until your child is asleep. They will either go to sleep with anaesthetic gas and mask, or medication through the cannula in the back of their hand. We would ask that you leave the room with the nurse as soon as your child is asleep.

Depending on the type of surgery it is expected that your child will be in the theatre suite for approximately 45 minutes to one hour.

When your child is awake you can accompany the nurse to the recovery room. It is common for children to be distressed when recovering from the anaesthetic. Do not be concerned as they will settle quickly once in their own bed.



BMI

Franklin   
THE HOSPITAL  
Brenda Clark

## **ON RETURN TO THE WARD**

Depending on the surgical procedure, children can have a drink on return to their room and eat as soon as they feel up to it. Further pain relief will be given if necessary. You will be given advice on pain relief at home.

The consultant will see you prior to discharge and offer instructions on wound care and a follow up appointments.

## **BEFORE DISCHARGE**

We would like your child to be able to tolerate a light diet, have passed urine, be able to walk and be relatively pain free before going home.

Medication and discharge information will be given to you before departure.

## **AT HOME**

Do not be alarmed if your child has a fretful first night at home. They may experience a disturbance in sleep pattern and toilet habits for a day or two. Continue with pain-relief as advised.

A nurse will call you at home 24 – 48 hours after your child's discharge to check on their progress and give further advice if required.

We hope this leaflet has answered some of your questions and we look forward to making your child's stay as pleasant as possible.

YOUR LOCAL BMI HEALTHCARE HOSPITAL