



Chloe falls and hurts her arm/leg.



Statement of Values

Respect - Caring - Openness - Partnership -
Teamwork Fairness & Equality

Guidance Notes

This booklet has been designed by student nurses of previous years to help young children and their parents/guardians prepare for a specific procedure in The National Children's Hospital, AMNCH. Some children can become anxious about attending hospital therefore the booklet aims to help alleviate some anxiety by communicating information about the planned procedure or surgery.

All preparation and support must be appropriate to the child's age, developmental stage and level of understanding. **Therefore the first reading with the child should be carried out by a nurse or play specialist from the children's hospital.** A child may have a specific question about the procedure which is best answered by staff who are knowledgeable about the planned procedure or surgery.

Once the first reading is carried out a parent/guardian can then read the booklet to their child if they consider it to be helpful in preparing their child for hospital.

Tips for parents/guardians reading the booklets:

Read the book first yourself before reading it with your child. Ensure you have a clear understanding of the content before reading it with your child. Ask your nurse to explain anything you are not sure about.

Prepare any questions that your child is likely to ask.

Find a suitable time in a quiet environment to read with your child

Read the booklet slowly and clearly to provide your child time to express concerns or ask questions.

Allow your child to look at the pictures, this will encourage younger children to understand the story being told.

Provide honest answers to help build trust. It is alright not to know all the answers. Perhaps a nurse or doctor can clarify any questions you are unsure about at your next visit/appointment.

Repeated readings are helpful to aid understanding and to store information in your child's memory.

We welcome any feedback on these first editions to:

Children's Nurse Practice Development

AMNCH, Tallaght

Dublin 24

Email: rachel.howe@amnch.ie

Chloe has to go the hospital to have her arm/leg fixed.



Chloe meets lots of different people in the hospital who will help to make her better.



"Hello Chloe, nice to meet you...." says the Radiographer

A special machine is used to take a picture of Chloe's arm/leg. We call this an x-ray machine.

"This doesn't hurt at all, just a bit uncomfortable" says Chloe.



The doctor looks at the picture called an x-ray and checks for a broken bone.

"Look at my bones..... that's cool" says Chloe.



Arm



Leg

If a bone is broken Chloe might need a plaster cast to keep the bone in place and help the bone to heal. Chloe can wear a sling to help keep her arm comfortable while the cast is on.



Or Chloe can wear a cast shoe and use crutches to help her walk while the cast is on.

Chloe must try to keep the cast clean and dry.



Chloe has to visit the hospital again to check if the bone is getting better. It is important that Chloe attends all her hospital appointments.



Chloe has to keep the cast on until the bone has healed completely.



Looking after your cast

- Wiggling your fingers or toes sticking out from the cast will help to prevent stiffness.
- Look out for cracks in the cast.
- Keep your leg propped up on a pillow when resting to reduce swelling.
- Don't forget to keep the cast clean and dry.



Created by Bola Ladejobi, Post-Graduate Student Nurse, The National Children's Hospital, Tallaght, Dublin 24, with support from Faye Attwood, Play Manager, Siobhán O'Connor, Nursing Practice Development Co-ordinator and, Medical Photography and Illustration Department.

July 2007.