

Patient information booklet

Information for paediatric patients and their parents and guardians



Proudly part of



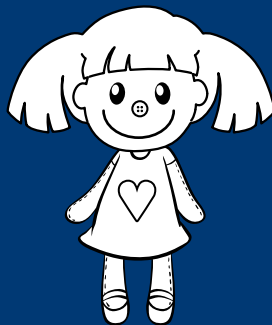
A note to parents and guardians

We are committed to providing the best medical care to your child and we want to ensure that his or her surgical experience is a positive one.

As a parent, you can help your child prepare emotionally and physically for their surgery. Whether the operation is a day surgery procedure or a longer admission, we want you and your child to be prepared.

This booklet has been designed to help you know what to expect when having an operation at Buderim Private Hospital. It includes a story about 'Archie's visit to hospital' which provides your child with some simple explanations about procedures and what they will experience in the different areas they will visit. At the back we have included some games and puzzles for your child to enjoy as well as some handy information.

We routinely provide surgical care for paediatric patients on the Sunshine Coast and our focus is on each and every patient, at every age and every stage. We welcome you to our hospital and are glad you have chosen us to provide quality and personalised care for your child.



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Welcome to Buderim Private Hospital

Tell us about yourself

Hello my name is

I am years old

Favourite toy

Favourite colour

Favourite book

I have come to the hospital to have an operation to fix my



Archie says "Hospitals are very different to home, but they are the best place to be when we need to have something fixed."

When you have finished reading Archie's story you may have some questions. If you do, you can ask the nurses or your special adult.

After the story there are some great games to play while you wait. Your special adult might like to help you play these games.

Archie's story

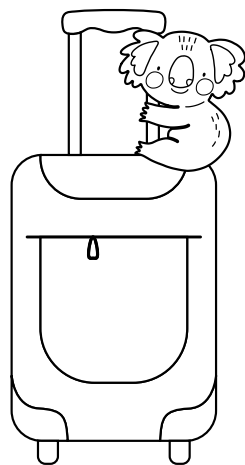
"My name is Archie and I am 9 years old. Last year I came to the hospital to have an operation to remove my sick tonsils. I wanted to tell my story in this book so that other boys and girls would know what to expect when they have their operation."



The day of my operation

I woke up on the morning of my operation and Mum and Dad packed up a bag with my pyjamas, books and my favourite teddy. Mum said that today was the day that the doctor was going to remove my sick tonsils. It was still early in the morning when we arrived at the hospital.

When we arrived I went up a lift to a special waiting room where my Mum and I got asked lots of questions about my stay in hospital. I waited in the room until a nurse called Tabitha came and said hello before taking me to another room.

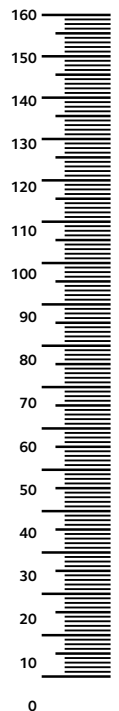
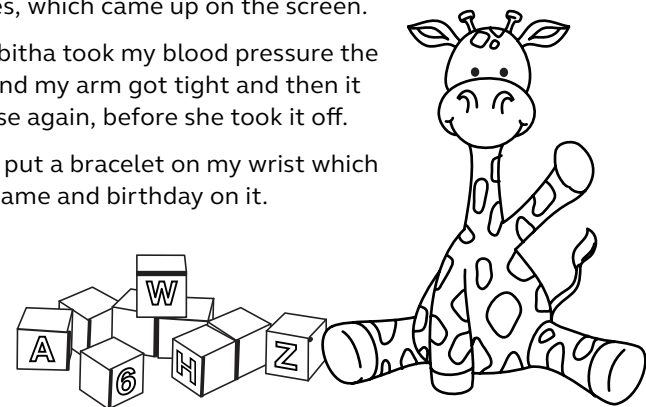


The consultation room

Tabitha took some special measurements of me. She measured my height and weight. Then she put a little peg with a red light on my finger and a machine started beeping. Tabitha explained to me that this machine was measuring my heart rate and the amount of oxygen that was in my body. I was able to look at the wavy lines, which came up on the screen.

When Tabitha took my blood pressure the cuff around my arm got tight and then it went loose again, before she took it off.

She then put a bracelet on my wrist which had my name and birthday on it.





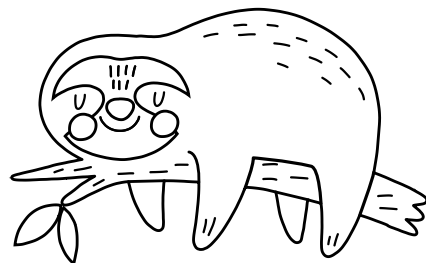
Feeling hungry and thirsty

Nurse Tabitha then took Mum and me to another waiting room, which was outside of the operating theatre. The nurse and doctor who would be with me in the operating room visited me.

I told them I was feeling a bit hungry and thirsty and they explained that it was important that I didn't have a drink or any food before the operation, because food or drink before an operation could make me feel sick.

Nadine the nurse explained that "When you have your special sleep, your tummy goes to sleep too so it can't have any food or drink until after you are awake."

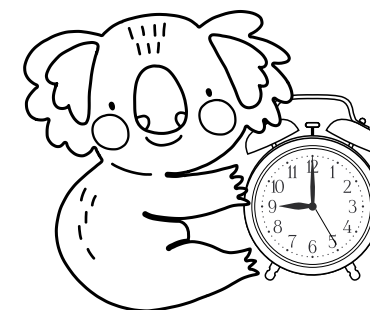
Nadine then told me that after the operation I could have something to eat and drink and that I would be given an ice block as soon as I woke up. This made me feel happy as I was really looking forward to that ice block.



Time for my operation

In the waiting room outside of the operating theatre, my Mum got dressed in a hospital gown and a special hat and shoe covers. She looked funny and I was glad I got to stay in my ordinary clothes.

While I was there I noticed a lot of people all dressed in funny clothes, which looked like pyjamas. Mum said, they are called scrubs. The nurse and doctor who would be with me in the operating room walked my Mum and me down the corridor to the operating room. My teddy was allowed to come with me too!





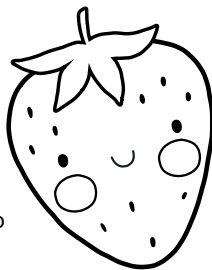
In the operating theatre

The operating theatre had a bed for me. Because it was a bit cold in the operating theatre, I was given a warm blanket to snuggle under. I also noticed some big lights that are very bright when they are switched on.

While Mum cuddled me a doctor showed me a mask that was going to give me some fairy gas to send me to sleep so I wouldn't feel anything while the doctor fixed my tonsils. My operating theatre nurse Nadine helped me choose my favourite smell to put in my mask. I chose strawberry!

I asked Mummy if she would be with me for the operation. She said "I will be waiting close by whilst you have your surgery. I won't be there when you first wake up but the nurse will be with you. When you feel more awake the nurse will bring me to you."

When the doctor put the mask over my nose and mouth I could smell strawberries before I started to feel sleepy.

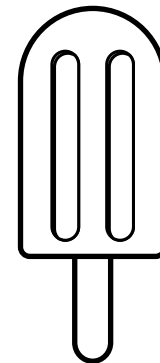


The recovery ward

When I woke up I was still feeling sleepy and I was in a different room again. Another nurse called Heidi was looking after me and she gave me a lemonade ice block, it was yum. Heidi was very nice, she called my Mum and I closed my eyes again.

When I opened my eyes Mummy was sitting beside me and was holding my hand. My other hand had a peg on one of my fingers. As I watched the machine attached to the peg it made beeping sounds which I thought was magic. Heidi said that I was being given some fluids through a straw which was secured to my hand by a bandage. She said that the straw will be taken away right before I go home.

When I woke up some more I travelled to the ward on my bed and my Mum was able to come with me.

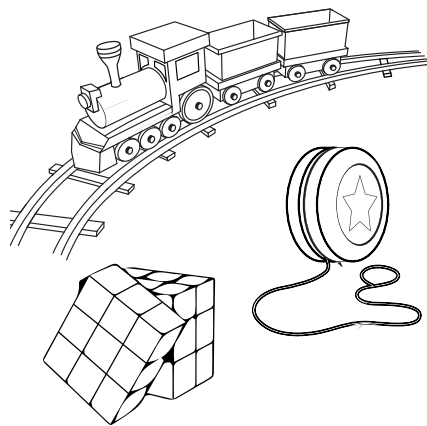




My room in the ward

When I went to the ward where I was going to sleep the night, I had my own room. A nurse called Tracey came into the room to look after me. Tracey took some special measurements, just like nurse Tabitha had done at the beginning.

I then slept for a while and when I woke up Tracey asked me if I would like an ice block and sip of water. Once I had a drink of water and some lemonade I was then given a sandwich for lunch. After I ate my lunch I noticed that my throat felt a little sore, so I told Tracey that it hurt. Tracey then gave me some medicine in a syringe. Even though I was a bit sore I had fun in hospital playing with my toys and watching my favourite TV show. Mum even stayed over with me in my room.



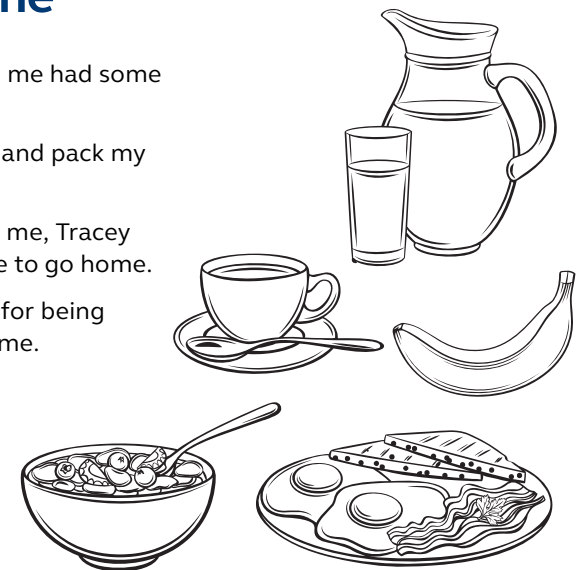
Time to go home

In the morning, my Mum and me had some yummy breakfast.

Mum helped me get dressed and pack my bag ready to go home.

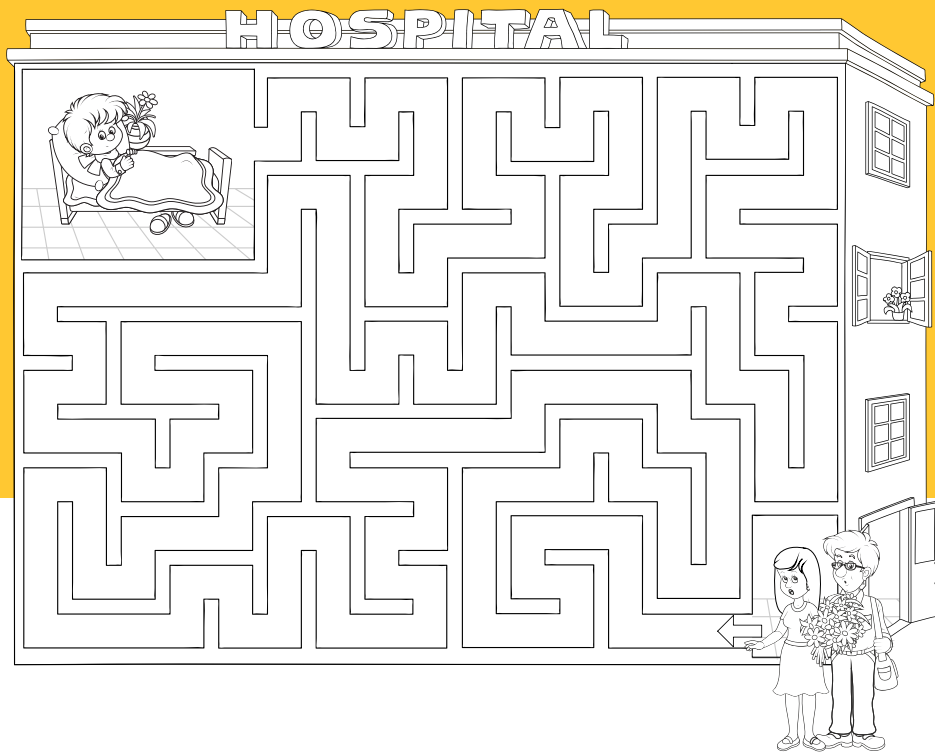
After the doctor came to see me, Tracey told my Mum that it was time to go home.

I said thank you to the nurse for being so nice and for looking after me.



Fun Activities

Here are some fun activities you may like to do while in hospital or recovering at home.



Find a way home

Can you help Mum and Dad find their way to Archie's room?

Colour me in

Archie dreams about going home and playing in the garden with his koala and his friends.





Crossword

Koala has met so many new friends but he can't remember all their names. Can you help name them?

The crossword puzzle is set in an underwater scene with various sea creatures. The grid is partially filled with letters:

- 1 Down: D
- 2 Across: O
- 3 Across: S
- 4 Across: S
- 5 Across: C
- 6 Across: W
- 7 Down: J
- 8 Across: T
- 9 Across: S
- 10 Across: F
- 11 Across: F

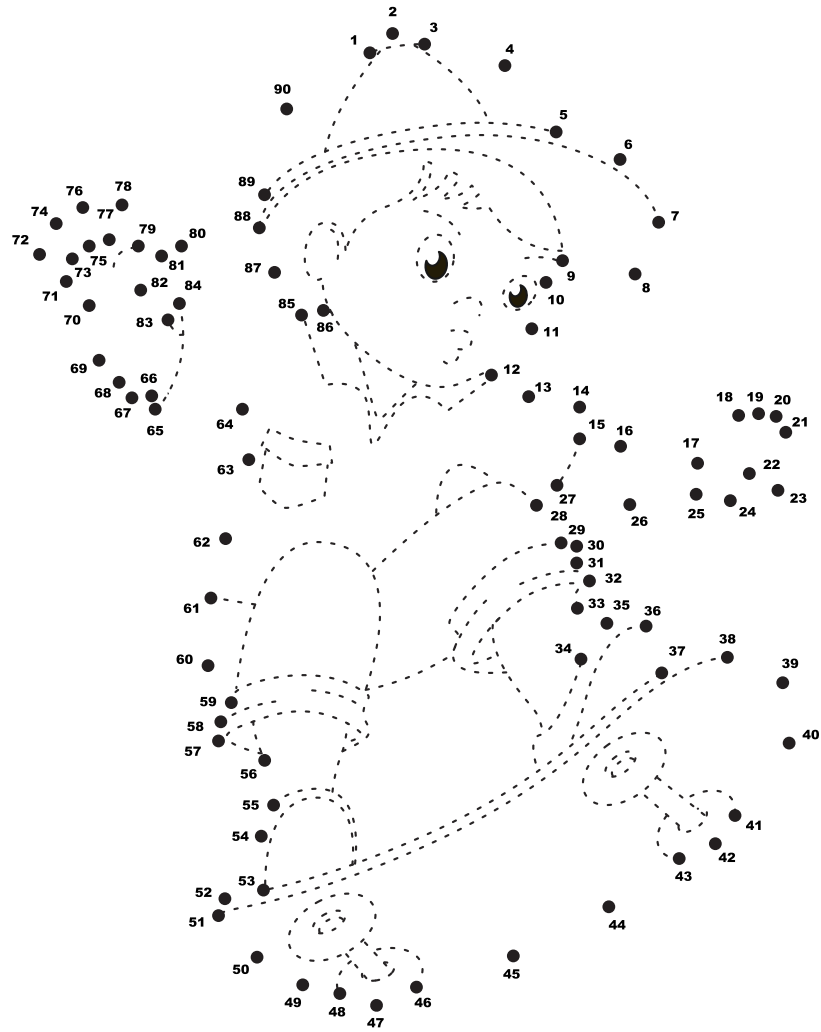
The sea creatures are numbered 1 through 11, corresponding to the crossword clues:

- Dolphin
- Octopus
- Shark
- Seahorse
- Crab
- Whale
- Jellyfish
- Turtle
- Starfish
- Fish
- Seal

Spot the differences

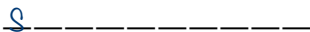
Archie gets better and heads to the beach! Can you spot the 10 differences in the two pictures?





Connect the dots

Once Archie has fully recovered he will get back to his daily activities. Help join the dots to see Archie ride his new



Colour me in

Under the waves the mermaid princess plays with her fish friends.



Word search

Can you find the words for these items that can be found at the beach?

castle
shell
palm
bucket
shovel
ball
sunglasses
umbrella
crab
lighthouse
boat

s	h	o	v	e	l	e	l
u	l	p	e	b	i	t	u
n	a	a	h	o	g	b	m
g	s	l	m	a	h	c	b
l	a	m	c	t	t	a	r
a	c	r	a	b	h	s	e
s	r	l	u	a	o	t	l
s	h	e	l	l	u	l	l
e	b	o	g	l	s	e	a
s	b	u	c	k	e	t	s



Information for Parents

Our doctors and nurses are experts in caring for sick children, but we know that as a parent you are an expert about your child. We value your opinion and input and we encourage you to ask questions. ‘Let us know’ is a patient safety initiative in use at Buderim Private Hospital that allows for the escalation of care based on family/carers concerns. For more information refer to the back to the following pages of this booklet.

Listed here are some frequently asked questions.

May I stay with my child before the procedure?

You will be able to stay with your child until they are given their anaesthetic.

Where will I wait during the procedure?

The Day of Surgery waiting room is available. You are also welcome to visit the onsite hospital café during your wait. Once your child is awake you will be able to join your child in Recovery or on the ward.

Will I be told how my child’s procedure went?

Your child’s treatment team will call you once the procedure is completed or visit you in the waiting area.

How long will my child stay in hospital?

If your child is a Day Case, once they are eating and drinking and feeling well, they will be able to go home. If you stay overnight you can go home after their doctor has reviewed them (usually before 10am).

Will I be able to stay overnight with my child?

One parent or carer (over 18 years) is welcome to stay overnight with your child. Other visitors can visit during hospital visiting hours which are 11am – 8pm. Please note restrictions may be in place for visitors in line with Queensland Government health directives. Please check the hospital’s website for the most-up-to-date visitor guidelines.

How can I be sure my child will be safe and what can I do if I have any concerns?

We are committed to being a child safe and child friendly organisation where the safety of our children is our highest priority. We commit to:

- + Provide welcoming, safe and nurturing services
- + Prevent child abuse and neglect within the services
- + Appropriately and immediately address child abuse and neglect if it does occur.

We place the interests of any child being harmed, or at risk of harm, above the interests of any other individual or the organisation. We therefore ask that you speak up if something doesn’t feel right or you are feeling unsafe so we can immediately address your concerns. Please speak with the nurse in charge or call 0419 779 458.

What entertainment is available on ward?

Wi-fi is available and there will also be a television in your child’s room.

Are meals provided?

There is a range of meals and snacks available for your child and also a special children’s menu your child can choose from. If you are staying overnight we can provide meals for one parent (there will be a charge for all parent meals so please discuss with

your nurse or food services personnel). If you or your child has food allergies or special dietary needs, please let us know so that we can notify nutrition services who will help you select an appropriate meal option. Please ask for a highchair, if required.

What happens when it's time for taking my child home?

Once you are ready to be discharged from the hospital, you will be given the appropriate instructions for the care of your child, follow up appointments and pain medication if indicated.

What happens after discharge?

If you are worried or have problems after your child's procedure please contact your surgeon, visit your GP or go to your nearest emergency centre after hours.

For further information contact:

Buderim Private Hospital
12 Elsa Wilson Drive
Buderim QLD 4556
Phone: 07 5430 3303

Disclaimer

This information is intended as a guideline only and reflects the consensus of the authors at the time of publication. The sources are believed to be reliable, but they in no way replace consultation with a Health Professional.

References

Special thanks to Archie.
Words and images by Buderim Private Hospital Peri-operative and Ward 4B teams.

Let us know

If you're worried, we're worried

Your health and safety is important to us. If patients, families or carers have concerns or worries about care and safety, you have the right to escalate those concerns.



STEP 1 – TALK to your nurse or doctor who will listen to your concerns

+ If you aren't satisfied with the response, move to step 2



STEP 2 – TALK to the nurse in charge

+ If you aren't satisfied with the response, move to step 3

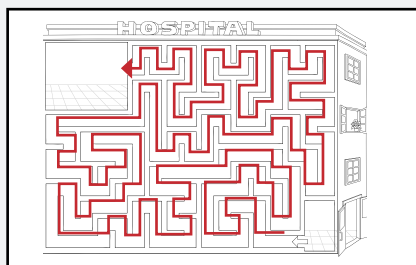


STEP 3 – CALL 0419 779 458

- + Activate Let us know by calling **0419 779 458**
- + Tell them you are activating Let Us Know and give your name, ward, bed number and doctors name.
- + A senior clinician will be with you within 15 minutes

Answers

Hospital maze



Spot the difference



Crossword

1. DOLPHIN 2. OCTOPUS 3. STARFISH 4. SHARK 5. CRAB 6. WHALE
7. JELLYFISH 8. TURTLE 9. STARFISH 10. FISH 11. SEAL

Join the dots

SKATEBOARD

Let us know is an escalation process to immediately address the concerns of families and carers about a patient's condition.

You may be the first to detect these changes, before it is obvious to your healthcare team.

For more information visit – budeirmpriatehospital.com.au

Buderim Private Hospital

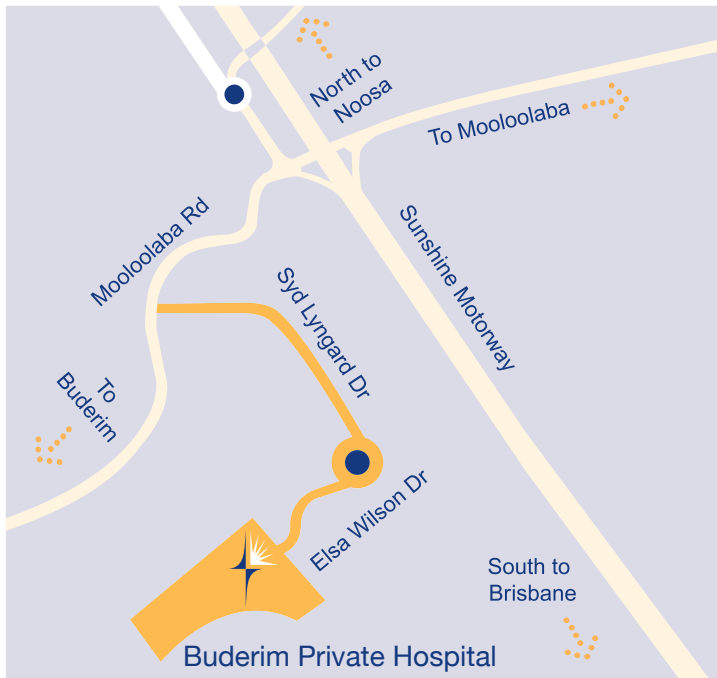
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