

# Your Child's Stay at Sanford





# Welcome

Welcome to Sanford Children's Hospital. We look forward to partnering with you in the care of your child. We hope this guide will help you during your child's stay. You and your family know your child best and are an important part of the care team. We encourage you to ask questions and let us know how we can best serve you.

## Care Team

Your child will be taken care of by many team members with different areas of expertise. If you have any questions about your child's care, please talk with anyone from the healthcare team.

**Pediatric Hospitalist** – a pediatrician who works in the hospital.

**Nursing Staff** – involved in your child's minute-to-minute care each day.

**Respiratory Therapists** – manage oxygen and breathing needs and equipment to help your child breathe well.

**Speech Therapists** – work with feeding, swallowing, and communication (speaking) needs. The muscles used for sucking and swallowing are the same muscles used for speech.

**Occupational Therapists** – work with your child on doing daily activities (some examples are bathing, dressing, positioning, moving about) and achieving their developmental milestones. They also help with choosing the correct equipment and services your child may need at home.

**Physical Therapist** – work with your child to help them with their movement, strength, and coordination.

**Social Workers** – help provide resources to ensure a safe and successful discharge.

**Nurse Case Managers** – nurses who help you and your family with medical needs, supplies, and community resources for a safe discharge.

We can help you:

- Find information about your child's diagnosis and treatments.
- Decide about your child's treatment options.
- Find resources to support your child in your community.
- Find resources to help with the cost of medical care and prescription drug coverage for your child.
- Arrange transportation to and from medical care.
- Find temporary lodging during your child's treatment.
- Set up home health care and/or referrals for help at home.

Some units may have **Child Life Specialists**. They help children and families understand their concerns and fears while in the hospital through play, teaching, and hands-on learning. They also use distraction techniques and play therapy.

# Safety

Your child's safety is important while they are in our care. We are committed to providing your child a safe place for healing and care. If you do not know why something is being done, please ask someone from your child's healthcare team.

## Security

For the protection of your child, the children's hospital is secured. If you do not want your child to have specific visitors, please talk with your child's healthcare team. You will be given information on how you and visitors can come into the children's area.

## Confidentiality

Updates on your child will only be given to the parents or guardian.

### Identification Band (ID band)

Your child will have an ID band on with information specific to them. This will help to ensure that they receive the correct tests, treatments, procedures, and medications. Information found on the ID band may include:

- Full name
- Birth date
- Medical record number
- Bar code for scanning information

## Fire

If a fire alarm sounds, you and your visitors should stay in your room with the door closed. If there is any fire danger, staff will help you leave safely.

## Weather

Sanford staff monitors all weather alerts in the area. If threatening weather is in the area, an announcement is made. Staff may ask you to move to a safer area of the building. You may be asked to take the stairs instead of the elevator. Follow any instructions that you are given.

If you are not at the hospital and there is a tornado or other weather warning, stay safe, do not come to the hospital. Your child will be safe.

## Fall Prevention

To prevent your child from falling:

- Always keep siderails all the way up when your child is in the crib. Check to make sure the siderails are latched before leaving the bedside.
- Keep the hospital bed in the lowest position with the siderails up when the child is in bed.
- If your child falls asleep outside their crib/or bed, and you need help getting them back to bed, call and ask for help.
- If your child is walking, have them wear non-skid footwear when they get out of bed.
- If available, use a lap belt if your child is in a:
  - Highchair
  - Wheelchair
  - Swing
  - Stroller
- Keep the area around the crib/bed free from clutter.
- If your child is unsteady when up, ask a healthcare team member to help.

## Safe Sleep

- All infants will be placed on their back to sleep during every nap and at nighttime for the first year unless ordered by their provider.
  - Side sleeping is no longer advised and should only be done if there is an order from the infant's provider.
  - The back sleeping position does not increase the risk of choking and aspiration in infants, even those with reflux.
- Keep all objects and loose bedding out of the crib.
- Infants should not be held or fed in a chair when there is a risk that the parent may fall asleep. Sleeping on a couch, in a recliner or chair with an infant is not safe.
- If your baby falls asleep in a car seat, stroller, swing, sling, or anywhere else, always move them to the crib to sleep.

## Tobacco Use

Smoking is not allowed on Sanford health property. This includes buildings, property, and outdoor spaces. This is to protect your child, you, and those around you. This includes cigarettes, chewing tobacco, e-cigarettes (vaping or juuling), and all other forms of recreational tobacco.

## Balloons

No rubber or latex balloons, only Mylar (shiny) balloons are allowed.

## Interpreter Services

Interpreter services are available 24 hours a day at no cost to our patients.

# Preventing Infection

## Clean Hands

- **Soap and water** – cleaning your hands is the best way to prevent the spread of infection. Scrub your hands with soap and water for at least 15 seconds and rinse well.
- **Hand sanitizer** – use a quarter-sized amount. Rub all the surfaces of your hands until they are dry. This should take about 15 seconds.
- **Healthcare team** – it is okay to ask your child’s healthcare team to clean their hands.

If your child is in isolation, all staff and family members are expected to use soap and water and/or hand sanitizer when entering and leaving the patient’s room.

## Cover Your Cough

- Turn away from others when you cough or sneeze.
- Cover your mouth or nose with a tissue or upper sleeve, not your hands to cover your nose or mouth.
- Always clean your hands after sneezing, coughing, or blowing your nose.

Parents or guardians, if you are ill, please let your child’s healthcare team know. If siblings or visitors are ill, we ask that they wait to visit until they are healthy.

# Pain Control

Pain is the body’s natural response to injury or surgery. It can be hard to see your child sick or in pain. We will work with your child and you to manage their pain as they heal. Staying on a regular pain medication schedule can keep your child’s pain from getting out of control. Your child’s nurse will explain how a pain scale may be used.

Things that may help your child to be more comfortable include:

- Positioning
- Music
- Dim lights
- Warm blankets
- Favorite toys
- Heat or ice to the sore spot
- Distraction

## How You Can Help in Your Child’s Pain Management

You know your child best and you are an important part in their pain control.

- Let the healthcare team know:
  - If your child is having pain
  - What helps to relieve your child’s pain at home.
- Reassure your child that you are there to help.
- Help with comfort and relaxation measures for your child.

# Resources

## Sanford*fit*



### *fit* Homepage

*fit* is a children's health program by Sanford Health. This program was developed to engage and empower children, families, and communities to make healthy lifestyle choices. Scan the QR code for free online resources that support this goal.



### *fit* Coping Strategies Videos

Are you wondering how to help your child calm their body and brain? Scan here to discover fun and easy ways to help your child cope.

## CaringBridge

CaringBridge is a free online service to keep family and friends updated on your child's hospital stay. To set up a CaringBridge site, go to [sanfordhealth.org](https://www.sanfordhealth.org) and search for CaringBridge.

## MySanfordChart

My Sanford Chart is a secure online connection with your child's healthcare team available 24 hours a day. If you have not done this for your child, you may sign up at [MySanfordChart.org](https://www.mysanfordchart.org).

Test results may appear in MySanfordChart before they are reviewed by providers. Results may be flagged as abnormal but may be acceptable for pediatric patients.

# Before You Leave the Hospital

We want to make sure you and your child are ready to leave the hospital.

## When to Call the Doctor

\_\_\_\_\_ I know when to call the doctor.

## Medicine Safety

\_\_\_\_\_ I know the names of the medicines my child will take at home.

\_\_\_\_\_ I know how to give the medicines my child will take at home.

\_\_\_\_\_ I know when the last dose was given in the hospital.

\_\_\_\_\_ I know when the next dose is due.

## Pain Control

\_\_\_\_\_ I know how to give my child's pain medicine.

\_\_\_\_\_ I know what other things to do that can help my child's pain.

## Food and Drink

\_\_\_\_\_ I know what foods my child can eat.

\_\_\_\_\_ I know how much liquid my child should drink.

## Incisions

\_\_\_\_\_ I know how to care for my child's incision(s).

## Activity

\_\_\_\_\_ I know what activities are safe for my child.

## Plan for a successful recovery

\_\_\_\_\_ I understand my child's health condition or surgery.

\_\_\_\_\_ I know when my child will next see their provider.

\_\_\_\_\_ I know when my child next needs lab work.

\_\_\_\_\_ I know where to have lab work done.

\_\_\_\_\_ I know how to help prevent an infection.











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