



# Paediatric admission information

Welcome to Calvary John James Hospital. The purpose of this leaflet is to provide you with information on what to expect and how best to plan for your child's upcoming surgery at Calvary John James Hospital.

## OVERNIGHT ARRANGEMENTS FOR YOUR CHILD

Given that staff are unable to supervise your child for the entire duration of their stay, it is absolutely imperative that a parent or carer is with your child throughout the entire duration of admission (including overnight). This is a condition of admission for all paediatric patients.

A second parent/carer as with all other visitors is welcome to stay until the end of visiting hours.

As our priority is the Paediatric patient, we are unable to provide accommodation for additional children or babies even within the same room. (If mum is breastfeeding another sibling, we are not able to provide space for both children in this instance. An alternative parent/carer is required to stay with the hospitalised child or the breastfeeding mother will need to make alternative arrangements for the feeding of the child whilst she supports the hospitalised child). Siblings of admitted children cannot stay overnight.

The appropriate age for a parent of a teenager to stay is based on an individual case by case basis when the patient is over the age of 15 years.

## SIBLINGS HAVING SURGERY

Please note siblings cannot be roomed together. They will be accommodated in adjacent rooms if practical. Each individual child will require a parent/carer to stay with the child for the entire duration of the admission.

## ON ADMISSION

Please present to the admissions centre located at the front of the hospital to complete your admission documentation.

One of our friendly nurses will take you and your child through the medical admission process. Sometimes there can be a wait until you are taken into theatre. Feel free to bring items that may help to make your child feel more comfortable. For example colouring books and pencils, an iPad or books.

Children can wear their own pyjamas or loose fitting and appropriate clothes to theatre. You may find it easier to bring your child to the hospital already dressed in these clothes.

Please be aware that we have limited space in our waiting area.



## BEFORE AND DURING SURGERY

One parent may accompany the child to the theatre. Most of our anaesthetists are happy for you to stay with your child until they are asleep.

Some children may react to the anaesthetic, which can be upsetting and stressful to watch. Their eyes often roll backwards; their body may twitch and then go limp very quickly. Your child's movements may need to be restricted for their own safety just before receiving the anaesthetic.

This is all very normal and the theatre staff are there to assist you and your child.

During the procedure, you are welcome to wait in the family room, which is located near the operating theatre entrance. One parent will be called into the recovery room once your child is awake.

## WHAT TO EXPECT AFTER SURGERY

An oxygen mask may be used after your child's operation to help keep their oxygen levels up. This mask does not always have to be put on your child's face it can be put beside them while they are sleeping, this can be just as effective. Explain to your child that the mask will help to make it easier to breathe, and that the air is cold and can tickle a bit.

Your child will have a cannula in their hand or foot when they come back from theatre. A fluid drip may continue throughout the night depending on the doctor's orders. The cannula will be taken out on the day of discharge.

Your child may feel a bit sleepy and even a bit grizzly for a while. The nurses will give your child pain relief if it is needed. The pain medication will be in liquid form that your child will take by mouth. If you are at all concerned about your child, please do not hesitate to talk to the nursing staff.

A nurse will be assigned to look after your child each shift. Your child will be monitored and observed on a regular basis. These observations will continue during your child's stay, including overnight.

If your child is having tonsil and/or adenoids removed, they will be encouraged to eat and drink post procedure. This is an important part of the healing process. Your nurse will advise which drinks are best and which to avoid.

## DISCHARGE

Discharge is at 10:00 am when you will be given your discharge medications and any post-operative care and advice. If the accompanying parent or guardian requires a medical certificate for time off work, please ask your surgeon as nursing staff are unable to provide these.

## ONCE HOME

Administer the discharge medications as prescribed by your doctor. Continue administering oral pain relief as instructed by your doctor. Monitor your child's fluid and food intake to make sure it is adequate.

### **If your child experiences any of the following, contact your Surgeon during work hours:**

- Fever greater than 38°C
- Difficulty in breathing
- Ongoing nausea or vomiting
- Ongoing pain not relieved by medication
- Excessive bleeding
- Any complication as a direct result of surgery.

### **If you are unable to contact your Surgeon, please call:**

Calvary John James Hospital  
6281 8100 or 6229 2110

### **A booklet designed to help prepare your child for hospital is available:**

Children's Information Booklet  
[www.calvaryjohnjames.org.au](http://www.calvaryjohnjames.org.au)