

# Preparing for Surgery in the Paediatric Surgical Program

## Information for Patients and Families



Thank you for choosing Humber River Health's Paediatric Surgical Program for your child's care. Our goal is to make your child's stay as comfortable as possible. Your child's surgeon will let you know the date and time of your child's surgery. The following instructions will help you understand and prepare for your child's upcoming surgery.

**My child's surgery is on:**

Date:   DD   /   MMM   /   YYYY  



Start Time: \_\_\_\_\_ a.m.

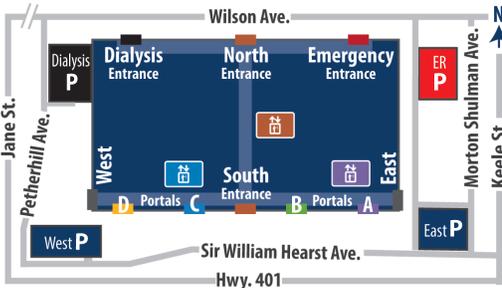
Arrival Time: \_\_\_\_\_ a.m.

**ON THE DAY OF THE SURGERY, please arrive 2 hours before your child's surgery start time.**

**Location:**

**Surgical Department**  
**Humber River Health,**  
 1235 Wilson Ave.,  
 Toronto, ON M3M 0B2

Take the Central Elevators to the 2nd floor, then follow the sign to **Surgical Registration.**



**Please bring to the hospital:**



- Your child's Ontario health card (OHIP) and/or private insurance card
- All the paperwork from your child's surgeon's office
- All the medicines that your child is taking, in their original containers, including prescription, over-the-counter medicines, herbal supplements
- Your child's Medic Alert® bracelet, if your child has allergies
- Any mobility aids or equipment as instructed, such as crutches, braces, ice machine, wheelchair
- CPAP machine for sleep apnea
- Assistive aids, such as glasses, contact lenses, or hearing aids
- Familiar things from home to make your child feel more comfortable (toy, stuffy, pillow, blanket, tablet)
- A familiar or special bottle or sippy cup (for after surgery, except for tonsils and adenoids surgery)

**✗ Please do not bring any valuables.**

## SURGICAL PRE-SCREENING APPOINTMENT

Before your child's surgery, we will schedule a **pre-surgical appointment** with you and your child. This appointment may be over the phone or at the hospital. During this appointment, the nurse will review your child's medical history and any medicines they are taking. This is also a good time to ask questions.

My Child's Surgical Pre-Screening Appointment		<input type="checkbox"/> By phone	<input type="checkbox"/> In person
<b>Date:</b> <u>  DD  </u> / <u>  MMM  </u> / <u>  YYYY  </u>	<b>Have the following ready for your child's appointment:</b> 	<input type="checkbox"/> Your child's Ontario health card (OHIP)	
<b>Time:</b> _____ a.m. / p.m.		<input type="checkbox"/> All the medicines that your child is taking, in their original containers, including prescription, over-the-counter medicines, herbal supplements, and	
<b>Location:</b> <b>Surgical Pre-Screening</b> Humber River Health, 1235 Wilson Ave., Toronto, Ont. M3M 0B2 We are located on the 1st floor, along Main Street, across from the Lavazza coffee shop.		<input type="checkbox"/> Any paperwork from your child's surgeon.	

## PREPARING YOUR CHILD FOR SURGERY

### Talking with your Child

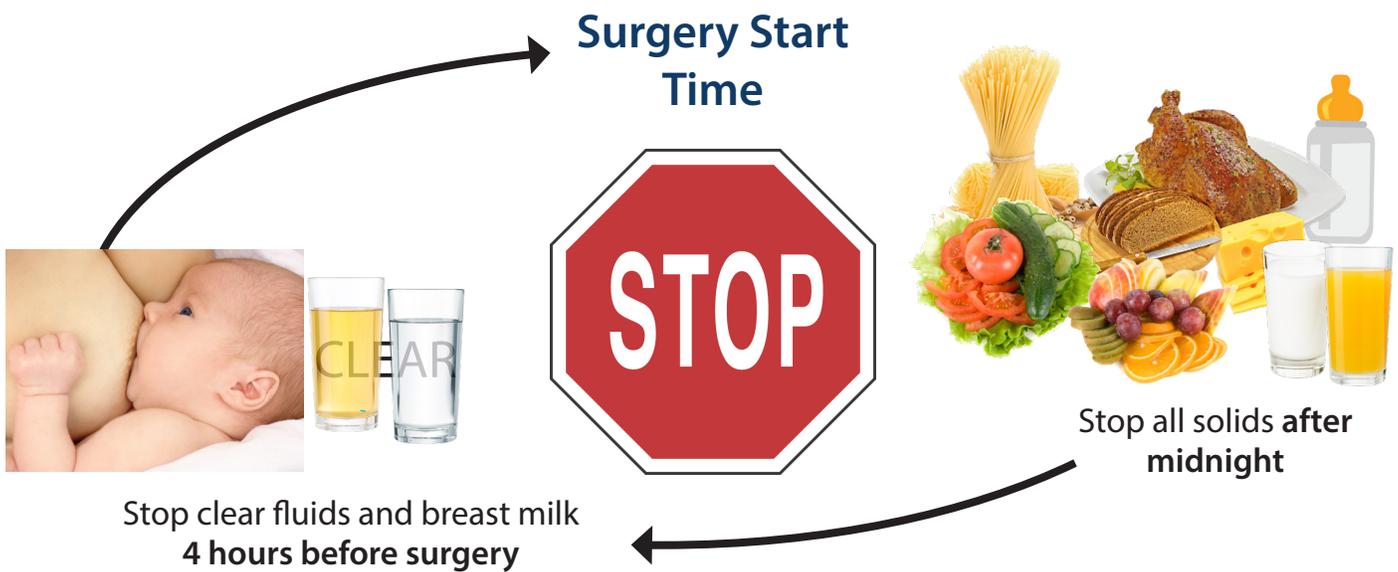
Talking with your child will help them have a more positive experience.

- Stay positive and calm when talking about their surgery. Your child will respond or react to your positive attitude in a positive way and cope better.
- Answer all your child's questions.  
Let them know:
  - » When they will be going home
  - » What the surgery is
- Reassure them that you will be with them in the Recovery Room, and you will also stay with them if they are staying overnight.

#### For younger children, you can also:

- Tell your child they are going to the hospital so that the doctor can "fix" or make part of their body feel or work better. This is called "an operation or surgery".
- Use simple, honest, and non-threatening language they will understand, such as:
  - » "Bed with wheels" instead of "stretcher or table"
  - » "Sleeping medicine" instead of "gas" or "anesthesia"
  - » "Special straw" instead of the word "needle".
- Reassure them that you will be with them in the Operating Room.

# INSTRUCTIONS BEFORE SURGERY



## Pre-Surgery Instructions Checklist

### Medicines:

- Follow the surgeon's instructions on taking medicines.

### Bathing/Showering:

- Your child may shower or bathe and brush their teeth. Do not let them swallow any water.
- Do not apply powder, deodorant, or cream on your child's body.

### Remove:

- Nail polish from fingers and toes
- Hairpieces and elastic bands with metal
- All jewelry and body piercings.

## The Rules About Eating and Drinking Before Surgery Time:

### **STOP** all solids **after midnight**.

- Solids include liquids with solid parts (such as orange juice, soup broth), bottle feeds (cow's milk or formula), tube feeds, as well as Jell-O®.
- Patients who are no longer bottle feeding should have no solids or milk **after midnight**.
- No gum or candy **after midnight**.

### **STOP** breast milk and clear fluids **4 hours before surgery start time**.

- Clear fluids are fluids you can see clearly through (such as water, clear apple juice, ginger ale, 7Up®/Sprite®, iced tea).
- Jell-O® is a solid. it is not a clear fluid.

**Any food or liquid in your child's stomach while going to sleep under anesthesia can flow up to the mouth and back into the lungs. This is VERY DANGEROUS for your child.** If these rules are not followed, we will have to cancel your child's procedure. 

## ON THE DAY OF SURGERY

### What should I do to prepare myself for my child's surgery?

- Although it is not safe for your child to eat before surgery, make sure that you eat breakfast before coming to the hospital. We do not allow any food/drinks in the paediatric assessment/waiting rooms.
- Arrange for child care for your other children. This allows you to focus on your child having surgery.
- Bring something to do or a book to read while waiting for your child's surgery to be complete.
- Please arrange for a ride home after surgery. We do not recommend public transit.

### Where do we go?

Your child will be having surgery in the Surgical Department at Humber River Health. Upon arrival, you can park in either the East Parkade or West Parkade, off of Sir William Hearst Avenue.

In the hospital, take the Central Elevators, located along "Main Street" to the 2nd floor and follow the signs to "Surgical Registration".

### Registering your Child

At the registration desk, staff will:

- Register your child. Have the health card ready.
- Place an identification band on his or her wrist.
- Assign a badge number so that you can receive text messages with information about your child.

### Meeting the Care Team

Before surgery, you and your child will meet with:

**Paediatric Nurse:** The nurse will complete a health assessment and review and confirm important medical information about your child.

**Surgeon:** This doctor will meet with you before and after your child's surgery.

**Anesthesiologist:** This doctor will give your child their anaesthesia medicine to keep them comfortable and asleep during their surgery. They will meet with you and your child before the surgery.

**Operating Room Nurse:** The nurse will meet with you and your child to review your child's information before you go into the operating room.

**Certified Child Life Specialist (CCLS):** The CCLS will prepare, teach, and support you and your child to help cope with the surgical experience.

### Child Life Surgical Services

Child Life Surgical Services is part of the Child Life Program. The Child Life Specialist (CCLS) prepares and teaches children and adolescents of all ages and development levels, parents/guardians, and their families to know what to expect, what to do and how to cope. The CCLS will also support you, your child, and your family during the hospital stay to make it a more positive experience.

Child Life Surgical Services also has a program that supports your child in the operating room, called the **Parental Presence for Induction (PPI) Program**.

In this program, the CCLS will teach and support families to prepare 1 parent/guardian to come into the operating room with their child, 12 years of age or younger, and coach, support, and comfort them during their anesthetic. Adolescents, 13 years of age or older, will be assessed for the PPI program based on individual needs.

If you would like more information about the Parental Presence for Induction Program, please contact the CCLS.



## RECOVERY AFTER SURGERY

### Post Anaesthetic Care Unit (PACU) (“Recovery Room”)

Following the surgery, we will transfer your child to the Post Anaesthetic Care Unit (PACU). Here, we will monitor your child until they are fully awake.

- The surgeon will come to the Surgical Waiting Room to talk to you about the procedure.
- You will receive a text message on your phone and a message will display on the big screen in the waiting room that your child is in the PACU.
- We will bring you into the PACU to be with your child.
- We encourage you to stay calm and talk slowly to your child in the PACU. The less stimulation you give them, the better your child will cope.

### Managing your Child’s Pain

Every patient at Humber River Health has a right to have their pain assessed and managed throughout the hospital stay. The health care team will work with you and your child to keep them as comfortable as possible.

### Surgical Day Care (SDC)

From the PACU, we will transfer your child to the Paediatric Surgical Day Care Unit (SDC) until they are ready for discharge.

- The paediatric nurse will monitor your child.
- We will provide education about how to care for your child at home.

### Children’s Inpatient Unit

Some children may need to stay overnight in the Children’s Inpatient Unit. Your child’s surgeon will decide this before the surgery.

If your child will be admitted, we will transfer your child directly to the Children’s Inpatient unit from the PACU.

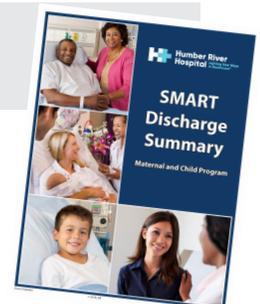
## LEAVING THE HOSPITAL

Before you leave the hospital with your child, your nurse will provide you with a SMART Discharge Summary folder that contains:

- Discharge instructions on how to care for your child when you return home
- Information about follow-up appointments
- Any prescriptions that the surgeon has prescribed.

Please remember to take this folder and ALL your child’s belongings with you when you leave.

Please let us know if you would like help to bring your child to your car. A porter or volunteer can help bring your child to the South entrance of the hospital in a wheelchair.



**If you have any questions or concerns once you are at home, please contact your surgeon’s office.**





## For Safety's Sake...

Both parents and staff have a responsibility to ensure your child stays safe while at the hospital.

### Parents...

- If you do not understand something about your child's care, **ASK**.
  - » On admission, you will receive a **SMART Discharge Summary** handout. This handout is your tool to help you capture key information about your child's care needs when you leave the hospital.
- Please let your doctor and Pre-Screening nurse know if you need interpreter services for a language or for a hearing impairment. We are happy to provide you with a live interpreter that we can connect to from our mobile travelling tablet. This tablet can stay with you for the day of surgery.
- To protect your child from falls, please:
  - » Tell your nurse if your child needs help getting on or off of the stretcher/wheelchair or walking.
  - » Make sure your child is wearing non-skid footwear.
  - » Do not leave your child alone on the stretcher. Please let the nurse know if you need to leave your child alone.
- To help protect you and your child from infection, use hand sanitizers and clean hands often.
- Before you give care to your child, please check with your nurse to make sure there are no safety considerations to be mindful of. For example, the nurse will assist with getting your child up for the first time after surgery.

### Staff will...

- Verify your child's identity by checking their armband for their name and hospital number, **before each interaction**.
- Clean their hands, before entering your child's space, to help prevent the spread of infection.
- Review with you some ways to prevent falls.
- Ask you the same questions often. This is part of the standard precautions your care team follow to keep your child safe.



### Food and Retail

Our food and retail services are on level 0 and level 1. On level 0, you can find the Food Court and retail vendors. The Food Court will have the following dining options:

- Tim Horton's® (full service restaurant, open 24/7)
- Pizzaville®
- Thai Express®
- Paramount Fine Foods®
- Cultures®

On level 1, along Main Street, there are 2 coffee kiosks and 2 retail vendors:

- Tim Horton's® coffee kiosk is beside the North Main entrance, close to the Emergency Department
- Lavazza® coffee kiosk is on the south end of Main Street, beside the Information Desk
- Rexall™ drugstore
- HRH Gift Shop

### Wi-Fi

There is a free Wi-Fi hot-spot in the Food Court on level 0. To access, choose HRH\_GUEST from the list of Wi-Fi Networks available. Once you are connected, you will be asked to agree to the Terms and Conditions.

### Patient & Family Resource Centre

The Patient and Family Resource Centre can help you find information on illness, diagnostic tests, drugs, community resources and more. You can also use a computer for email or internet searching. The Patient and Family Resource Centre is located on Level 0.

Hours: Monday to Friday, 8:00 a.m. to 4:00 p.m.

Tel: (416) 242-1000 ext. 81200

Email: [PFRC@hrh.ca](mailto:PFRC@hrh.ca)

Web: <https://www.hrh.ca/resources/patient-family-resource-centre/>

### Parking

You can purchase a parking pass from any of the pay stations in the East or West parkades or at the East or West entrance at level 1 of the hospital. There is also a parking office located in the East parking garage.

#### Please note:

- We are a **smoke-free** hospital. We do not allow smoking anywhere on hospital property.
- We are also a **scents-free** hospital. Please do not wear perfumes or scented products.
- We want your family and our staff to be safe while in the hospital. We have a Zero Tolerance policy for any types of abuse, including improper language and behaviour. We will ask anyone who is violent or abusive to leave.



## NOTES:


### Share your Experience in the Paediatric Surgical Program

We want to provide the best possible care and service to our patients and their families. Soon after your child leaves the hospital, you will receive a survey in the mail regarding the care your child received during their surgery.

This survey is anonymous. By sharing your feedback, you are helping us learn and improve our care and services, as we strive to live our organization's values of compassion, professionalism, and respect.

We appreciate your time and thank you for completing the survey.



**For questions about your child's surgery, please speak to their surgeon.**

**If your child's surgeon is from Humber River Health,** please contact the surgeon's office directly.

**If your child's surgeon is from Hospital for Sick Children,** please contact the Hospital for Sick Children - Tel: (416) 813-7654, ext. 204310

**For information on HRH's Child Life Services, please speak to:**

**Certified Child Life Specialist -**

Tel: (416) 242-1000, ext. 45012

Email: [achristofides@hrh.ca](mailto:achristofides@hrh.ca)

**For compliments or concerns, please speak to:**

**Manager, Paediatric Program & NICU**

**Patient Relations - Tel: (416) 242-1000, ext. 82256**



**Acknowledgements:** This booklet was created by the parent volunteers, nursing staff, and Child Life Specialist staff at HRH.

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The information provided in this handout is for educational purposes. It does not replace the advice or specific instructions from your doctor, nurse, or other healthcare provider. Do not use this information to diagnose or treat. If you have questions about your own care, please speak with your healthcare provider.

**English:** This information is important! If you have trouble reading this, ask someone to help you.

**Italian:** Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

**Spanish:** ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.