

Visiting the Intensive Care Unit



 ICUsteps

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You have been given this book because you have a special person in hospital. This book has lots of things to do, if you would like to, and it will help you find out about Intensive Care Units.

This book belongs to _____

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This activity book was written by Catherine White, ICUsteps, based on one by Froedtert & The Medical College of Wisconsin Child Life Program, USA.

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About you:



My name is _____

I am _____ years old

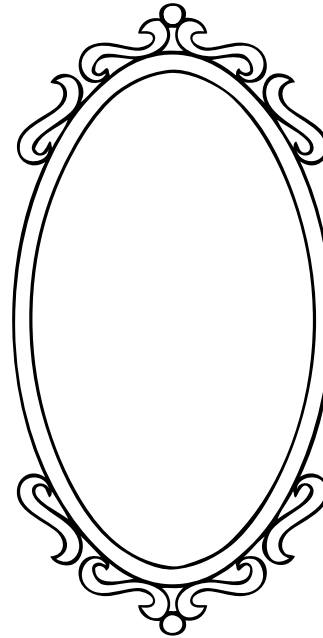
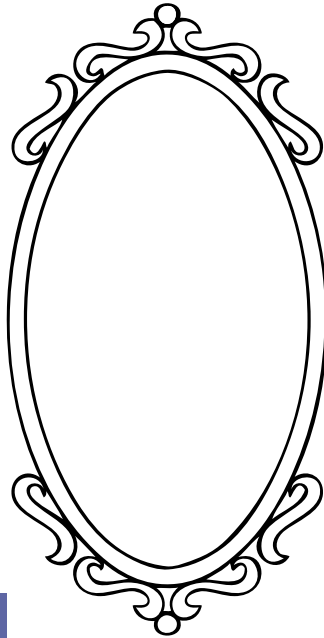
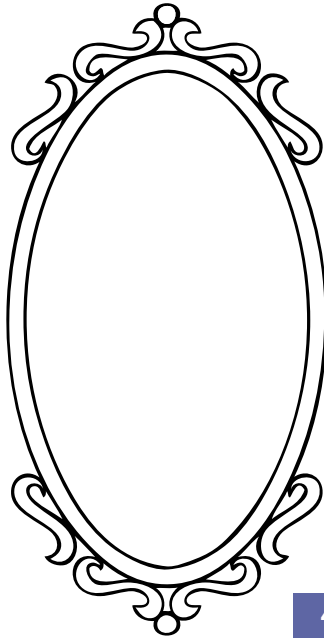
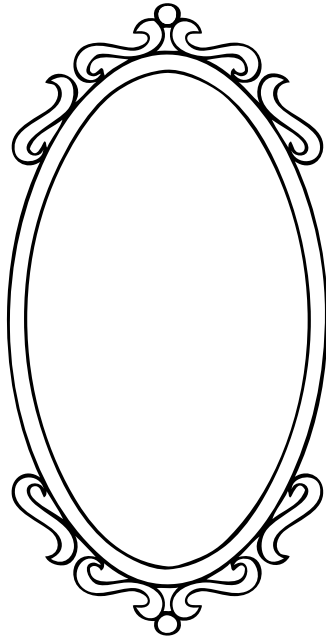
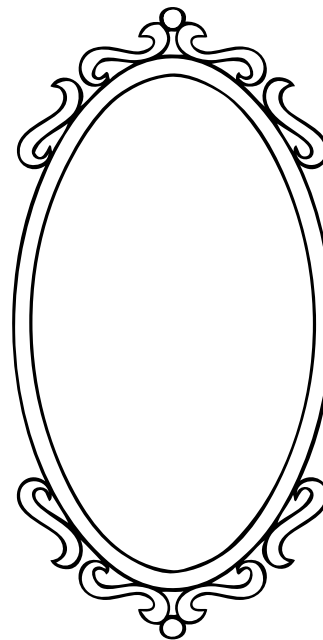
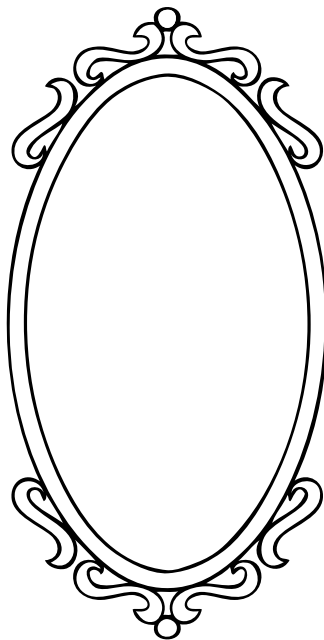
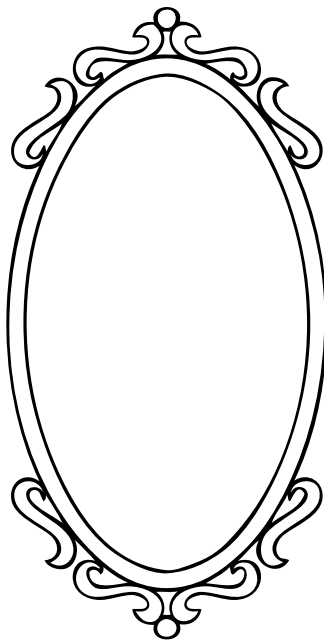
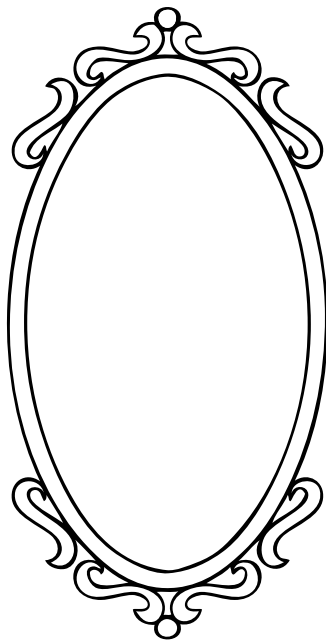
Draw pictures of things you like doing:

A large rectangular area with a decorative, scalloped blue border, intended for drawing pictures of things the user likes doing.

Me and my family



Draw a picture of everyone in your family
(and don't forget to draw any pets you have!).

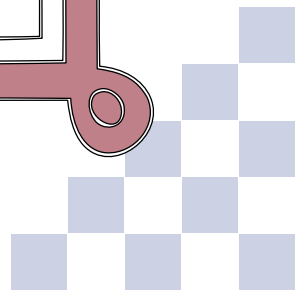
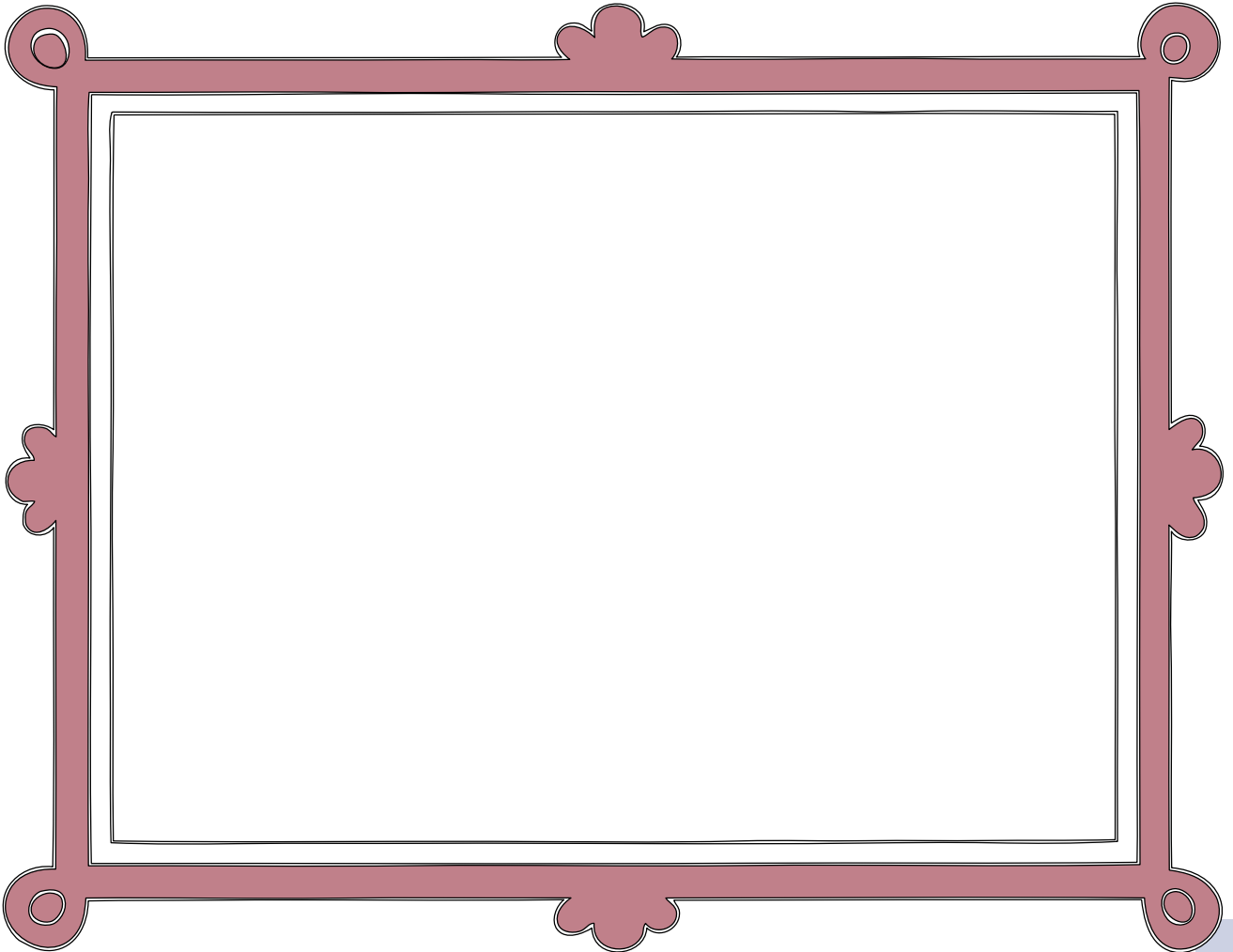


My special person



Who is the special person who is in hospital?

If you want to, you can stick in a photo or draw a picture or write about them here.

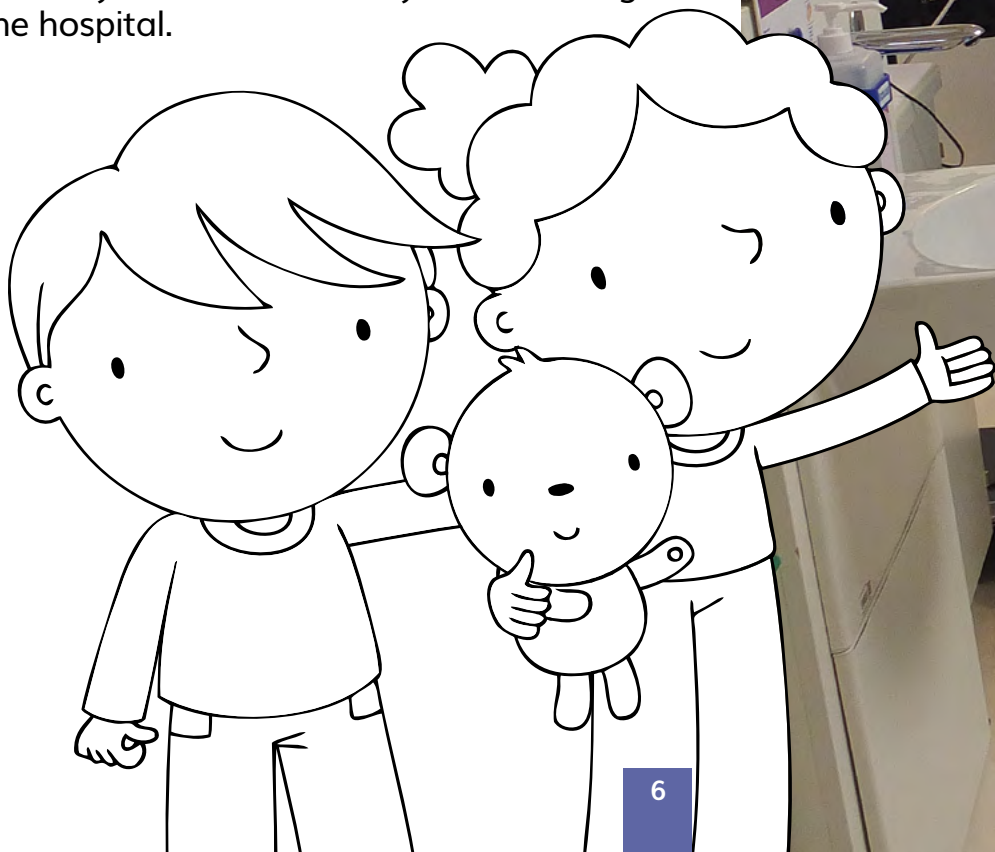


About the Intensive Care Unit

The Intensive Care Unit is a special place in hospital for people who need the most care, if they are very ill or hurt. It can also be called the Critical Care Unit.

Doctors, nurses and other people will be looking after your special person. They will use different things to help them, such as medicines and special machines. You can see some of these in the picture.

This section will tell you about the things you may see or hear while you are visiting the hospital.





Drip Stand

Ventilator

Monitors

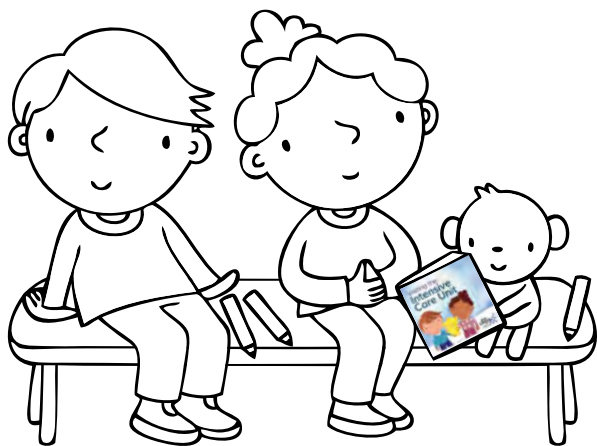
Bed

Kidney Machine

Hand Gel
(Always remember to use it!)

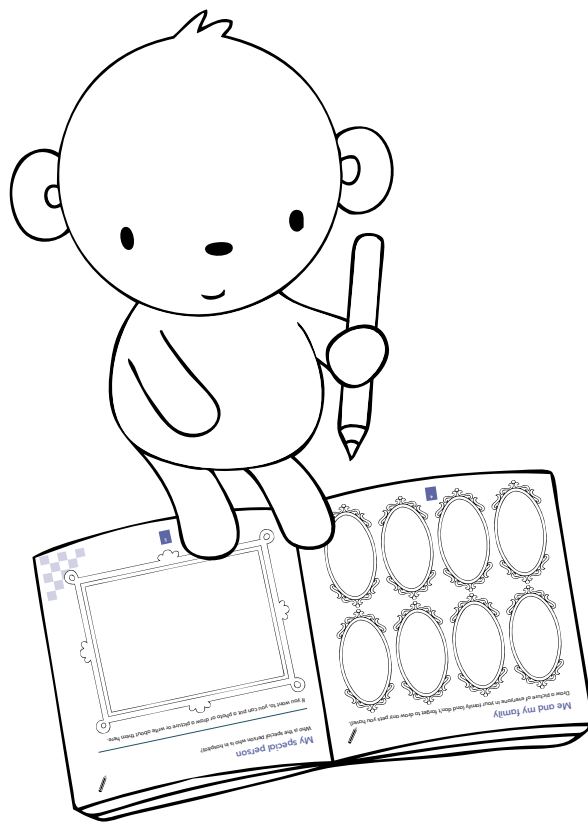
Visiting your special person in the Intensive Care Unit

When you come to visit, you may need to wait in a visiting room first. You can work on this book while you are waiting if you want to. Then the nurses will tell you when you can go and see your special person.



Your special person may not look the way you remember. Sometimes the medicine or bandages may make their face look puffy. They will be lying in the hospital bed and may have many tubes attached to them. There will be lots of machines and other people in beds in the room too.

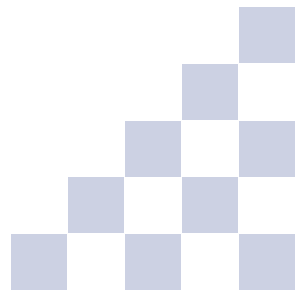
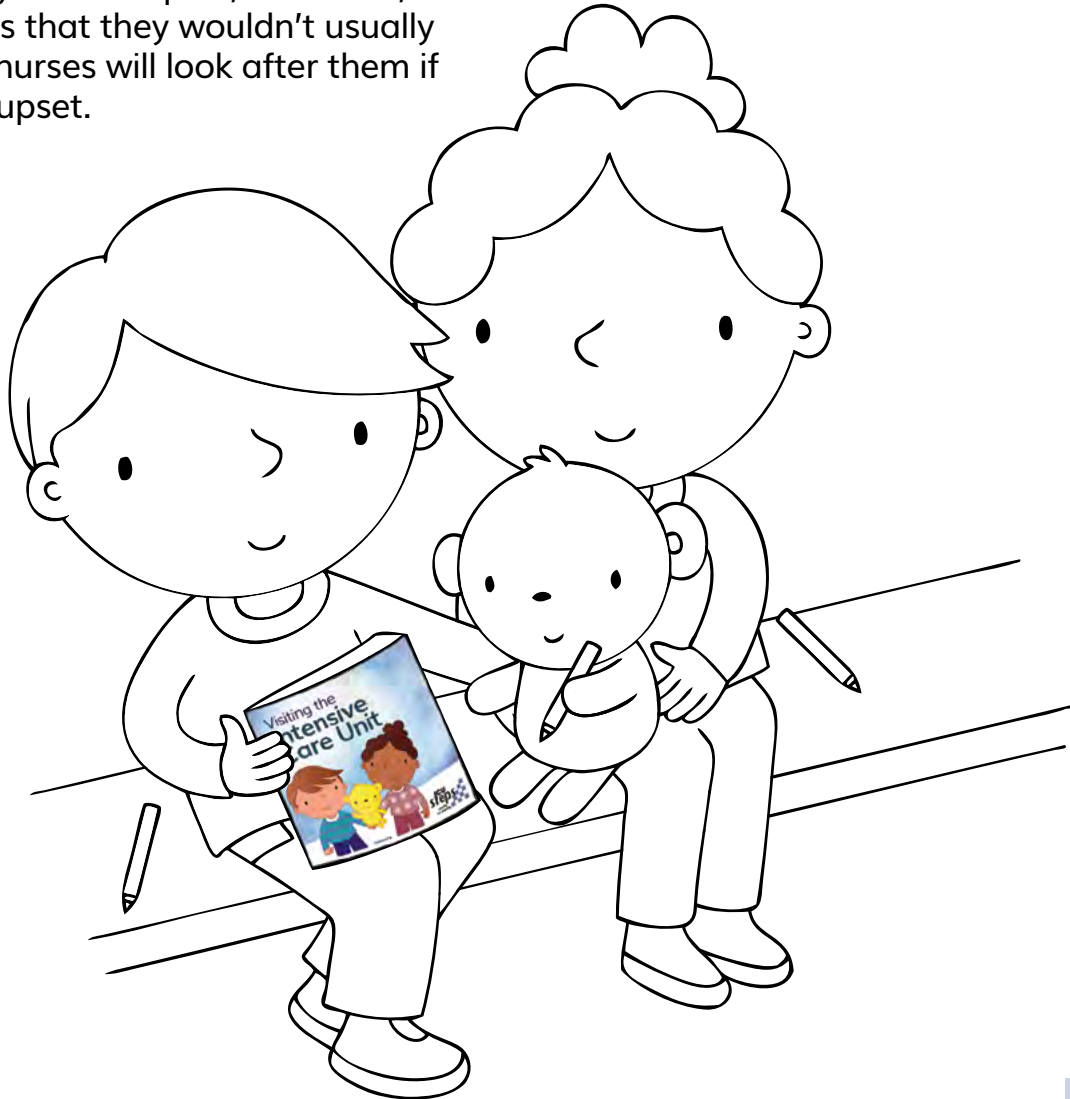
Your special person may not be able to talk to you, but you can talk quietly to them and hold their hand if you want to. They may seem to be asleep, because they have been given medicine to help with their treatment and it is better for them to be lying still. Even if they seem to be sleeping, they may still be able to hear you, so you can talk to them if you want to. You can tell them about your day, or things you have been doing.





Sometimes people who are very ill can get bad dreams and your special person, or someone in one of the other beds, might seem upset, shout out, or say things that they wouldn't usually say. The nurses will look after them if they are upset.

You will only be able to stay with your special person for a short time because they need lots of rest.



Things to do:

- Bring photos in of you and your family which you might be able to put up by your special person
- Read a book you like to your special person
- Hold their hand and talk about your day or things that you like doing together
- Talk to your teachers, friends or someone in your family about how you feel
- Make a card or draw a picture for your special person
- Record a message or song to take in



Don't forget to wash your hands when you visit!

One of the best ways that you can help everyone in the hospital is to remember to wash your hands, or use special hand gel, before you go on to the Intensive Care Unit and when you leave. Make sure your hands are **SUPER-CLEAN** because it's very important not to let germs into the hospital!



Machines

The room where your special person is staying will have lots of machines and a special bed that can move up and down.

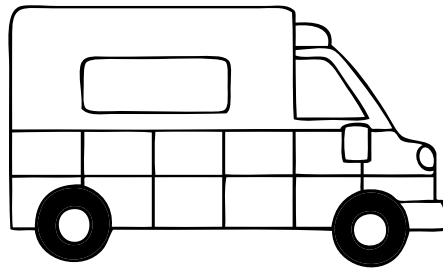
The machines do lots of clever things like help people to breathe, or check how quickly their heart is beating.

The machines may make different noises, and sometimes they can make an alarm noise if new medicines are needed. You can ask if you would like to know what a machine does.

Can you draw a line between the picture and the right word?

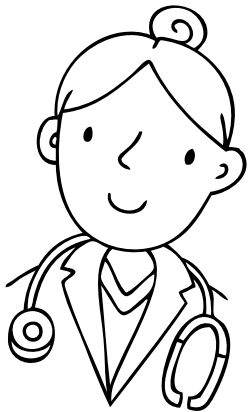
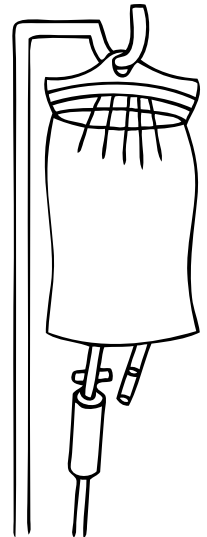
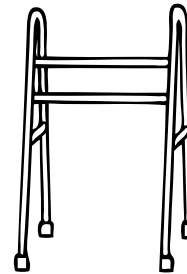


Walker

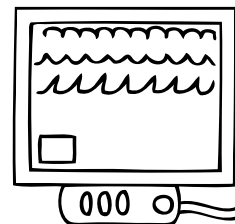


Monitor

Drip



Ambulance

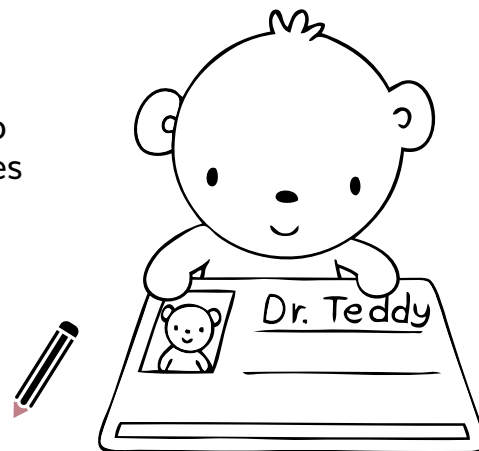



Doctor

Stethoscope

Working in a hospital


Many people with many different jobs will be helping to take care of your special person. You can ask the names of the people you meet and ask them what their job is, then fill the badges in.






Name: _____


Job
Title: _____






Name: _____


Job
Title: _____






Name: _____


Job
Title: _____





Name: _____

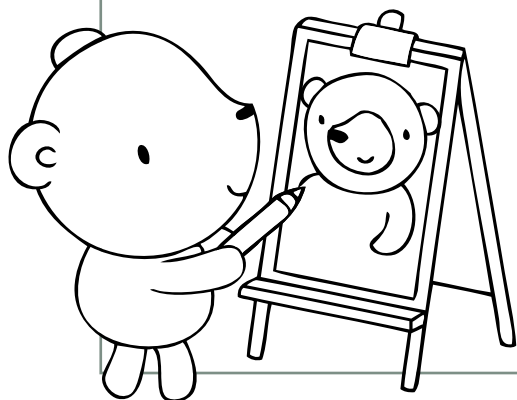
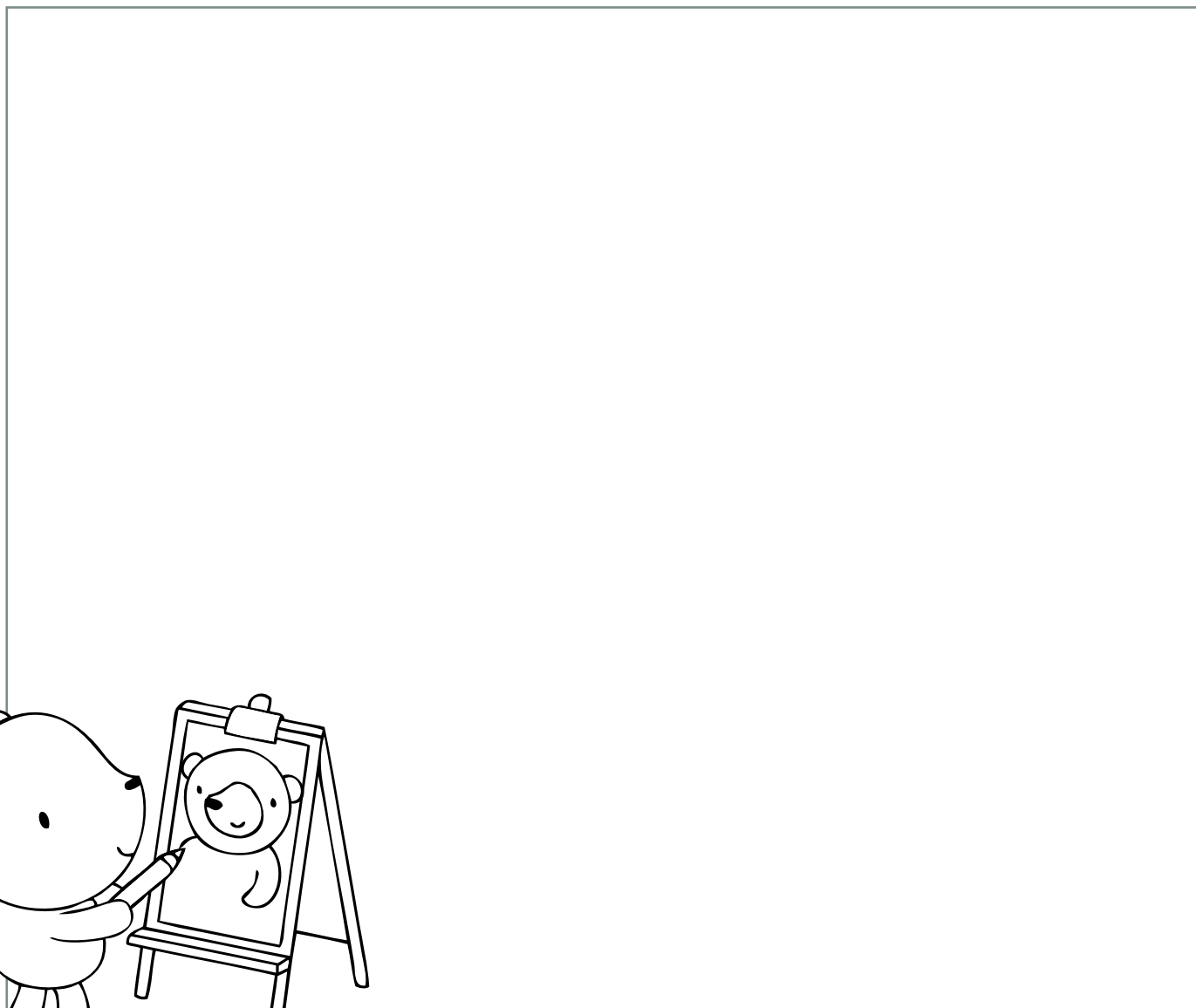
Job
Title: _____



Time to draw



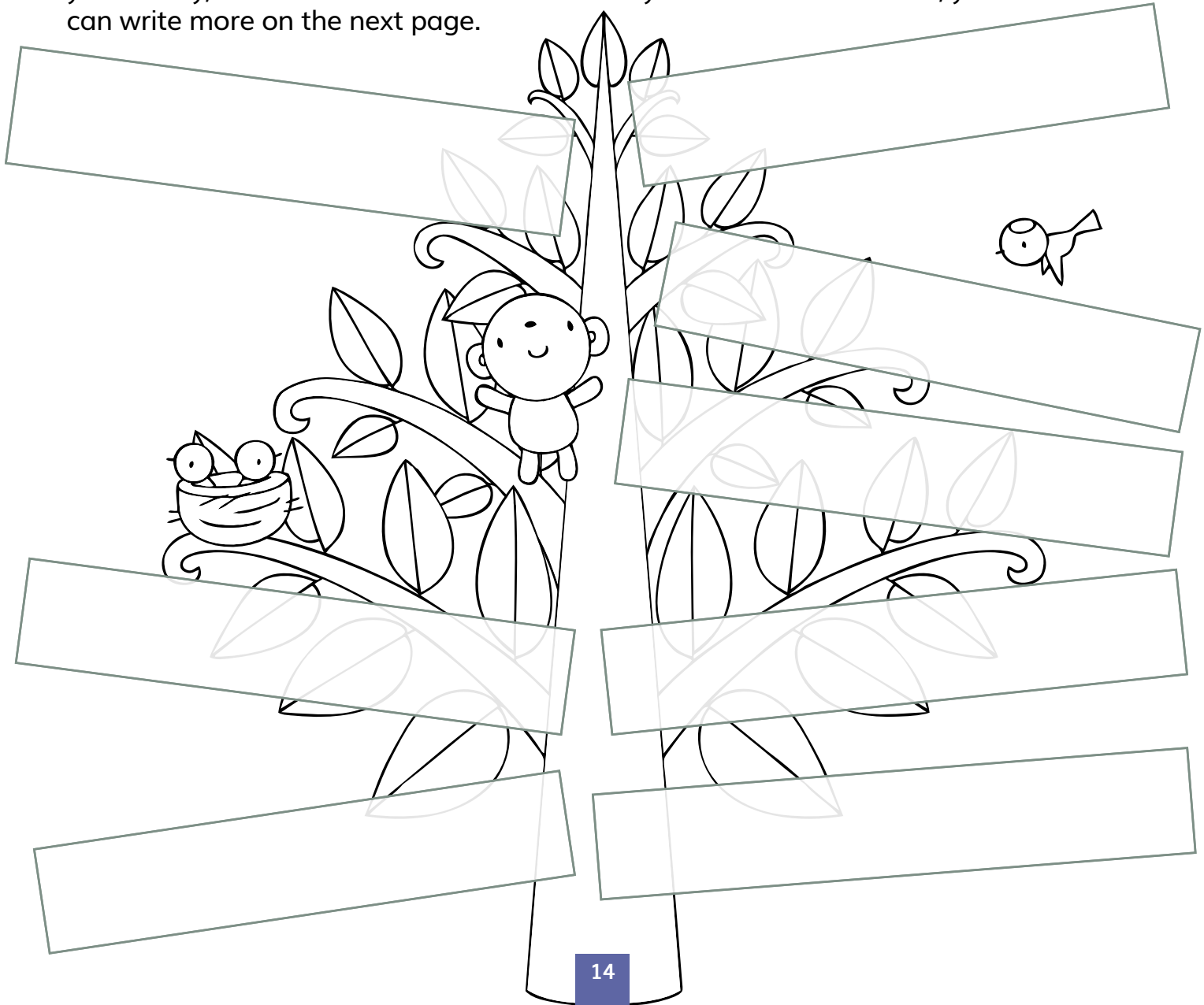
Draw a picture of your special person in their hospital bed.
In the picture you could decorate the room how you think they would like it.



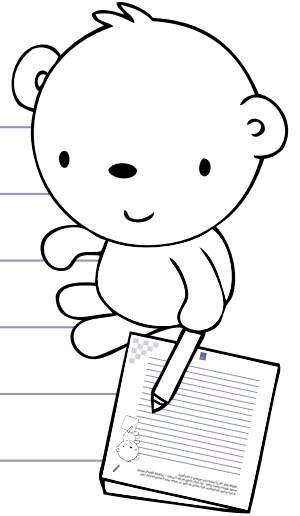
A worry tree



This is a worry tree. It might help to hang on this tree things that are worrying you. You can then leave them on the tree for awhile or talk to your family, teachers or friends about them. If you have lots of worries, you can write more on the next page.



If you have questions you want to ask, or have more worries, you can write them down here. Or you could write a story – maybe about what teddy got up to when he visited a hospital.



A series of horizontal blue lines for writing, spanning most of the page width.



What I did today



If you want to, you can keep a diary about what is happening each day. You can write about things at school, who you saw and what you did, or what the weather was like.

If you need more room, you can find a notebook to use. You could also stick things in and draw pictures about each day.

You can draw faces to show how you feel:



Happy



Sad

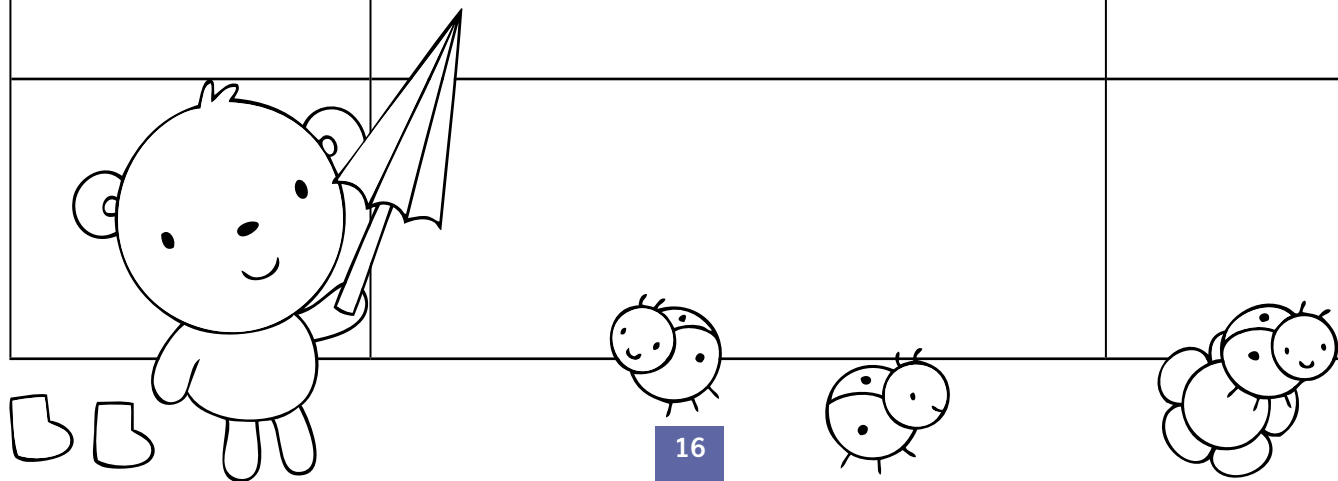


Worried



Scared

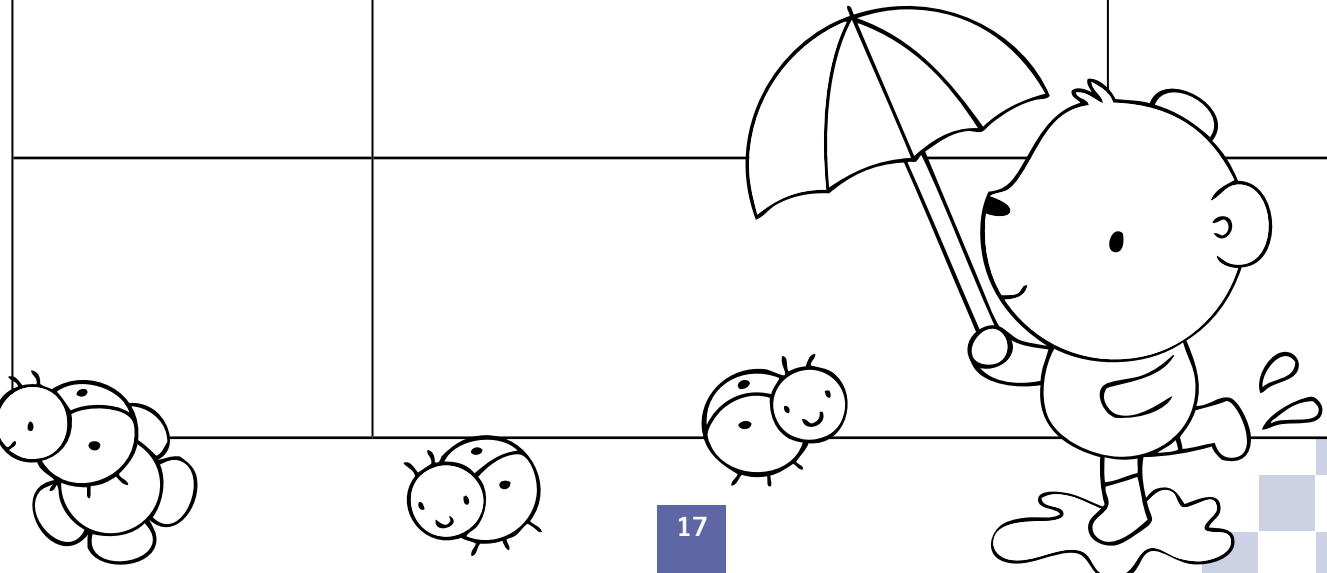
| Day | What happened today | How I feel |
|-----|---------------------|------------|
| | | |
| | | |
| | | |



What I did today



| Day | What happened today | How I feel |
|-----|---------------------|------------|
| | | |
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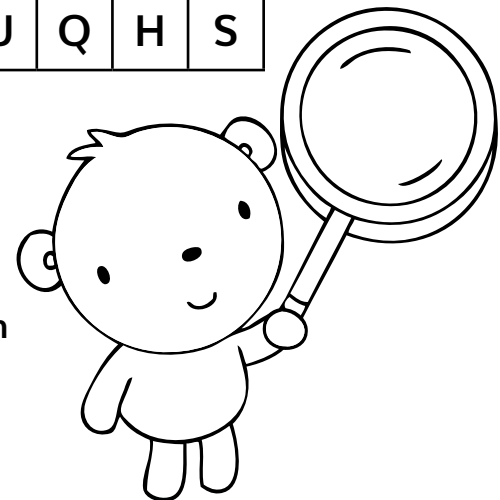
Wordsearch



| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Y | I | V | E | N | T | I | L | A | T | O | R | O | T | C | V |
| Q | U | A | J | H | N | U | R | S | E | K | L | E | W | E | D |
| A | P | P | I | O | B | U | O | R | B | L | E | R | V | I | O |
| M | E | X | P | A | R | N | O | M | E | D | N | A | I | R | C |
| B | E | D | A | X | O | I | A | C | O | P | E | Y | S | A | T |
| U | R | S | T | P | I | F | L | E | S | T | I | S | I | M | O |
| L | O | P | I | S | T | O | A | L | M | O | N | I | T | O | R |
| A | N | D | E | E | R | R | R | X | E | V | H | A | O | N | Y |
| N | C | E | N | L | Z | M | R | H | O | P | E | X | R | A | Y |
| C | L | A | T | I | T | A | D | R | I | P | U | V | E | N | T |
| E | I | N | G | L | Y | G | E | W | G | O | R | C | R | T | U |
| D | E | W | H | O | S | P | I | T | A | L | B | U | Q | H | S |

Can you find these words?

| | | | |
|-----------|---------|------------|---------|
| Patient | Doctor | Ventilator | Visitor |
| Nurse | Monitor | Hospital | Xray |
| Ambulance | Drip | Bed | Uniform |



My scrapbook

Stick things here that you would like to keep.



Glossary

Bandages – these are made out of white material and are used to cover a part of the body that is hurt, a bit like a plaster but bigger.

Drip – a drip gives a patient water or medicine without them having to drink it. It is a bag of liquid that drips down a tube which goes into a patient's arm. The bag is often on a silver pole next to the hospital bed.

Hospital – a place where people who are ill can be looked after by nurses and doctors

Intensive Care Unit – is a place in a hospital that looks after people who need a lot of care by doctors and nurses. Some hospitals call it a Critical Care Unit.

Machines and Monitors – a monitor is a small screen (a bit like a television screen) that is joined on to a machine. The machine can do different things, such as looking at how quickly someone's heart is beating or how much air they are breathing. This is shown by coloured lines on the monitor screen. Machines can also help the patient's body to work, such as a kidney machine. Sometimes the machines make noises.

Medicine – these are given to patients to help look after them. They will be given as a drip, or by mouth if the patient is able to swallow them. There are lots of different medicines used in Intensive Care units.

Patient – someone who is ill and is being looked after by doctors and nurses.

Stethoscope – a stethoscope is used to hear a patient's heart beating or their breathing. A doctor or nurse puts one end of the stethoscope in their ears and the other end (a small metal circle) on the patient's chest near their heart. There is a picture of one on page 11.

Tubes – patients in Intensive Care often have lots of plastic tubes joined to them. These will be attached to a drip or a machine, and do different things such as give drink, medicine or air to the patient.

Uniform – people who work in hospitals and have the same jobs wear the same type of clothes so you can tell what job they do.

Ventilator – this is a special machine which helps a patient to breathe by putting in air and taking it out. It is what our lungs usually do, but patients in Intensive Care need help to do it.

Visitor – this is someone who is coming to see a patient in hospital.

x-ray – this is a machine which can take pictures of the inside of our bodies.



ICUsteps is an Intensive Care patient and relative support charity.
For more information about our work, please visit icusteps.org

Registered Charity no. 1117033

