

Theatre Information

You may accompany your child to Theatre Reception. In special circumstances, a parent may go into the Anaesthetic Room (at the Anaesthetist's discretion). Parents may go into the Recovery Room when the child awakes.

Effects of Anaesthesia

- ◆ Mild headaches, dizziness, poor concentration, sore throat, nausea and vomiting may be experienced.
- ◆ It takes about 24 hours for all the anaesthetic to wear off.

Day Stay Children

- ◆ Need close observation until fully awake.
- ◆ Need to show they can tolerate food and drink before discharge.

Some Special Points

- ◆ Emla cream is applied to the back of your child's hand to numb the area so they won't feel the needle.
- ◆ Long hair should be tied back and no metal should be used in the ties.
- ◆ Special toys or comfort items may go with them to Theatre (labelled).
- ◆ Explain honestly to your child what to expect after surgery.
- ◆ Remove all nail polish & jewellery prior to admission.

Meal Times

Breakfast	7.30am to 8.30pm
Lunch	12.30pm
Tea	5.30pm

Play Therapy

Our Play Coordinator Robyn is on the ward Monday to Friday. She provides Diversional Therapy such as games, stories, colouring and craft work.

Sometimes cooking is done with the children. Play Therapy helps with boredom, pain and time spent away from home and family.

Safety in Hospital

- ◆ Cot sides must be up when children are unattended.
- ◆ If others at home are sick, please tell ward staff before visiting the children in hospital.
- ◆ Children may be fasting or on a special diet. Please check with the ward staff before giving them any food or drink.



PO Box 386, Wangaratta Vic 3676
Green Street, Wangaratta Vic 3677
Telephone: (03) 5722 0111
Facsimile: (03) 5722 0109
Internet: www.nhw.hume.org.au
Email: enquiries@nhw.hume.org.au

Northeast Health Wangaratta Incorporating:

- Wangaratta District Base Hospital
- WJ Smith Linen Service
- Wangaratta & District Nursing Home
- Psychiatric Services – Kerferd Inpatient Unit
- Medical Imaging



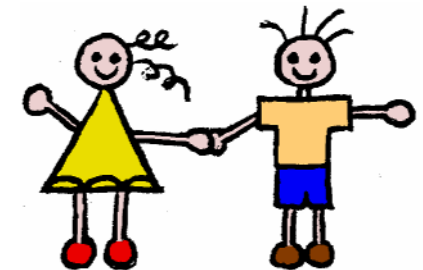
EXCELLENCE IN
RURAL HEALTH

Paediatric Ward

Ward Phone: (03) 5722 0341/0344

Portable Phone: (03) 5722 0219

Children in hospital



Caring for Country Kids

This pamphlet is for you and your child to feel relaxed about staying in the Children's Ward at Northeast Health Wangaratta.

- ◆ Facilities are available for a parent to stay while their child is in hospital.
- ◆ A Relatives' Room is equipped with a 'fridge, microwave, kettle and en-suite. Linen and towels are provided. Parents are welcome to have a "cuppa" in this area.
- ◆ The Parents' Room (one bed) or stretchers are available for parents to sleep over.
- ◆ **No hot drinks are permitted in the Ward.**
- ◆ A public phone is located in the Main Foyer.
- ◆ Public toilets and coffee shop facilities are on the Ground Floor for visitors.
- ◆ Children are not permitted in the Relatives' Room.
- ◆ Parents are responsible for keeping facilities clean and tidy.
- ◆ Parents are encouraged to let staff know if you have any concerns.
- ◆ Meals are provided for breast feeding mothers only.
- ◆ Each child has their own special nurse looking after them. If your child is upset when you are leaving, ask a staff member to comfort them.

Coming into hospital

- ◆ Elective admissions are admitted at least one hour before their surgery.
- ◆ Unless advised differently, for **Morning Surgery**, your child should have no food or milk after 2am. Water may be given until 4am. For **Afternoon Surgery**, no food or milk after 7am, water may be given until 9am.

- ◆ Pre Admission Clinic (PAC) is held on Thursday afternoon. If you are unable to attend clinic, nursing staff can phone you to complete admission paperwork.
- ◆ Please ensure your child understands why they are coming to hospital. Talk with your child about hospital and what to expect truthfully.
- ◆ A short tour of the ward can be arranged at any time to familiarise the child with our ward.

What to bring to hospital

- ◆ Most children prefer to wear their own pyjamas. Hospital pyjamas are available if needed.
- ◆ Children may wear their own pyjamas to theatre (cotton not silkies).
- ◆ Slippers or suitable footwear.
- ◆ Hair brushes and hair bands.
- ◆ Soap and toiletries.
- ◆ Any special blanket or toy is an important link to home. A family photo is a great idea.
- ◆ As we provide only a limited supply of baby formulas, please check if you need to bring your own.
- ◆ Children with special needs should bring in all the equipment required during their stay.
- **Please note, as the Hospital does not accept responsibility for lost items, you must ensure all personal belongings and toys are labelled.**

Visiting your child in hospital

A child can feel alone or abandoned in hospital, so it is important to visit as often as possible. Grandparents, friends, brothers and sisters are all encouraged to visit.

- ◆ Visiting hours finish at 8pm.
- ◆ **Supervision is required for all children visiting.**
- ◆ **Rest period is from 1pm to 3pm daily.** Parents are welcome at any time. Other visitors are asked to respect this rest time.

Advice on Discharge

- ◆ Follow-up appointments and medications will be arranged prior to discharge.
- ◆ Sometimes the period immediately following hospitalisation can be difficult for parents and children. A child may show signs of insecurity, increased dependency and sleep disturbances at night. Fortunately, if met with love and affection, it is usually of short duration.

Helpful Hints

1. Return to your normal routine.
2. Avoid making your child the centre of attention because of illness.
3. Be kind, firm and consistent with your child.
4. Explain benefits of the operation.
5. Avoid, if possible, leaving your child for long periods or overnight until they have adjusted.