



**Royal Berkshire**  
NHS Foundation Trust

# **Your child's admission to the Children's Trauma Orthopaedic Unit**

**Kempton / Lion / Dolphin  
Level 3 Centre Block**

Useful information for  
parents and carers

---

**This booklet contains useful information and advice for parents and carers of young patients coming in for emergency surgery under the care of the Orthopaedic Department. If you have any queries or concerns, please speak to a member of staff.**

---

## **Keeping in contact**

If there is any change in your child's health between your pre-operative assessment and the date of their surgery, or if you are unsure whether they need to take any regular medication before they are admitted, please contact the pre-operative assessment nurse to discuss.

**Please contact Lion/Dolphin Ward if there is any change in your personal details (address, telephone number, change of GP).**

## **Useful telephone numbers:**

|                           |                    |
|---------------------------|--------------------|
| Lion/Dolphin Ward:        | 0118 322 7519/8079 |
| Pre-Operative Assessment: | 0118 322 7512      |
| Fracture Clinic:          | 0118 322 7553      |
| Kempton ward:             | 0118 322 7512      |

## **Blood tests and medication**

- If your child require further blood tests this will be done on admission.
- The Trust no longer provides basic pain relief medicines such as Paracetamol for patients to take home. Please ensure that you have a supply of these painkillers at home to take following your child's discharge. If stronger pain relief is required, we will provide it.

- You will need to bring in any medicines that your child takes regularly, in the original packaging. These will be stored in a lockable cupboard. Any remaining medicines will be returned to you on discharge.
- If your child needs to stop any medication before your surgery, the pre-operative assessment nurse will let you know.

## **What to bring with you**

Some children find it reassuring to bring a familiar toy from home. A play specialist may be involved in your child's care, and they will be able to provide a range of suitable toys and activities. A hospital gown will be provided to wear to theatre; however, children may want their own nightwear, slippers and dressing gown to change into.

We ask that your child has a bath or shower before admission, and that they wear loose-fitting clothes and comfortable shoes.

## **Personal property:**

**Please leave valuable items at home**, i.e. do not bring large sums money, expensive jewellery etc. **The Trust is not liable and does not take responsibility for damage to, loss or theft of your private property.**

## **About the children's wards**

- The children's wards are split into three different wards – Lion, Dolphin and Kempton ward.
- Lion and Dolphin Ward is a 44-bedded general children's ward open 24 hours a day, every day.
- Kempton Ward is a day bed unit for patients that are being admitted on the day of their surgery. This area has 10 beds for patients to relax prior to their surgery.

- On day of surgery your child will be staying on either Lion, Dolphin or Kempton, depending on bed availability.
- The staff/your anaesthetist on the ward will give you a provisional time for your child's operation and inform you if this. There can sometimes be a wait, so please feel free to bring anything that will occupy your child.
- The paediatric wards have allocated play leaders that have a variety of activities that your child can do while they wait for their surgery. The play specialist may be able to provide a range of suitable toys and activities to keep them occupied during the wait.
- Occasionally, due to emergency admissions, your child's surgery may need to be cancelled and rebooked for the next available opportunity. If this happens, we will let you know as soon as possible.
- All patients' privacy must be respected. Space on the children's wards is very limited. **Kempton only allow parents to stay with the child, so no siblings or any other visitors are allowed. Dolphin / Lion ward have an open visiting policy for parents; any other visitors must leave by 8pm.**
- Nurses work with other healthcare professionals on the wards as a team, striving to provide a high standard of patient care. We all hope to make your stay with us as pleasant as possible.
- If you experience any problems or have any concerns, please ask to speak to the nurse in charge.

## Admission times

### **\*For 7.30am admission:**

Please remember, your child must not have anything to eat after 2.00am. However, we advise that they continue to drink clear fluids until 6.00am.

**Please plan your travel into hospital so that you arrive at the children's ward no later than 7.30am.**

The morning theatre list will start around 8.30am.

### **\*For 11.00am (afternoon admission):**

Please remember, your child must not have anything to eat after 7.30am. However, we advise that they continue to drink clear fluids until 11.30am.

**Please plan your travel into hospital so that you arrive at the children's ward no later than 11am.**

The afternoon theatre list will start at 1.30pm.

*\*(Pre-operative assessment nurse to delete as appropriate)*

## Clear fluids

Clear fluids include: water, well diluted squash (but not fruit juice) – you should be able to read newsprint through it. **No formula or milk.**

**Your child should also not suck sweets or chew gum on the day of your operation.**

Failure to follow these instructions will cause a delay in your child's surgery or their surgery being cancelled. If your child's stomach has food and drink in it, there's a risk of them vomiting or bringing up food into their throat while they are under anaesthetic, which can be life-threatening.

## **Getting ready for your child's operation**

A member of the nursing staff will ask you and your child a few routine questions and record their blood pressure, temperature and any other observations required. Please tell the nurse if your child has any special requirements or anxieties about their operation.

They will then be seen by the surgeon or a member of their team, who will discuss the proposed operation with you and your child, including the risks and benefits. You (the parent/guardian) will be asked to sign a consent form. The anaesthetist who will be looking after your child during their operation will also visit you to discuss their anaesthetic and pain control.

When your child is ready to go to theatre, the ward staff and play leaders will take you and your child to the anaesthetic room. The play leaders are great at distraction if your child is worried about their surgery. Feel free to bring any of your child's own devices / books to the anaesthetic room.

## **Recovering after your child's operation**

Once your child's surgery is complete, they will be taken to the recovery room where they will be looked after by a recovery room nurse.

When the recovery nurse is satisfied with your child's progress, they will report information about the operation, anaesthetic and observations to a nurse from the ward. You will then be able to accompany the ward nurse to the recovery room to see your child following the surgery.

The nursing staff will continue to monitor your child's progress. When your child feels well enough, they will be offered fluids and light foods.

## **Length of stay**

A length of stay will depend on the type of surgery and your child's medical condition. This will have been discussed with you in Fracture Clinic, or at your pre-operative assessment and updated during your child's admission.

## **Discharge home**

- It is important that you make transport arrangements to take you and your child home on discharge.
- Please be aware that there can be a delay between being told your child can leave hospital and the time that their medications and discharge letter are ready for you. Please be patient. We will do all that is possible to speed up your child's discharge process.
- A letter explaining your child's care will be emailed to their GP. If for any reason this is not possible, the letter will be forwarded via post.
- Any new medication which has been prescribed for your child will be given along with instructions on how to take it. Any remaining medication that you bought in with you will also be returned.
- Your nurse will give you information and advice regarding follow-up appointments, removal of stitches etc.

## **During the first 24 hours following your discharge**

If you have any further concerns about your surgery, please telephone the paediatric wards on 0118 322 7519 / 8079 / 7512 or email [rbb-tr.CAT5@nhs.net](mailto:rbb-tr.CAT5@nhs.net)

After 24 hours, please seek advice from your GP.

## **Returning to school (school age children)**

How much time your child may need off school will depend on the type of operation they have had. The nurses on the ward will discuss this with you after the operation and before your child leaves hospital.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT Paediatric Unit: July 2024

Next review due: July 2026