

Food

Children may have special dietary requirements or may be 'nil by mouth'. Remember not to feed other children. Ask the nurses.

Food kept at the bedside attracts cockroaches and smells unpleasant to children who are feeling sick.

Where to eat: Waiting area or cafeteria

Where to heat/ store food: a microwave and fridge is available in the ward kitchen. Label any items in the fridge with your child's name. Please ask the nurses to store the food in the fridge for you.

Where to buy food: There is a visitor's cafeteria on the B floor, a shop on the premises & across the road

Support for Parents

It is very important for you to take care of yourself too. You won't be able to help your child if you are worn out.

- Take care to eat correctly
- Rest regularly
- Have a good sleep at night (or at any other time)
- If you need to talk or wish to use a quiet area for prayer please ask the sister or social worker to assist.

You may be asked to wait outside during: certain procedures, during a medical round (to respect confidentiality of information) or an emergency.

If your child is having surgery or a procedure, you may be asked to sign a **consent form** (this gives the medical team permission to perform the procedure). Read through the form before signing. Feel free to ask about anything you may be unsure of.



Telephone Numbers:

The ICU has direct telephone numbers that can be used to received calls.

Beds 6 -14: (021) 658-5317 / 5103

Beds 1-5 & 15-18: (021) 658-5126 / 5113

Beds 19-22: (021) 658-5329

**PARENTS MAY TELEPHONE THE UNIT
AT ANY TIME.**

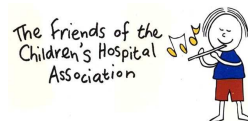
- Staff members do not give information about patients to callers other than parents.
- Please discourage family and friends from phoning the unit.

Friends of Red Cross Hospital

Friends run a Family Resource Centre, on the ground floor of the hospital, where you may be able to find out more information about your child's condition. Please ask the staff to direct you there.

© Children's artwork courtesy of Red Cross War Memorial Children's Hospital school. Photographs used with permission.

*Please talk to the Sister if you have any
compliments or complaints*



Welcome to Red Cross War Memorial Children's Hospital

Intensive Care Unit (ICU)



We'd like to make sure your child gets the best possible care.

This pamphlet will serve as a guide giving you all sorts of helpful information.

Of course... we're also here to help so feel free to ask!

Your child has been admitted to the ICU

because:

He/she is very sick or has had a big operation and his/her life is in danger.

The ICU has equipment and staff trained to provide care and treatment that is not available elsewhere.

Effects on Family

You may feel anxious and emotionally upset. Please approach any staff member with your worries, concerns and queries. We will do our best to give you the information, support and guidance you may need.



The ICU Team

THE TEAM LOOKING AFTER YOUR CHILD includes mostly 1 sister and 1 nurse between two children.

The team is made up of various people including:

Medical Director	Plastic surgeons
Assistant Manager in Nursing	Kidney specialists
Intensive Care Specialists	Throat surgeons
Cardiac (heart) specialists	Brain specialists
Infection specialists	Lung specialists
Children's surgeons	Physiotherapists
Cancer specialists	Pharmacist
Bone specialists	Nurses
Social worker	Dietician
Radiographer	Ward secretary
Housekeeper	Cleaning staff
Students: as the hospital is a training hospital	

Ward Routine

- 06h45—07h00 : Nursing handover round
- 18h45—19h00 : Nursing handover round
- 07h30 - 10h00 : Doctors rounds, depending on patient numbers
- 16h00 - 18h00 : Doctors afternoon round
- During the day or night the nursing staff may undertake an update round.
- Nursing care continues throughout the day and night and observations are done hourly.
- On a Friday morning a bigger ward round with the entire ICU team and various specialists take place.

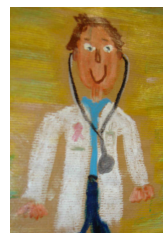
What you can do to help

YOUR CHILD NEEDS YOU. We encourage you to visit as much as possible even if it is stressful.



EVEN IF SEDATED, children may hear and recognise familiar voices — this will calm them and make sedation less necessary. Reading, talking and touching when appropriate are encouraged. Your touch and having you next to the bed will be comforting.

YOU COULD HELP with mouth & pressure care as well as feeding, if appropriate. Nursing staff will guide you.



The doctor in charge is:

Visiting Policy



If you are a **parent or guardian** you may visit at any time. We recommend **only 2 people at the bedside at a time.**

Family, friends, brothers and sisters older than 13 may visit daily between **3-4pm & 7-8pm.**

The intensive care unit can be a very strange and intimidating place for a visiting child. Please prepare children who visit and accompany them. You may ask the social worker to help.

- Please wash your hands on entering the unit
- Please do not wander around the ICU / visit other children or parents in the unit
- Please wait outside if asked to
- Please switch cell phones off (Plug points are limited and often needed for equipment)
- Please do not eat or drink in the unit
- Please smoke outside the hospital building
- No recreational drugs, alcohol or guns are allowed in the hospital

Machines

Children are often attached to machines. These machines support organs until their function recovers. For example:

- A ventilator helps with breathing until the lungs improve and the child can breathe again without help.
- Monitors tell us how organs (heart and lungs) function.
- For safety it is important that your child stays reasonably still while attached to equipment.

