

Welcome to Pediatrics

AT VALLEY MEDICAL CENTER



Our goal is to provide your child with the best possible care. We realize that being in the hospital is stressful for your child and family. If there is anything we can do to make you or your child more comfortable, or if you have any concerns or questions, please let us know.

Our medical and nursing team are here for you.

What to Expect

- We will review your child's care plan at a bedside report between 7:10 and 7:30, both morning and evening
- A full assessment each shift (8 – 12 hours)

- Vital signs every 4 hours, including through the night
- Daily weight (usually before bed)
- Safety and IV checks every 1 – 2 hours
- We may measure how much your child drinks, as well as their urine output
 - Please leave diapers on the counter, without baby wipes
 - Older children should use a urinal or the hat in the toilet
- Your child will be seen by a physician at least once daily, and more often as needed, by one of our resident physicians

Infection Prevention

Good hand hygiene is the most important tool to prevent infection

- Please use the hand foam outside the room before going in and before leaving
- Please use the hand foam before using the nutrition room
- All visitors should use the foam



Because of their illness, many of our children are placed on "Isolation Precautions" while here

- Our staff may wear a mask, or a mask and gown to prevent the spread of disease from patient to patient and patient to staff

(Continued on reverse)

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Staying with Your Child

Having a parent or familiar adult at the bedside is a comfort for a hospitalized child and we encourage you to stay. We recognize there may be circumstances which prevent this. Please let your nurse know if you or another responsible adult will not be able to stay with your child.

Your child's room has a couch or sleeper chair for one parent to stay overnight. Our Safe Sleep policy requires that children under the age of 2 years must sleep in a crib. Infants and children will not be able to sleep on the couch with the parent, and we recommend parents not sleep in the bed with a child overnight.

When staying the night, please dress appropriately. Sweats/leggings and a t-shirt are preferred. Shoes, slippers or flip flops are required when walking around the unit.

To promote restful sleep by decreasing activity and noise, we ask that you stay on the unit between the hours of 11 PM and 6 AM if you are spending the night with your child.

Visitors

Parents are welcome to visit at any time. Friends and other relatives are welcome but may be limited to promote your child's healing. We ask that visitors respect your child's need to rest/sleep.

Unit Access

For patient safety, our unit is locked 24 hours per day. Visitors may access the unit by ringing the doorbell and standing behind the line until a staff member can open the doors. If you ring the doorbell and no one is at the desk, there is a phone with direct access to the charge nurse who will let you know when someone can open the door.

Each time you or a visitor enters the unit, please sign in at the front desk.

Restrooms

In addition to the bathroom in your child's room, there is a restroom at the end of our unit, on the left side, as well as one outside of the unit across the lobby.



Meals

Patient meal service is available between 7 AM and 7 PM. Family and visitors may purchase vouchers from the cafeteria cashier for \$5 each. This allows you to order meals that will be delivered to you in your child's room. Each voucher includes a main dish, a side, a drink and a dessert.

Trendz Café is located on the 3rd floor and is open from 6:30 AM until 8:30 PM weekdays, and until 7 PM on the weekends. In addition, Legacy Café and Espresso Bar is located in the hallway near the Emergency Department and is open until 2:30 AM.

Television, Movies & Internet

Patients and their family have access to TV, a variety of movies and internet. If you have difficulty connecting to the "Guest" internet, please ask for help.

To provide a restful place for your child, please turn off television and media at 11 PM.

Nutrition Room

Juice, milk and snacks are available **for your child** in the nutrition room. We are not able to provide food for parents, siblings and other visitors. There is a refrigerator in your child's room if you wish to bring food from home. We have a microwave and toaster in the nutrition room for your use, as well as coffee and other beverages.

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