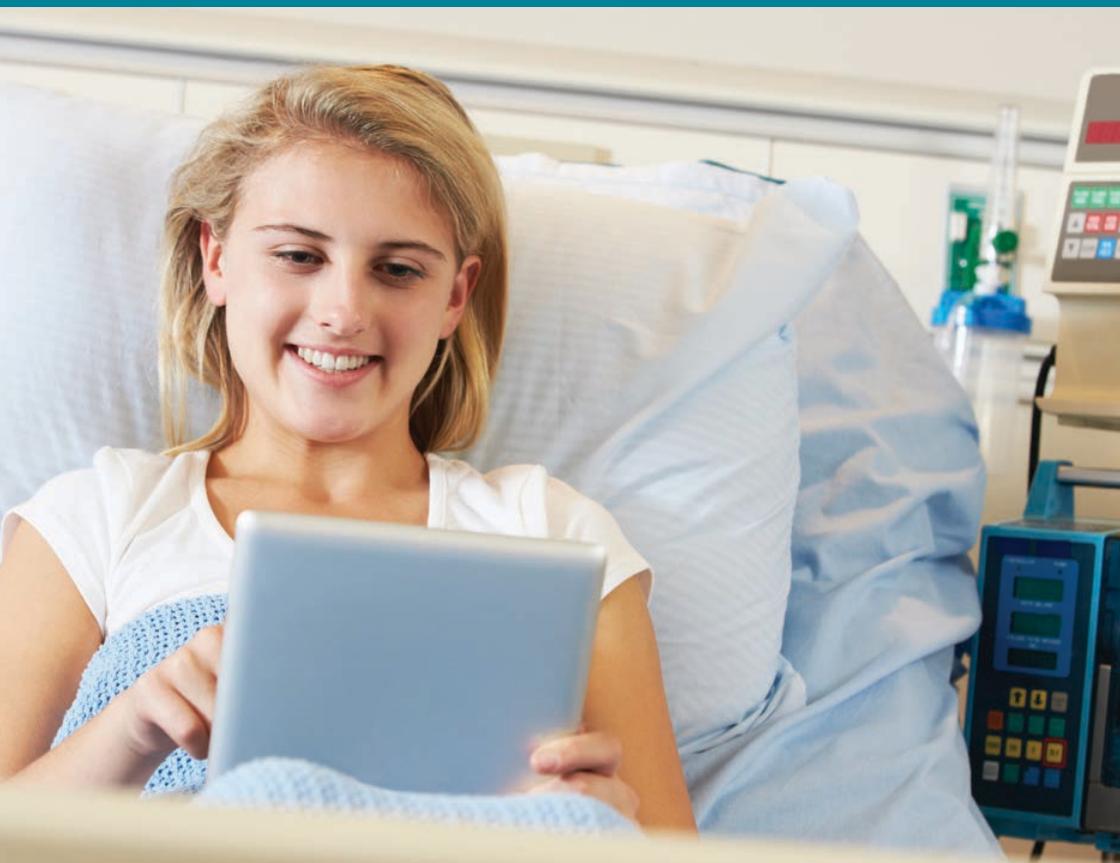




Spire
Southampton
Children's Services

Your visit or stay

Information for young people and their family



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 visit to hospital.

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

If you or your family have any questions specific to your 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

It's important that you understand when and why you're coming in to hospital. If you have any questions, ask your mum or dad to explain, or feel free to call us yourself.

If you feel anxious about your visit, try to identify anything in particular that's worrying you so that we can help.

If you're going to have an operation, you'll have an anaesthetic (a medicine) that will send you into a deep sleep.

There may be some degree of discomfort afterwards – your nurse will discuss pain relief with you. The aim is for any pain to be controlled at a manageable level so you can still perform normal activities, like deep breathing and moving around in your bed.

Make sure to bring everything you'll need while you're in hospital – the list on page 4 should help you to remember what to pack.

Your mum or dad can stay with you on the ward. If you'll be staying overnight, we're more than happy for a parent to stay with you in your room, if you would like that. They will be given a parent's bed and linen to use.

Pre-assessment

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

If you're coming into hospital for an operation, a pre-admission visit is a chance to meet some of the staff who will be looking after you and to discuss any concerns that you might have. It will also help you and your family to feel more familiar with the hospital when you return for your operation or procedure.

At pre-assessment, we will explain the admission process and show you around the hospital. We will measure your weight and height and record observations such as temperature, pulse and blood pressure.

If you suffer from any chronic or long term illness it may be necessary to perform a blood test at this appointment. A numbing cream will be applied before any blood tests.

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

If you are between 16 and 18 years of age, you will be given the choice of whether you would like to be looked after on the children's ward or the adults' ward. This decision will be discussed at pre-assessment and any personal preference will be noted, ready for admission.

It is policy to perform a pregnancy test for teenage girls over the age of 12 years. We understand this can be a sensitive and embarrassing subject to talk about, but the test is for our patients' safety. If you or your parents have any questions regarding this, please free to contact us at any time.



Packing for hospital admission

- Any relevant documentation regarding your stay
- Any regular medication you take in the original packaging
- Pyjamas
- Dressing gown
- Socks and slippers/flip flops
- Underwear
- Wash bag, including flannel, soap, shampoo etc.
- Toothpaste and toothbrush
- A hairbrush or comb
- A favourite toy or teddy, or something that comforts you (you're never too old!)
- DVDs (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 change of clothes to wear home
- A day bag/overnight bag for your parents, if required
- Any special treats your parents give you – magazines, games, sweets etc.

We have a small selection of games and DVDs, but it's a good idea for you to bring your favourites from home, although we cannot be held responsible for anything you bring into hospital with you.

On the day of the operation

Being hungry or thirsty isn't nice, but fasting (not eating or drinking anything) before your operation is necessary to make having an anaesthetic (medicine given to make you 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 operation or procedure may have to be re-arranged. If you have any questions about the fasting instructions, please contact the nursing team.

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

On arrival at Spire Southampton

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

If you're staying on the children's ward, you'll be cared for by a registered children's nurse. On admission, the nurse will apply a local anaesthetic cream to the back of your hand to numb the skin prior to the anaesthetic injection (this can take up to 45 minutes to take effect). She will also take your temperature, pulse, blood pressure and respirations, if required.

Your consultant surgeon and consultant anaesthetist will see you and your family prior to surgery. They will explain what is going to happen during and after the procedure and your mum or dad will be asked to sign a form consenting to the operation.

If you want them to, your parents will be able to accompany you to the operating theatre and to stay with you until you're asleep. They will also be able to accompany you back from the recovery area in theatre to the ward.

Ward information

We have open visiting for parents and carers, so your mum and/or dad can visit at any time of the day or night. Extended family can visit between 9am and 9pm.



Your 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 you leave.

Safety online

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

Preventing you from using the internet or mobile phones won't keep you safe in the long run, so it's important that you understand how to stay safe and what to do if you ever feel scared or uncomfortable.

Useful links

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

Preparing for going home

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



Spire Healthcare

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Version 1

Published March 2017

Due for review March 2020

SSH-CS-3131-2