

Going to Hospital

Haere Ana Ki Te Hohipera



A book for children
He Pukapuka Ma Nga Tamariki

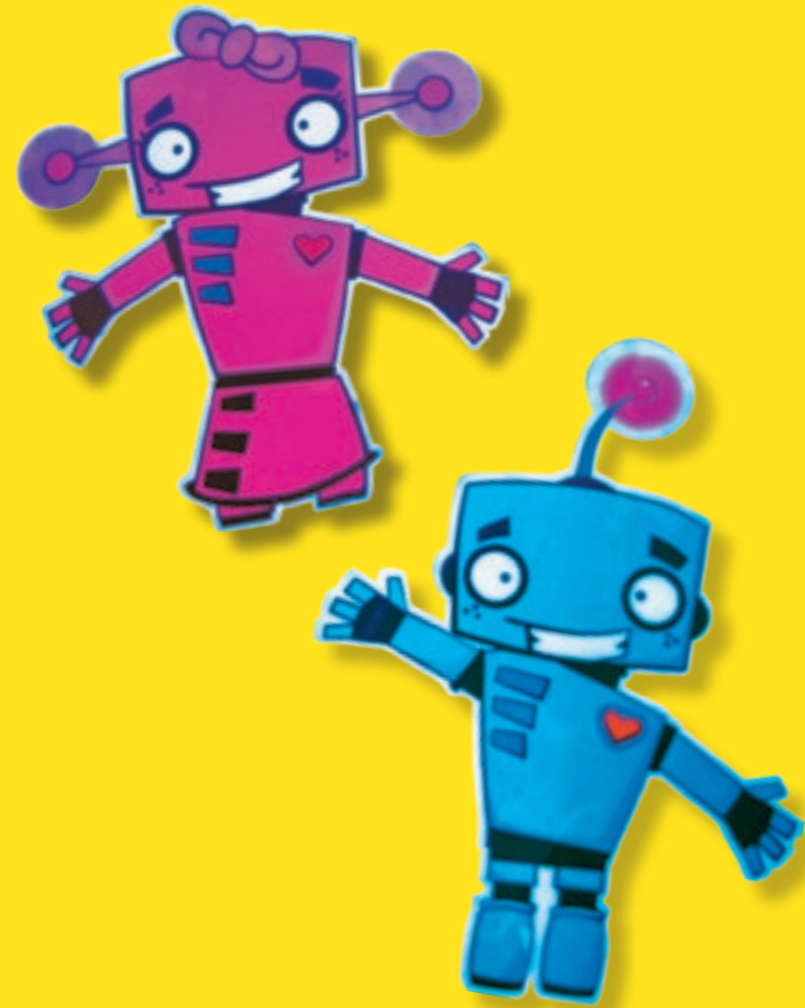


“ Going to hospital, especially for the first time, can be a bit frightening. But, once you know what may happen, it might not seem so scary!

This book will help explain what you'll see, and do, in hospital and some of the people you'll meet. Hopefully, it will make your visit easier for you and your family.

Once you're at the hospital you will meet lots of different people, who will all be there to help you. Remember; if there's anything you want to know, just ask them. ”

ON BEHALF OF THE RAINBOW CHILDREN'S TRUST



Children go to hospital for lots of different reasons. You may go to hospital to be helped because you are hurt, sick or need an operation.

It is a good idea to talk to your family about why you need to go to hospital.

You might like to take some favourite things from home – a special toy, your own pyjamas, maybe a game or a book.



Many things in the hospital will be new and interesting, some may seem scary.

This book will help you learn about some of the things that might happen to you.

W

hen you come to hospital, you will get a hospital bracelet with your name on it, so everyone knows who you are.



A nurse will take your:

TEMPERATURE

with a thermometer that goes in your ear to see how warm you are.



BLOOD PRESSURE

by placing a band around your arm, which will give your arm a tight squeeze for a short time.



PULSE

with a machine that clips on to one of your fingers or toes to see how fast your heart is beating.

WEIGHT AND HEIGHT

to find out how much you weigh and how tall you are, so that we know how much medicine to give you.





A doctor will come and talk to you and your parents/caregiver, listen to your heart with a stethoscope, and write some information about you in your hospital notes. You may like to ask the doctor some questions.



If you need to stay the night in hospital, you will go to a children's ward. You may have your own room or share a room with other children.



While you are in hospital you will have lots of feelings. It may be an exciting adventure, or you may feel lonely, bored, angry, sad or scared. It helps to talk about how you feel with your family or with other people at the hospital.



Your parent/caregiver can stay the night with you. Your brothers, sisters, and friends are welcome to visit.





If you need a blood test, your nurse will put some special cream on your arm or on the back of your hands. This is so it will not hurt when the blood is taken. By taking a small amount of your blood, doctors can find out how best to help you. Your body makes more blood, so you will always have enough.



Some children need an 'IV' (intravenous) infusion when they are in hospital.

An 'IV' is a little plastic tube usually placed in the back of your hand. It may have a long line of plastic tubing connected to a bag or a syringe of special water. The 'IV' machines will have numbers that light up and will sometimes make a beeping noise. Some children call their 'IV' machine 'Robbie or Roberta the Robot'.

The 'IV' machines are useful to:

- Give your body special water when you are not able to drink enough.
- Give some medicines to make you better.



You may need to have a picture taken called an x-ray. The x-ray machine is a big camera that takes pictures of the inside of your body. It will not touch you and it does not hurt.

ULTRASOUND

It is important that you do not move or wriggle your body when the pictures are taken. Here are some different types of x-ray machines.



X-RAY



CT SCANNER



If you need an operation you will not be allowed to eat anything for up to six hours before. You can drink water for up to two hours beforehand. Your tummy will need to be empty so that you won't be sick during the operation. Your nurse or play specialist will help you understand what is going to happen.



Before the operation a doctor called an anaesthetist will give you some sleep medicine (anaesthetic). This medicine is given through a small plastic tube in your hand or by gently holding a mask over your face. Your parent/caregiver can be with you until you go to sleep. The medicine will keep you asleep while another doctor (surgeon) does your operation, so you will not feel anything. Doctors and nurses will be with you all the time.



When the operation is over you will wake up in a room called Recovery. Your parent/caregiver can be with you.



When you are awake enough you will be taken back to your hospital room. You may feel sleepy and sore afterwards. Your nurse will give you medicine to make you feel better. You may need to be monitored by some special equipment.



hile you are in hospital you will meet many new people who will help look after you.

These are some of the people you might see:



WARD CLERK

probably the first person you will meet on the ward.



PHYSIOTHERAPIST

who may help you to do some special exercises.



PHARMACIST

who makes up the medicines.



OCCUPATIONAL THERAPIST

can give you things to help you manage at home e.g. shower seat.



MAORI HEALTH WORKER

will support you and your whanau if you identify as Maori.



HOSPITAL AID

who does all sorts of helpful jobs on the ward.



KITCHEN AID

who will give you your meals and drinks.



DIETITIAN

who may help you with choosing the right kind of food to eat.



SOCIAL WORKER

will support your family/whanau while you are in hospital.



You may like to play in the playroom, or the hospital play specialist can bring play activities to your room.



It's important for you and your family to stay safe and healthy in the hospital and at home.

Some important things to remember:



Brush your teeth twice a day and visit your dental therapist at least once a year.

Always be careful in the kitchen and around hot drinks.

Wash or sanitise your hands regularly.





You may need to come back to the hospital to see the doctors and nurses at an outpatient clinic, so they know you are feeling better.

Your doctor and nurse will talk with your parent/caregiver and you to decide when it is the best time to go home.



We hope you will make many friends and learn a lot about being in hospital.



T

hank you to our sponsor, The Rainbow Children's Trust, children, families, staff and everyone who helped in the making of this book.



First edition 2003, Second edition 2006

Authors: *Shyami Fernando (Hospital Play Specialist), Suzanne Hooker, Sharon Cassidy and assisted by Marianne Calder (Registered Nurses, Child Health, Christchurch Hospital, New Zealand)*

Revised third edition 2014: *Suzanne Hooker, Sharon Cassidy*

Project Manager: 2003 & 2006 *Meri Gibson*, 2014 *Rachel Thornley*

Photography by: 2003 & 2006 *John Mc Combe*, 2014 *Carloyn Jenson*

Illustrations by: *Timmie Cameron, age 6*

Printed by: *Rainbow Print*

Produced by: *Harvey|Cameron Advertising*