Introduction
This information sheet has been designed to provide you and your family with information regarding the expected plan of care and course of events during your child’s treatment and recovery following surgery. Depending on your child’s procedure, there may be other helpful information sheets available - please refer to www.cabrini.com.au. It describes the average and expected progression of care and recovery. The care provided may differ to accommodate the specific needs of each individual and their recovery.

Visiting hours
The Cabrini Paediatric Ward does not have set visiting hours. We implement quiet time between 1 and 3 pm and aim to have the children settled by 8 pm.

Autism Aware
The Cabrini Paediatric ward is the first Australian ward to become autism aware, and we have recently implemented a number of autism aware initiatives, including:
- A virtual tour of the ward can be found at www.cabrini.com.au/paediatrics
- Diagnosis specific information
- The Communication Cloud
- Bedside communication whiteboards
- Individually tailored care plans
- Sensory toolboxes – A collaboration with TLC for Kids
- Daily quiet time

Pre-admission
A nurse from the Paediatric Ward will endeavor to phone you on the business day prior to your child’s scheduled theatre date. The nurse will ask questions about your child’s medical history, discuss what to expect on the day of surgery and give you the opportunity to ask questions. This call will only take a few minutes, depending on whether you have any questions. Please arrange care for siblings for the duration of the day of surgery, as unfortunately due to restricted space we are unable to accommodate siblings.

On admission
When you arrive please present to the hospital’s main reception. In the Malvern hospital you will be directed to the Paediatric Ward in area H, on level 1 of the hospital. The admission process is an opportunity to discuss your hospital stay and any special needs you may have while in hospital.

The length of stay in hospital for patients having surgery can differ depending on the procedure. Your child’s surgeon will be able to give you more information regarding length of stay.

Meals and linen will be provided for your child (and the parent staying overnight). For overnight stays, please bring any personal items for you and your child.

The admission process upon your arrival to the Paediatric Ward will include:
- The Patient Services staff who will collate your paperwork
- The nursing staff who will complete a nursing admission, which includes observations (temperature, pulse, blood pressure and respirations), weight and other checklists
- The anaesthetist will examine your child and discuss methods of anaesthesia. This may happen on the ward or in the theatre anaesthetic waiting area. If your child has a cold or fever please notify the nurse and the anaesthetist.

We recognise that having a child admitted for a procedure may be a difficult and stressful time for families, and we are here to answer any queries you may have.

While we aim to streamline the admission process to the Children’s Centre, there may be circumstances that impede proceedings, despite our best efforts. We will endeavor to keep you up-to-date with information as it becomes available. There is a small play/waiting area, however please bring any devices/entertainment required to keep your child occupied while waiting.
Going to theatre

- Your child may be asked to put on a theatre gown. If this causes distress they can stay in their own clothes and we will send a gown to theatre with them. If your child wears nappies or prefers to drink from a special cup or bottle, we also ask that you take these to theatre, as well as a special toy or comforter.
- The anaesthetist may order for your child to have a pre-medication which will be administered prior to leaving the ward. This may be a sedating medication, depending on the circumstances.
- Your child will be transported to theatre on a bed, in a wheelchair, or in a cot, by a theatre orderly. You will travel with your child to the theatre waiting area. In the waiting area, another nurse will ask you similar questions to the questions asked on the ward. This is to ensure the most important information required is correct and accurately documented.
- There is a TV in the theatre waiting area for your child to watch while you wait to go into the theatre. However, if you have a tablet with your child’s favourite show or game on it, please bring this with you.
- One parent is able to escort their child into the operating theatre and stay with them while they go to sleep.
- Once your child is asleep, you will be shown to a waiting room outside the theatre complex where you can wait for your child.
- You will be taken into the recovery room as your child is waking up. This is to make sure that you are the last person your child sees before they go to sleep and the first person they see when they wake up.
- The surgeon will see you in the recovery room, on the ward or at your review appointment.
- Your child will be in the recovery room for as long as it takes to wake up and have their pain and any other issues managed. Once stable, you and your child will return to the Paediatric Ward.

On returning to the ward
You can expect the following:
- Your child will be closely monitored with frequent observations recorded for the following 1 to 4 hours, depending on the procedure.
- Your child may be drowsy following the anaesthetic and this can take some time to wear off.
- Your child will have an intravenous cannula, and may be connected to a drip to provide them with fluids until they are able to eat and drink.
- Once they have sufficiently recovered from the anaesthetic, your child will be on a light diet. If your child has multiple food allergies or dislikes many foods, please bring some of their favourite snacks with you.
- Your child may experience some nausea or vomit initially; this is normal and should soon resolve.
- The nurses will administer regular analgesia (pain relief) and other medications to your child, if required. It is important that you, and where possible your child, take an active role in assessing and reporting pain to the nurse so that effective measures can be taken.
- Your child will be resting in bed, if staying overnight, or in a recliner chair, if they are here for a day procedure.

Going home
Your child will be discharged when they are:
- Comfortable.
- Eating and drinking.
- Your surgeon and nurse are happy with their condition and progress.

The intravenous cannula will be removed prior to discharge. Many children are distressed about this process. It may be helpful to explain that it’s similar to a band aid being removed.

You will be given a discharge information sheet detailing medications required, guidelines for recovering at home and follow-up instructions.

We advise you to read the discharge sheet prior to leaving the hospital in case you have any further questions.

Feedback
We are always looking for ways to improve our ward and the services we provide. If you have any feedback from your experience that may help us, please email our unit manager at paedgen@cabrini.com.au.

Want to know more?
If you have any further queries prior to your child coming to hospital, please call your surgeon’s rooms or phone the Paediatric Ward on 03 9508 1378.

We look forward to supporting you on what will be a very important day for you and your child.