



Spire Children and Young
People's Service

Your child's stay

Information for parents and children



Welcome to the Children's Department of Spire Manchester 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.

Emma Newall – Lead Nurse for Children and Young People

Children's Ward: 0161 447 6914

Out of Hours (Main Reception):

0161 447 6677

Email: Emma.Newall@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 around 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/ MSSA/CPE 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
- 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 playroom 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 Manchester

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. They 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.

Every room is provided with a smart TV.

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.

How to find us

Spire Manchester Hospital
170 Barlow Moor Road
Didsbury
Manchester
M20 2AF (for sat nav please use M20 2ZA)

From the city centre (Deansgate)

Head south on Deansgate/A56. Turn left onto Mancunian Way (A57M) signposted Ring road (S)/Birmingham (M6)/Airport. Take the first exit towards A5103/Manchester Airport (M56)/Birmingham (M6). At the roundabout, take the 3rd exit onto Princess Road (A5103) signposted towards Birmingham (M6)/Airport and follow for 3 miles. Turn left onto Barlow Moor Road (A5145). The hospital will be on the left.

From the North East (M62/M60)

Head south-west on M62. Take junction 18 and at the roundabout take the first exit towards M60 Ring road (E&S) Manchester and Airport. Keep right at the fork to stay on M60. At junction 5, exit onto Princess Road (A5103) towards Manchester(C)/Didsbury. Merge onto Princess Road (A5103) and follow for 0.5 miles. Turn right onto Barlow Moor Road (A5145). The hospital will be on the left.

From the North West (M62/M60)

Head east on the M62. At junction 12, join M602 to Salford/Manchester City Centre. This road becomes A57 (M) Regent Road, continue past Sainsbury's on your left and onto the Mancunian Way. Take the exit towards Birmingham (M6)/M'cr Airport (A5103). At the roundabout, take the 3rd exit onto Princess Road (A5103) and follow for 3 miles. Turn left onto Barlow Moor Road (A5145). The hospital will be on the left.

From the South (M56)

Head north-east on M56. Keep right at the fork to stay on M56, follow signs for A5103/City Centre/M60 N & W/M62 W/M61. Continue onto Princess Road (A5103). At the first junction turn right onto Barlow Moor Road (A5145). The hospital will be on the left.

From the M60 (West)

Head south-east on M60. At junction 5, use the left 2 lanes to merge onto Princess Parkway (A5103) towards Chester/Birmingham/M6/M56/Manchester Airport. Stay in the left hand lane and take the first exit (B5166) towards Northenden. Turn right onto Wythenshawe Road (B5167) and then immediately right back onto Princess Parkway (A5103) following signs for City Centre. At the first junction turn right onto Barlow Moor Road (A5145). The hospital will be on the left.

From the M60 (East)

Head south-west on M60. At junction 5, exit onto Princess Road (A5103) towards Manchester(C)/Didsbury. At the first junction turn right onto Barlow Moor Road (A5145). The hospital will be on the left.

By rail

Manchester Piccadilly, Victoria and Deansgate train stations are approximately 15 minutes in a taxi.

By Metrolink

From Withington Metrolink Station turn right onto Princess Road. Continue on Princess Road until you reach Barlow Moor Road. Turn left onto Barlow Moor Road (A5145). The hospital will be on the left.

By bus

The following buses all stop on Princess Road and are a short walk from the hospital: 84, 101, 104, 105, 108, 109, 111, 169, 276.



Spire

Manchester Hospital

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The information contained in this leaflet is not intended nor implied to be a substitute for professional medical advice nor is it intended to be for medical diagnosis or treatment.
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