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First time in hospital? You're in good hands!

Newcastle Hospital and Home Teaching

Newcastle City Council

First time in hospital? You're in good hands!

The pupils of Newcastle Hospital and Home Teaching who are patients in the city's hospitals have written this booklet. They have included pieces of writing and drawings that they hope will dispel some of the fears or worries new patients may have as they face hospital treatments.

The Inside Story
Pages 2-5

Spot the Problem
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Professor Alan Craft - Head of Department of Child Health.
"Anticipation of coming into hospital can be really frightening for children. This booklet could help to alleviate some of these fears. Children who have been in hospital have helped to write it and this gives it an added strength."

Phil Turner - Director of Education & Libraries.
"The pupils who have taken an active part in the production of this excellent booklet have been made aware of some of the benefits of contributing to their community.
They have taken the opportunity to develop or improve their habits of good citizenship."

The Inside Story

don't get Goosebumps about coming into hospital!

I heard things from people who had been in hospital that made it sound awful. I was scared because I did not know all the things they were going to do to me.

Many people think of a hospital as being a cold harsh place but really once you spend some time in hospital you come to find that it is a warm, nice and friendly place.

On the first night I found it difficult to sleep but it did not take long to get used to things. The nurses were nice and friendly.

It made me feel better knowing that everyone around me had a problem, so I was not the only one.

The Inside Story

When I first came into hospital I was a little bit scared but mum and dad were here with me so it was ok.

I thought that being in hospital would mean a break from school work but the teacher is here to give me some.

The teachers come round twice a day for about an hour which is not too bad as it gets boring in hospital.

My main worry was that I was not going to make any friends.

By coming here you make new friends, learn new things and feel more confident in yourself knowing that its not just you that has a problem of some sort.

The Inside Story

The staff make my stay as pleasant as possible.

Some of the doctors are really funny, telling us jokes to make us laugh.

You need to be confident in your doctors and keep reaching for your dreams.

When I am in hospital I miss seeing my sisters and my friends but I talk to them on the phone and they come and visit me and bring me presents. I love getting presents.

The Inside Story

The food is not nice, but my mam brings a good supply from home and there is a fridge freezer on the ward. It is a good thing you can eat your own food.

My parents bring me some chocolates, pop, crisps and sometimes a McDonalds or sometimes we go out for a KFC.

Although I was very lonely some nights it wasn't as bad as I thought and even though I did not want to go into hospital I'm glad I did, because I am much better, healthier and happier.

NEEDLES + THINGS

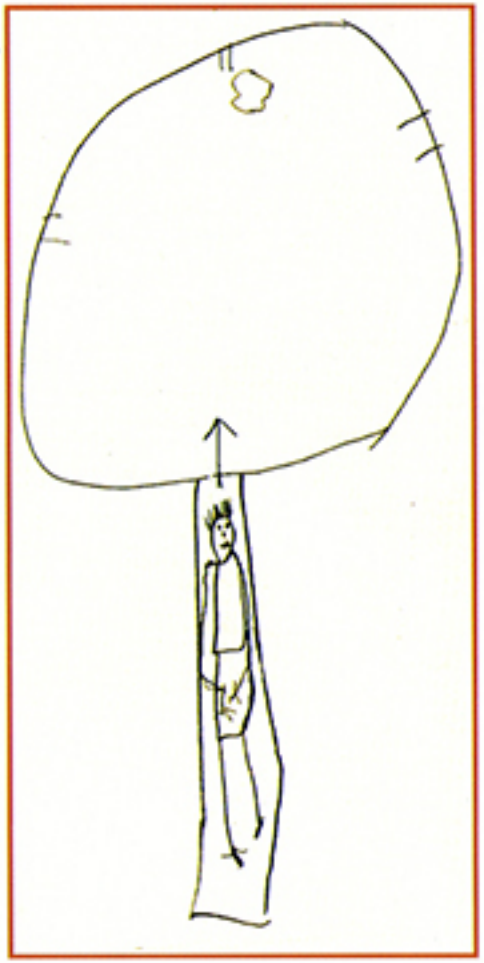
Spot the Problem

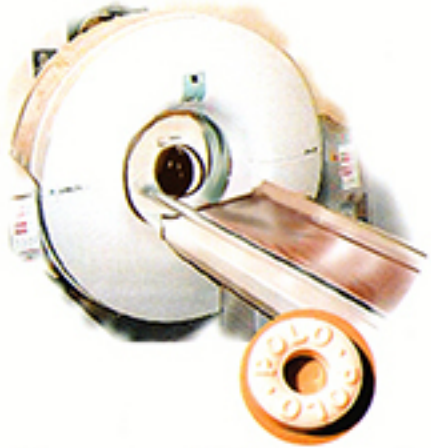
When I have to have my needle put in I have to have a special cream put on me called **Emla**. It has to stay on for one hour. The Emla numbs the skin so when the nurse puts my needle in it does not hurt!

I would say don't be scared of needles because they do not really hurt.

I had to have a **C.T.Scan** and when I first went into the room and saw the machine I felt very scared. But the doctors and nurses were very nice to me and made sure I understood what would happen. The machine looks like a big polo mint and made a noise. Then it was all over and I felt great.

Spot the Problem





It was very frightening as it felt very claustrophobic and you can't move. They give you ear plugs and music as it is very noisy.
You have a button to press if you feel frightened and they talk you through the procedure.

You even have a button to press if you need the nurse.
If you've never had a scan before I bet you'll hear clicking sounds.

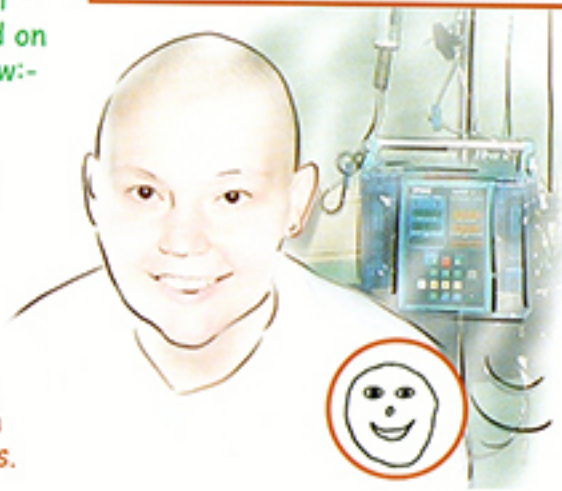
Spot the Problem

When you have a chest **x-ray** a porter comes to pick you up in a wheel-chair or with a trolley or even a car. You get taken to the x-ray department. You then take your t-shirt off and stand next to a big square metal thing. It comes down from the ceiling and you wrap your arms around it and put your chin on a rest. You do not feel it when you have an x-ray.

Over the last 4 years I have had many medical procedures performed on me. Here are but a few:-

Portacath insertion, Lumber Puncture and Bone Marrow, Radio Therapy and Blood Transfusion.

None of these have worried me because I have full confidence in the doctors and nurses.



When you have **Cystic Fibrosis**, (C.F.), you need physiotherapy and medication twice a day. I have this other medication I need to take every time I eat or drink things with milk in them. I also need a nebuliser which I take 3 times a day.

Spot the Problem

Here are a few things you need to know about.

Physiotherapy: Patting of the chest, your two sides and front.

Cannula: A little needle which goes directly into the vein which allows any fluid to pass through.

Long Line: A long tube which is about 30cm long which goes up your arm.

Medication: A range of tablets that we take to help us stay healthy.

Nebuliser: A machine which lets you inhale antibiotics.

IV's: Intravenous Antibiotics.

Portacath: Is found under the skin and is a line where I.V. drugs can be given over a period of time.

Cystic Fibrosis is a disease which causes the mucus in your body to be thicker in some areas. It is an inherited disease, this means a small gene from your mother and father is passed to you.

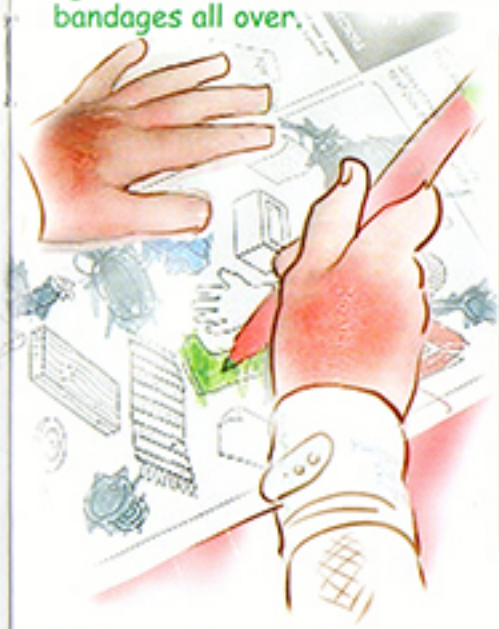
Spot the Problem

When you are getting a **bone marrow transplant** you have to bring in lots of things to do, so I took lots of games into my room to play with. When you are having a transplant you are not allowed out of your room until you go home. Through a transplant they give you drugs to kill off all the bad cells in your body so the marrow can make new ones.

There's nothing to be scared of going into hospital.

I have a skin condition called **Psoriasis** which I have had since I was born.
Psoriasis causes patches of dry skin which are very itchy at night.
When I come into hospital I have to have an Epaderm bath, stand in between two sets of lights, have cream on, then I have to wear bandages all over.

Spot the Problem



When I had a **skin graft** they took a patch of skin from my thigh, it was really itchy for the first couple of days. They put a plastic covering over the thigh which hurt when they took it off, because it pulled all your hairs!
Once they took it off it felt much better. When they changed my dressings I thought it was going to hurt but it didn't.

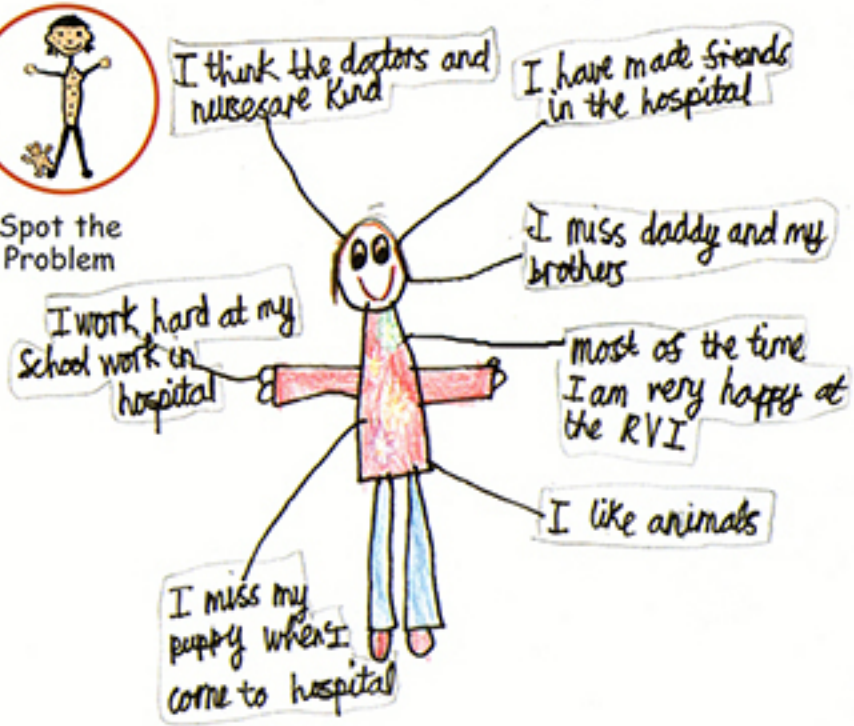
I fell and **fractured** my leg.

I had to have screws inserted.

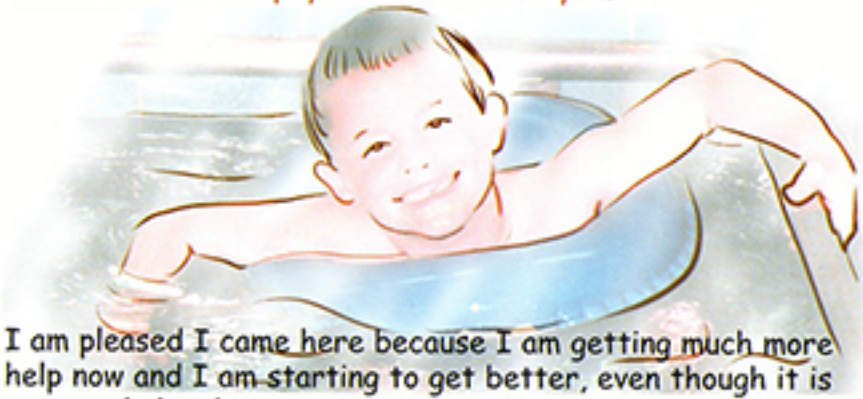
The doctors were very happy with my progress.
Later today I have to learn how to use my crutches to walk and climb the stairs.

Hopefully I will be able to go home then.

Spot the Problem



When I went to **Hydrotherapy** the nurses were very nice. When I got into the pool it was really warm and it was easier to move around, we did a few exercises such as, cycling, frog kicks, ins and outs, submarines, stand ups, crocodile mouths and stretches. If I couldn't do them I left them and went on to another one. The physio doesn't rush you.



I am pleased I came here because I am getting much more help now and I am starting to get better, even though it is extremely hard.

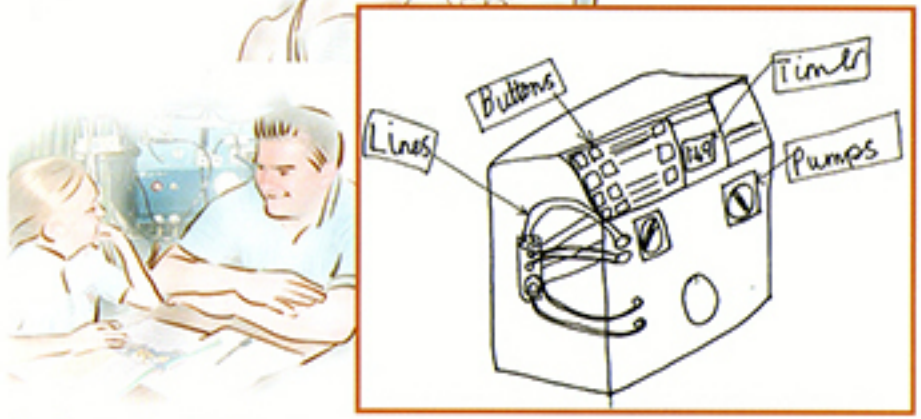
WIRES + TUBES

Spaghetti Junction

When you get your **blood pressure** taken the cuff blows up.

Having your blood pressure taken is one of the easiest things done during your treatment.

The cuff on your arm might get tight but if you just keep your arm and hand relaxed it will be over in a minute.



Dialysis doesn't hurt so don't be frightened, its just like when your heart pumps your blood round your body.
If you are upset and scared about it just get somebody who has already been on dialysis to talk to you.

Spaghetti Junction

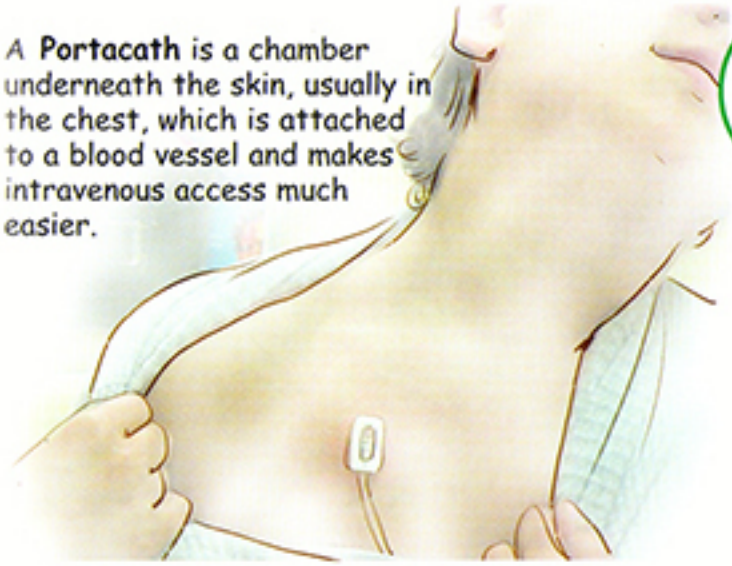
Sometimes when you have an operation you might need a **naso-gastric** tube. This is a tube that goes into your nose and runs down to your stomach.

Although it sounds horrible it is not that bad because it makes you feel better.

If you have to have a **line insertion** it will hurt a little bit where the line has been fitted, but the next day it is okay.

Having **anti-sickness** medicine is really easy. This medicine stops you feeling and being sick. You may have to take tablets or medicine through the mouth, or an injection in your line. Both ways do not hurt and stop you feeling really poorly.

A **Portacath** is a chamber underneath the skin, usually in the chest, which is attached to a blood vessel and makes intravenous access much easier.



Spaghetti Junction

The main thing I felt was relief when they told us they would get me a place in hospital.
I was so tired I cried over everything. It was quite a shock because I never knew I was so ill.

When I was first diagnosed I did not know what to expect, I was really worried. My parents were really worried as well, but with the help of the nurses and doctors I understand a lot better now.

They explained what procedures can be done, how they work and what to expect to happen whilst I'm having them. Although there is a long way to go I know that the staff will keep me informed.

At first I did not want to talk about it to anyone I was scared and angry and thought why me?

You have to be positive and have things to aim for.

TO EVERY 1
THANK YOU VERY MUCH
FOR LOOKING AFTER ME
XXX