



**Spire**  
Southampton  
Children's Services

# Your child's stay

Information for parents and children



## Welcome to the Children's Department of Spire Southampton Hospital. This booklet is intended as a guide to help prepare you and your family for your child's visit to hospital.

Your child's treatment, safety and comfort are of great importance to us and we will do everything we can to make their visit or stay as comfortable as possible and ensure a quick recovery.

### If you have any questions specific to your child's procedure please contact our paediatric team.

**Cath Battrick** – Lead Nurse for Children and Young People

**Gillian Perkins** – Deputy Lead Nurse for Children and Young People

**Children's Ward:** 023 8091 4523

**Out of Hours (Main Reception):**  
023 8077 5544

**Email:** southamptonchildnurseteam@spirehealthcare.com

### Preparation for the day

Please ensure that your child knows that they are coming into hospital and understands why. We recommend that you give a simple explanation of the reason they need to come into hospital and what they can expect to happen. Be clear and honest, using simple words they will understand.

### Some tips you may find helpful when explaining to your child about coming into hospital:

- Choose a time when it is quiet and you won't be interrupted
- Use storybooks, leaflets or pictures to help you explain.

If your child is going to have an operation, explain that they will have a special sleep and might feel a little sore afterwards, but the nurses will give them some medicine to help them feel better. Reassure them that you will be able to stay with them.

Involve your child in planning to come into hospital by deciding what special toy to bring with them, choosing which pyjamas to take or buying something new.

### Here are some useful links aimed at children to help reassure them about coming into hospital and having an operation:

<http://bit.ly/littledeepsleep>

<http://bit.ly/operation-ouch>

<http://bit.ly/getwellsoon-bbc>

<http://bit.ly/deal-with-health-probs>

If your child will be staying overnight, we are more than happy to accommodate a parent in their room. You will be given a parent's bed and linen to use.

### Pre assessment

We know that when children come into hospital, it can be an anxious time for the whole family – that's why we offer you the opportunity to visit the hospital prior to admission so you can see what it's like.

If your child is coming into hospital for an operation, a pre-admission visit is an opportunity to meet some of the staff who will be looking after them, and help you all to feel more familiar with the hospital when you return for the actual admission.

At pre assessment we will explain the admission process and show you round the hospital. We'll take your child's weight and height and record observations such as temperature, pulse and blood pressure.

If your child suffers from any chronic or long term illness it may be necessary to perform a blood test at this appointment. 'Magic' numbing cream will be applied before any blood tests.

If your child is a regular attender to hospital or been an inpatient in the last 12 months it may be necessary to take swabs to protect them against MRSA infections. These swabs are like cotton buds and are painless.



## Packing for hospital admission

- Any relevant documentation regarding your child's stay
- Any regular medication your child takes
- Pyjamas
- Dressing gown
- Socks and slippers/flip flops
- Underwear/nappies or night time pants
- Wash bag, including flannel, soap, shampoo etc.
- Toothpaste and toothbrush
- A hairbrush or comb
- Any favourite toy or teddy, or a comforter/pillow/blanket
- DVD's (there are DVD players in children's rooms)
- Mobile phone
- A tablet or laptop or portable game station, if you have them
- Chargers for any devices you bring
- A day bag/overnight bag for parents
- A change of clothes for your child to wear home
- Any special treats you wish to give your child such as a magazine, toy or sweets

We do have a small play cupboard on the ward with a range of toys, books and videos but it's a good idea for your child to bring their own favourites from home too.

## On the day of the operation

Children don't like being hungry or thirsty but fasting is necessary to make having an anaesthetic (medicine given to make your child go to sleep) as safe as possible. Please refer to your admission letter advising you of when to come to the hospital and follow any fasting instructions carefully. If you do not follow the advice, your child's operation or procedure may have to be re-arranged.

If you have any questions about the fasting instructions, please contact your child's doctor.

Information on how to find us is on page 7 of this booklet.

## On arrival at Spire Southampton

Please report to the reception at the stated time, where you will be welcomed and shown to our ward and your child will be given their own bed private bedroom with en-suite facilities.

On the ward, your child will be cared for by a registered children's nurse.

The children's nurse allocated to you will be present throughout your stay on the day of the procedure. On admission, the nurse will apply a local anaesthetic 'magic' cream to the back of your child's hand to numb the skin prior to the anaesthetic injection. She will also take your child's temperature, pulse, blood pressure and respirations (breathing rate) if required.

Your consultant surgeon and consultant anaesthetist will see you and your child prior to surgery. They will explain what is going to happen during and after the procedure, and you will be asked to sign a form consenting to the operation. You will be able to accompany your child to the operating theatre and stay with them until they are asleep. You will also be able to accompany your child back from the recovery area to the ward.

## Ward information

We have open visiting for parents and carers, so both mums or dads can visit at any time of the day or night. Extended family can visit between 9am and 9pm.



The patient's food and drink will be fully provided by the hospital. We also offer this service to fully include one parent. Please let your Ward Hostess know if there are any food allergy, intolerance or specific dietary requirements when you order meals and we will adjust the menu. Most dishes can be modified to meet your needs.

We have a restaurant also on site providing a delicious range of hot or cold food throughout the day. Tea and coffee, juice etc. is complimentary.

Every room is provided with a TV and DVD player. There is also a land line telephone but please be aware that use will incur extra charges when your child leaves.

## Safety online

We also provide free WiFi. However, we do take children's internet safety very seriously and encourage parents to refer to the guidance set out by the NSPCC about how to keep your child safe online.

Preventing your children from using the internet or mobile phones won't keep them safe in the long run, so it's important to have conversations that help your child understand how to stay safe and what to do if they ever feel scared or uncomfortable.

## Useful links

<http://bit.ly/nspcc-safety>

## Preparing for going home

When your child is discharged, it is likely that family will need to carry out some care, e.g. continued medication, dressing changes, or assistance with mobility. This can be scary as a parent, but your nurse will go through all aspects of your child's continuing care before you leave the hospital and tell you how we can support you at home.

Some favourite activities will have to be postponed to aid healing. All advice regarding this will be given by your nurse and consultant after the operation. It may be necessary for your child to attend follow up appointments with their consultant at various stages after the operation. Any follow up appointments needed after discharge will be discussed before your child is discharged.

If you have any other concerns/queries after you leave, please contact the Paediatric Nursing Team using the telephone numbers on page 2 of this booklet.

**Remember:** Please don't sit and worry. There is no such thing as a silly question.

Please use the space below for any questions or notes.

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**How to find us**

Spire Southampton Hospital  
 Chalybeate Close  
 Southampton  
 SO16 6UY

Main Reception: 023 8077 5544

**From the M3 (north)**

Continue from M3 onto A33. At the roundabout, take the second exit onto the A33 Bassett Avenue.

At the next roundabout take the second exit onto the A35 Winchester Road for 0.6 miles.

At the next roundabout, take the second exit and continue along Winchester Road for a further 0.5 miles.

Turn right into Dale Road.

At the second mini roundabout, take the first exit onto Tremona Road. Chalybeate Close is the first turning on the left.

**From the M27 (west)**

Leave M27 at junction 3.

At the roundabout, take the third exit onto the M271 towards Southampton for 1.5 miles.

At the roundabout, take the first exit onto the A3024 for 0.6 miles, keeping in the left hand lane.

At the roundabout, take the second exit onto A35 Tebourba Way for 0.8 miles. Continue straight across the crossroads onto A35 Winchester Road.

Take the first left onto Warren Avenue, and at the mini-roundabout take the third exit onto Tremona Road.

Chalybeate Close is the second turning on the right.

**From the M27 (east)**

Leave M27 at junction 3.

At the roundabout, take the first exit onto the M271 for 1.5 miles.

At the roundabout, take the first exit onto the A3024 for 0.6 miles, keeping in the left hand lane.

At the roundabout, take the second exit onto A35 Tebourba Way for 0.8 miles. Continue straight across the crossroads onto A35 Winchester Road.

Take the first left onto Warren Avenue, and at the mini-roundabout take the third exit onto Tremona Road.

Chalybeate Close is the second turning on the right.

**Car parking**

We are pleased to be able to offer our patients' parents and visitors parking on-site free of charge, however, during busy periods it is sometimes more difficult to locate a parking space straight away. Our car park attendant is on hand to help you park as quickly as possible but we recommend that you allow sufficient time to park before any appointments.

**From local stations**

The hospital can be reached in 10 minutes by taxi from Southampton Central station. Alternatively, Southampton Parkway station and Southampton International Airport are about 15 minutes away.



## Spire Healthcare

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Southampton  
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Web: [www.spirehealthcare.com/southampton](http://www.spirehealthcare.com/southampton)

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Author: Cath Battrick (Lead Nurse for Children and Young People)

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