



Spire Children and Young
People's Service

Your child's stay

Information for parents and children



11 and under

Welcome to the Children's Department of Spire Cheshire 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. 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 call us on:

Ward: 01925 215 070

Main reception: 01925 265 000

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 in-patient 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, laptop or portable game station if you have one
- 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

Unfortunately, we cannot accept responsibility for loss or damage to any types of personal property including tablets or laptops, regardless of how the loss or damage may occur.

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 Cheshire Hospital

Please report to reception at the stated time, where you will be welcomed and shown to our ward and your child will be given their own private bedroom with a TV.

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

Parents can visit at any time of the day or night. Extended family can visit between 11am and 8pm.

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 allergies, intolerances or specific dietary requirements when you order meals and we will adjust the menu. Most dishes can be modified to meet your needs.

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, eg 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.

How to find us

Spire Cheshire Hospital
Fir Tree Close
Stretton
Warrington
Cheshire
WA4 4LU



By car

From M6 southbound - Exit M6 at junction 20A, signposted for M56 Chester and North Wales. Exit M56 at next junction (J10). Follow local directions below*.

From M6 northbound - Exit M6 at junction 20 signposted for M56 Chester and North Wales. Exit M56 at next junction (J10). Follow local directions below*.

From Manchester and the east - Take M56 towards Warrington/Chester and North Wales. Exit at junction 10. Follow local directions below*. From Chester, North Wales and the west Take M56 signposted Manchester and Warrington. Exit at junction 10. Follow local directions below*.

* From all above routes, leave M56 at junction 10 - Take the exit from the roundabout signposted A49 Warrington. After 100 yards take the first turning left into Fir Tree Close. The hospital can be seen on the right hand side.

From Warrington town centre - Take A49 southbound towards Stockton Heath and M56. Go through Stockton Heath centre, following signs to M56. Continue for approximately two miles to the second set of main traffic lights. Go straight on (Cat and Lion pub on right). After approximately 100 yards, turn first right into Fir Tree Close. The hospital can be seen on the right hand side.

By rail

From Manchester
Warrington Central Station.

From Chester
Warrington Bank Quay Station.

Taxis are available at both stations.

By bus

From Warrington and Northwich take route CAT9 or CAT9A.



Spire

Cheshire Hospital

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Cheshire
WA4 4LU

Tel: 01925 265 000
Email: info@spirecheshire.com
Web: www.spirecheshire.com

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

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