



## Cabrini's Children's Centre

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Welcome to the Cabrini Children's Centre. We offer competent, compassionate care in friendly surroundings and cater for children from post-newborn to adolescence, with medical and surgical conditions.

Your involvement in your child's care in hospital is welcome. However, please do not hesitate to ask nursing staff for help or a break during your child's admission, and let us know how we can make your child's stay more comfortable.

Please arrive at Cabrini at the time specified by your Doctor. Your child will be admitted via the Admission Office, then escorted to the Children's Centre where a nurse will show you the facilities and admit your child.

Please advise us of any special requirements including food and drug allergies. (Some details may have been recorded by the Preadmission Service.)

Please do not bring siblings to the Hospital on operation day as space is limited and siblings are not permitted in the Theatre Complex.

### What to bring

- Health insurance book
- Maternal and child health book
- Current X-rays
- Nighties/pyjamas (Summer weight)
- Dressing gown and slippers
- Toiletries
- Favourite toys and books
- Disposable nappies
- Infant formula and 1-2 bottles
- Breast pump (if needed frequently)
- Bottle steriliser (if not able to use disposables)
- Special equipment needed for your child
- Reading material for parent.

### Rooming In

One parent per child is able to 'room in'. Bed or fold-out chair, shower facilities, linen and meals are provided. A computer terminal is available in each room

If you are unable to stay, visiting hours are open for parents. If you wish, staff will phone you at home if your child is distressed.

Parents of country children may stay in the fully-furnished and serviced Hospitality Units. Bookings can be made via Patient Services Department.

### Meals & refreshments

- Patient meals are provided by Food Services according to your child's condition. Special requests can be provided from the Children's or Kosher menus.
- Breakfast is served at 7.30 am, lunch at 12 noon and dinner at 5.00 pm.
- Fluids are available at the Centre - please ask nursing staff.
- Limited infant formula is available in the Centre. Please bring formula with you and for day patients, please bring 2 feeds made-up.
- If you are breastfeeding and require privacy, washing facilities, a breast pump or bottles, please ask staff for assistance.
- Tea and coffee making facilities are available in the parent's Café located within the Centre.
- The Terrace Café, on the Ground Floor of the Hospital, provides a wide selection of gourmet foods, eat in or take away.
- Rooming in parents (one per child) may order meals via Food Service free-of-charge.

### Visiting

Parents are welcome anytime. Relatives and friends are welcome between 11.00 am - 7.00 pm.

Rest time is between 12.30 pm - 1.30 pm.

Please restrict visitors, especially on the day of surgery, to enable children to rest.

### Miscellaneous

Parking is available on site.

A telephone is available in each room. Please keep use of mobile phones to a minimum.

The Centre receives mail delivery daily and a newspaper/magazine trolley visits daily.

Public toilets for visitors are located on the Ground Floor of the Hospital.

Support for patients and families is available from Pastoral Services and the Cabrini Chapel, on the Ground Floor of the Hospital, is open to people of all faiths.



# Cabrini Health

## Entertainment

A bright, fun playroom within the Centre is equipped with TV, books, art material and toys.

A TV, video, DVD and games facility is available in each patient room. However, you may also wish to bring favourite things from home.

## Safety

- Universal precautions are practised to control the risk of cross infection.
- Please do not give food or drinks to your child, or others, without checking with the nursing staff. They may be fasting, have allergies or dietary restrictions.
- Please keep hot food and drinks out of the reach of all children.
- Please do not leave food and drinks in the playroom.
- Children are not permitted in the Café within the Centre.

## Discharge procedures

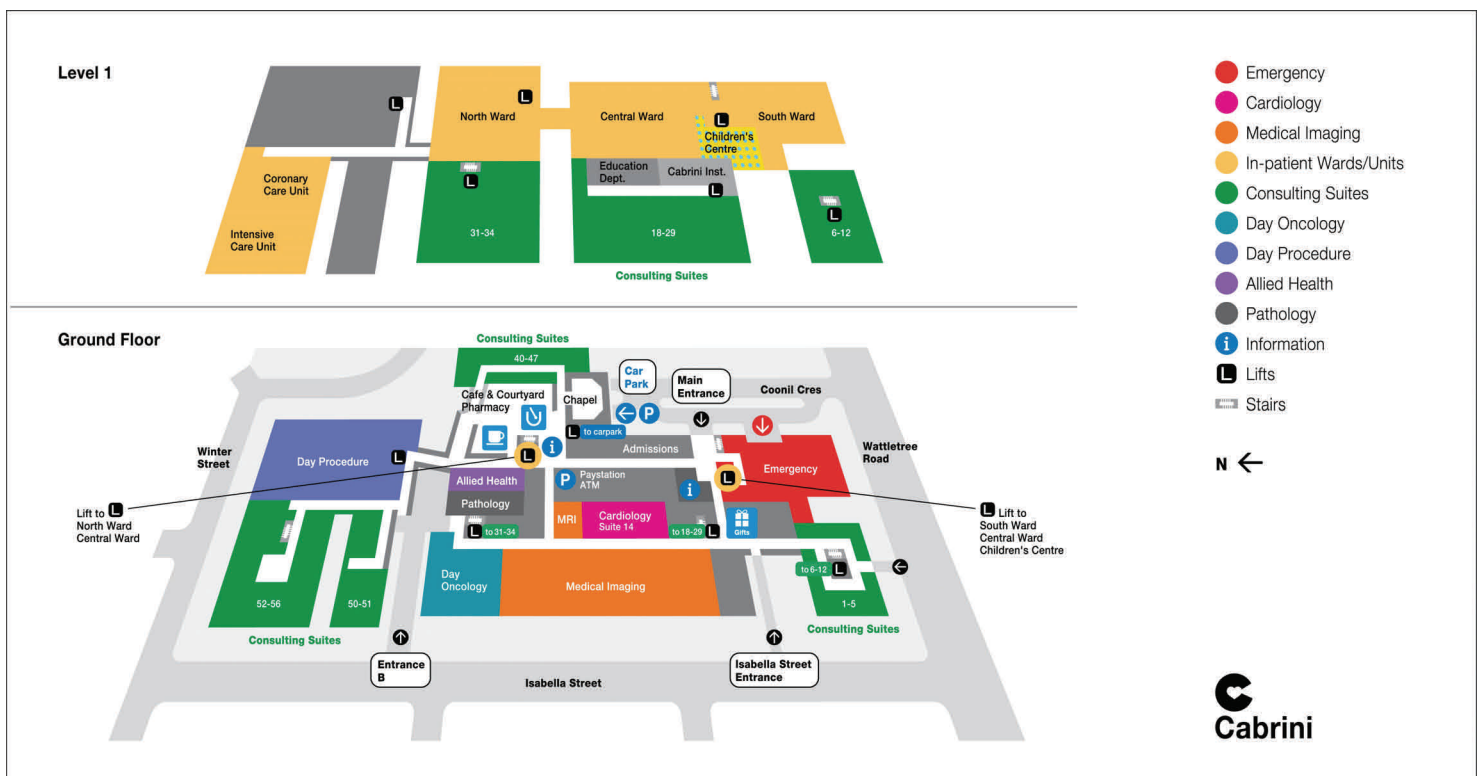
Patients are usually discharged between 8.00 am - 10 am. Please advise if you are unable to comply with this time. You will need to attend Reception after leaving the Centre to settle your account.

Instructions on caring for your child at home, appointment time and prescriptions will be provided to you prior to discharge. Should you experience any problems at home, please refer these to your child's consultant. Nursing staff will endeavour to assist you should you need to contact the Hospital.

Queries relating to Hospital charges should be referred to the Credit Department (Accounts) on Tel: 95081728.

## Cabrini Children's Centre

Phone (03) 9508 8568





## Theatre Information

### Surgical Patients

Children are fasted prior to surgery (i.e. no fluids or food). The surgeon usually admits children for most of this period to ensure fasting. If a child is unfit for surgery, it may become apparent during this time.

The children wear gowns and underpants/nappy to theatre (if willing) and may take security items. Jewellery, nail polish and make-up needs to be removed.

The anaesthetist will come and speak with you and examine your child. Pre-medication is ordered at the discretion of your doctor.

If your child is under three years of age, they will be allocated a cot in which they will be transported to and from theatre. Older children go to theatre by trolley or wheelchair. You may accompany your child to the waiting area.

A registered nurse in this area will greet you, check the identity bands on your child's wrist or ankles and ask questions relating to any conditions your child may have including diabetes, asthma or allergies. They will check all paperwork is complete, including 'consent to treatment' form. Labels will be placed on any toys brought to theatre to ensure all property remains with your child.

An anaesthetic nurse will also check the paperwork and return to theatre to set up the required equipment. During this time we try to provide a quiet, calm and relaxed environment.

### Theatre

The first thing people notice about the operating suite is that all staff wear the same clothes. For children this means that not only are the faces unfamiliar, but the clothes are strange with people wearing 'shower caps' and, often, with masks on their face. Please reassure your child that this is to keep everything 'clean' for their operation.

Being separated can be distressing for parents as well as for children, but be reassured that someone will be with your child at all times.

Although your child cannot eat or drink prior to surgery, it is important that you have breakfast or lunch. Please check with your surgeon as to the length of the procedure. For longer cases we suggest parents have something to eat or drink while their child is in theatre.

## The Recovery Room

The recovery room is a high dependency area. For this reason we only allow two people to come into the recovery room. Please ensure that there is someone who can stay with other children as there are no childminding facilities at the Hospital.

Generally, surgeons contact parents at the conclusion of surgery. Please check with the surgeon as to where they would like you to wait. We are aware you are concerned for your child and wish to be with him/her as soon as possible. Be reassured the recovery room staff will collect you as soon as your child is awake. If there seems to be a delay, do not worry as some children take longer to wake than others which is perfectly normal.

As your child wakes, he/she may be drowsy, confused, disoriented, restless and sometimes distressed. Although this can be distressing for the parents, it is a normal part of recovery and the staff are trained to care for patients during this phase.

Your child will be monitored in the recovery room until staff are satisfied they are ready to be taken to the ward by nursing staff. Your child should continue to fast for about 30 minutes (or longer if ordered by the doctor) to help prevent post-operative vomiting, or because of the type of surgery performed.

Nausea and vomiting may occur. This is a response to the anaesthesia and some types of surgery. Should this happen, it will be managed by recovery staff. The best you can do is provide comfort and reassurance for your child.

Occasionally parents may feel queasy or faint in the recovery room, so this is why we recommend you have something to eat and drink. Please tell the nursing staff if this occurs and they can help you.

Babies may sometimes be fed post-operatively in the recovery room. Please check with the surgeon and anaesthetist.

Your presence in the recovery room is of great comfort to your child, helping them to recover from anaesthesia in a more familiar environment.

Observations are recorded half hourly and, for day patients, you will be able to go home according to doctors' orders and the condition of your child approximately 2-4 hours after return to the ward. Complete instructions of how to care for your child at home will be given to you prior to discharge.