

My visit to Maryvale

My name is: _____

My surgery is on: _____

My Doctor is: _____

One thing that I would like everyone at the hospital to know about me is:



My visit to Maryvale

Coming to hospital

Your family and doctor have decided that you need to have an operation.



You may have many different feelings about this.

This book 'My visit to Maryvale' has been made just for you. It will help you learn more about your operation or surgery.

Can you make a circle on this picture on the part of the body your surgery is going to be?



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What are your favourite things?

Sometimes it helps to bring something to hospital that you really like, such as a favourite toy, game or book. What do you think you will bring?



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Eating & Drinking

The morning of your surgery you will not be able to eat and drink like you normally would.

This is because you will be getting a special kind of medicine called an ‘anaesthetic’ which works best on an empty tummy.

The doctor or nurse will tell you when you can eat again.

What will you choose?



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My room

When you enter your room you will see a bed, a television and some special equipment.

Your nurse will come and meet you and show you how things work.

This is the nurse who will be looking after you before your surgery.

My nurse is:



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Your nurse will check and put your bracelet on, and you and your family will be asked some questions, measure your temperature, and place something call a pulse oximeter on your finger which measures your oxygen levels. If you look closely, you will see a red light.

The nurse might put some special 'Emla' cream on you hand and cover it with a clear plastic bandaid; this makes the skin go numb so the doctor can put in a very tiny plastic straw called an IV without it hurting.



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Who will you meet?

You will meet many different people on the day of your surgery. All of them are there to help you and your family.

A Transport Orderly who will take care of you on your way to the theatre with a special machine.

Your Theatre Nurse who will look after you while you are asleep.

Your Anaesthetist who will give you a special kind of medicine so that you won't feel anything during your surgery. This will make you fall asleep. You will stay asleep until your surgery is done. Then they will stop giving you the anaesthetic medicine and be there while you slowly wake up.



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Who will you meet?

Your Surgeon who will come and talk to you before your surgery.

Your Recovery Nurse who will look after you after you have woken up until you go back to the ward with your ward nurse. Make sure you tell the nurse if you feel sick or have pain.

When it is time for your surgery you will be taken around to the operating room on your bed with the rails up pushed by a special machine.

The people in the operating room may look all the same as they wear special clothes and paper hats and masks. This is to keep the room as clean and germ free as possible.



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Music Medicine

Recently the Operating Room has introduced Music Medicine for our patients to listen to while waiting for their surgery.

My favourite songs:

We have a lot of songs available so have a think about what you would like to listen to.



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The Operating Room

The operating room is bright with big, round lights, different machines, some of which make beeping sounds. There is a long bed with a warm yellow sheet on it, but you may stay on your bed until you are asleep.



The first way to go to sleep is to breathe a special medicine through a clear, soft mask which fits over your nose and mouth. The air that you breathe may smell funny, but that only lasts for a short time. Sometimes it helps to practice while you are waiting. You can cuddle up to the special person you brought with you.



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The Operating Room

The second way is through a very tiny plastic straw called an IV cannula which is often placed in a vein in your hand. Now your medicine can go through the tube.



While you are in the operating room, the doctors and nurses will watch you very closely.

One way of doing this is to attach special monitors to you.

When you wake up, your surgery will be all over, and your family will not be too far away. You will spend time in the Recovery room with our nurses until you are awake enough to go back to the ward.



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Waking from surgery

Most kids say they felt like they were having a nice dream or that everything went 'so quick'. You may feel tired, and some kids say a bit 'yucky', but you will soon start to feel better.

You will have some monitoring on which you saw on the ward. If you did not have an IV before, you will notice one was put in while you were asleep.

Before you go home you will have something to eat. Do you remember what you were going to have?



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Going home

The nurse will take your IV out and give you a bandaid. You still might feel a bit sleepy, but you will be able to go home and rest. It is probably a good idea to take it easy for the rest of the day.

Don't forget to say goodbye to all your new friends.

We look forward to seeing you again sometime in the future so we can look after you again.

The best thing about Maryvale was:



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Message to Parents

This booklet is designed to help you and your child know what to expect on the day of surgery. It also describes how you can help prepare a child for their operation.

We would like to encourage you to prepare yourself for your child's surgery. Staff at Maryvale Private Hospital understand that a child having surgery can be stressful. A child who sees a parent's anxiety tends to become more anxious, which limits their ability to remain settled and calm.

We are here to help. Our staff pride themselves in being approachable, addressing questions and concerns that you may have. All you have to do is ask!

We can even offer you and your child a tour to familiarize you and your child with the hospital environment.

Your presence is an essential part of your child's positive experience. Separation between child and parent/carer is often the child's greatest fear. Reassure your child that you will be with them as much as possible.



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Message to Parents

We encourage parents/ carers to come around to the Operating Suite on your child's bed and stay with them until they are asleep. This closeness is very reassuring.

What do I tell my child?

Children need to know:

- That they are coming to hospital
- Why and when they are coming to hospital

Children usually have questions and different feelings about surgery.

Simple honest answers and explanations work best. Be mindful of words you use.

For instance, say 'make an opening' instead of 'cut'.

Encourage your child to play hospitals and rehearse surgery and participate in preparing for hospital by packing a book or favourite toy to bring with them.



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Thank you

The team at Maryvale Private Hospital would like to thank you for choosing us to take special care of your child.

We do hope you have had a positive experience and if you have any questions or concerns, please do not hesitate to contact us via the details below.

Your child's surgeon's room number will be on the discharge paperwork.

Acknowledgement

Thank you to Lily and Isaac and their mum Angelina for being a part of this book.



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We are a Child Safe Organisation

Maryvale Private Hospital (MPH) has a zero tolerance of child abuse; we support and respect all children and aim to create a child safe and child friendly environment where all children are valued and feel safe. This extends to children and young people who may be admitted inpatients, day patients or visitors to Maryvale Private Hospital.

We are committed to the safety of children from culturally and/or linguistically diverse backgrounds, and to providing a safe environment for children with a disability.

We listen to and act upon any concerns that children, young people or their families raise with us, this can be done by word of mouth, satisfaction surveys or our comments/complaints form.

We ensure that children, young people and their families know their rights and how to access the complaints procedures available to them, through our website and admission process.

We value diversity and do not tolerate any discriminatory practices.



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We are a Child Safe Organisation



Let everyone know these are
the rights of every child
in health care

- ✳ Know that children are special and always do what is best for us.
- ✳ Listen to us when we tell you how we are thinking and feeling, when we are upset, when we have problems or worries or when we need to talk to you. We may not be able to use words, so take notice of what we do and how we look because this can tell you what we are thinking and feeling.
- ✳ Give us the very best possible care and the comfort we need.
- ✳ Let us and our families be who we want to be, whatever our beliefs and customs, so that we feel safe at all times.
- ✳ Let our families and others who are important to us be with us, to care for us and love us.
- ✳ No matter how big or small we are, tell us what we need to know in a way we can understand.
- ✳ Let us have a say in things that are happening to us now and in the future.
- ✳ No one has the right to harm us, not doctors or nurses and not even our Mums or Dads. Protect us always from anyone who would harm us or treat us badly.
- ✳ Our bodies belong to us. Ask us if you want to share information about us and make sure we stay safe. Give us space and privacy, as well as the chance to be with others.
- ✳ Help us grow up to be the best we can. Let us learn, let us play and discover some things for ourselves.
- ✳ When you care for us, make sure that everyone is working together to do what is best for us, until we are grown up and can decide things for ourselves.



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Maryvale Wordsearch

T	E	E	T	H	S	D
M	A	S	K	G	O	O
F	X	L	Q	L	B	C
P	N	U	R	S	E	T
I	B	P	D	R	D	O
M	R	A	W	A	I	R
S	U	R	G	E	R	Y

Can you find these words?

Doctor

Nurse

Theatre

Pulse

Surgery

Bed

Mask

Air

Warm

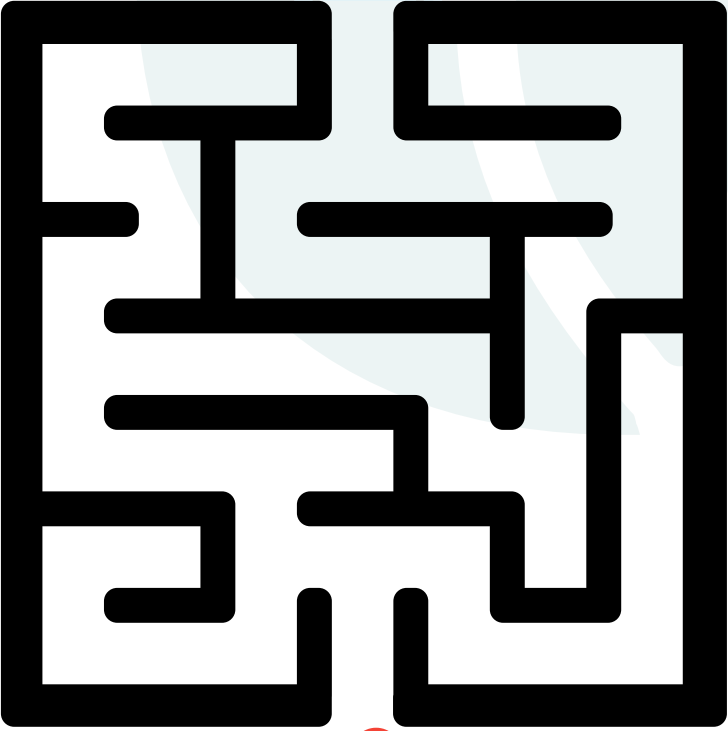
Teeth



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Find your way through the maze



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Colour me in...

Nn is for Nurse



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