

Intensive care: agreement for parents staying with their child

Welcome to our intensive care unit. Parents of a child admitted to the unit are always welcome. One parent may stay overnight in the child's room, but it's also possible to stay nearby in the family accommodation.

You're a familiar and reassuring presence for your child, which is why we're happy to involve you in your child's care. If you're unable to be present or prefer to entrust your child's care entirely to us, that is perfectly understandable. Once your child is discharged, an intense period still lies ahead. Please don't feel obliged to stay at the hospital day and night.

To ensure a smooth cooperation, we would like to agree on a number of things.



Care

- Depending on your child's condition and progress, much of the day is taken up by nursing care, medical procedures, diagnostic tests and physiotherapy or rehabilitation sessions. In your child's best interests, a healthcare professional may occasionally ask you to leave the room for a short time.
- The nurse is responsible for your child's care and supervision and determines, among other things, how much light remains on in the room at night and how and when care is provided.
- If your child is still on a ventilator, you may assist the nurse with some hygiene aspects from the shoulders down. For safety reasons, we prefer to take care of your child's head and the ventilation tube ourselves. If your child is still unstable or in a particularly critical condition (such as ECMO treatment or with an open abdomen or chest), parental participation is not yet possible. Please give the nurse sufficient space when caring for tubes and catheters.
- If your child has had a tracheostomy tube or stoma for a longer period, you may participate in this aspect of their care.
- Parents may not operate alarms on pumps or monitors
- Does your child use medical aids at home, such as a PEP mask, home ventilator, orthoses or a specialised chair? Please inform the care provider as soon as possible and bring these items with you if required.
- Medication is prescribed by the doctor and administered by the nurse. If your child takes medication at home, please inform the doctor. Under no circumstances should you administer medication without the medical team's knowledge.

- Check with the nurse whether your child is allowed to eat and drink. Sometimes, your child may need to fast for a period before an examination or the insertion of an intravenous line (IV).

Room

- ⦿ Keep personal belongings in the room to a minimum. Store them in a locker or leave them at home.
- ⦿ Please leave the room during your child's admission, examinations or sterile procedures or of another child sharing the room. Respect the privacy of other children and families. Don't look behind curtains or enter other patients' rooms.
- ⦿ For hygiene reasons, please do not eat in your child's room. You may eat in the lounge or the designated areas within the hospital. Drinks are permitted in the room.
- ⦿ The kitchen is for staff use only.
- ⦿ Please remain in your child's room, the lounge or the family accommodation as much as possible.
- ⦿ Please use your mobile phone discreetly. Don't make audio or video recordings of staff without their explicit consent. Video and speaker phone calls may be disruptive to others, as can phone calls made in the corridor.
- ⦿ If you're staying overnight, please bring suitable nightwear and appropriate footwear.

Visits



- Parents are always welcome. If one parent stays overnight, we ask the other parent to respect the quiet hours between 9 p.m. and 7 a.m. and to leave the room. Please inform the nurse if both parents leave the room.
- Family members are welcome to visit.
 - ✓ In addition to the parents, two other visitors may visit at the same time for a maximum of 30 minutes, preferably between 2 p.m. or 7 p.m. Please arrange the visit with the nurse in advance. If more than two visitors wish to visit at the same time, we kindly ask them to take turns.
 - ✓ Brothers and sisters may visit for 30 minutes by appointment, but not if they're sick.

Please remember that your child is being cared for in the Intensive Care Unit and needs plenty of sleep and rest. Do not wake your child if they're asleep during visiting hours. Long or frequent visits can be tiring.

If you have any questions, please don't hesitate to speak to the nursing staff. Parents can contact the unit by telephone 24/7 on 016 34 87 70.

A social worker, psychologist and chaplain are also attached to our unit. If you would like someone to talk to, the nursing staff can contact them on your behalf.