

Alder Hey Emergency Department

Emergency Department Discharge Information

Information for parents and carers

Introduction

Your child has been assessed and we think they are well enough to be discharged from hospital.

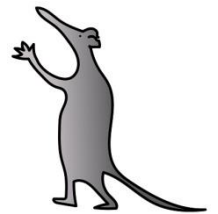
You may have been given advice on caring for your child while unwell or treatment may have been recommended.

In some cases an appointment may have been made to review your child or referral request sent to a specialist.

We hope your child's condition improves quickly, but in some cases children may become more unwell before they get better. Please be watchful for this and please do contact or return to the Emergency Department if you have any concerns your child is not improving or is becoming more unwell.

You should call 999 or take your child to the nearest Emergency Department that sees children if your child is:

- **Difficult to wake (lethargic) or confused**
- **Very agitated and restless and you cannot calm them**
- **Pale, mottled or has abnormally cold hands or feet**
- **Blue around the lips**
- **Too breathless to talk or feed**
- **Using their neck muscles when breathing**
- **Develops a rash that does not fade with pressure (Glass Test)**

**If your child has a fit or convulsion then you should bring them to the Emergency Department or call 999.**

There may be other signs related to the problem that your child has attended with which you may need to look out for. Your doctor or nurse will talk with you about these. If you have any questions or concerns please ask them.

If you have other concerns about your child's health please call 111 or contact your GP or local Walk-in Centre.

Useful websites**Healthier Together**

NHS website with lots of useful advice about looking after your child's health and when to get help.

<https://what0-18.nhs.uk/parentscarers>

Please note, this website has been developed by colleagues in Dorset, Hampshire and the Isle of Wight. While the general information contained is correct, specific services may not be available in Cheshire and Merseyside.

When should I worry?

Booklet developed by GPs in Wales with advice and information about common childhood illnesses.

http://www.whenshouldiworry.com/resources/When%20should%20I%20worry-Booklet_England-with%20111%20service_2016.pdf

Versions are available in different languages from the website: <http://www.whenshouldiworry.com/>

What to do if your child is unwell

Prevent dehydration - Give small children their usual diet along with some extra fluid such as diluted squash or water. Regular small amounts given often are best. Homemade ice-lollies are a great way to stay cool and give fluid.

Where a baby or child is breastfed, the most appropriate fluid is breastmilk.

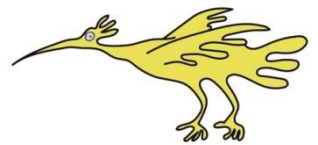
If you find any signs of dehydration such as a dry mouth or fewer wet nappies than usual, encourage your child to drink more fluids and seek further advice if you are worried.

Useful weblink: <https://www.nhs.uk/conditions/dehydration/>

It is not necessary to give medicines (paracetamol or ibuprofen) to treat your child's temperature if they appear settled. But if your child has a fever and is distressed or very unwell, you can help to make them feel more comfortable by giving them either paracetamol or ibuprofen (please read the instructions on the bottle first and do not exceed the maximum daily doses). Don't give the medicines at the same time. If your child has not improved after 1 hour, you may want to try giving the other medicine.

Do not sponge your child with water. This does not help to reduce fever.

Useful weblink: <https://www.nhs.uk/conditions/fever-in-children/>



The Glass Test:

Look out for a rash that does not fade with pressure using the Glass (or Tumbler) Test:

Press the side of a clear glass firmly against the skin. If you can see the spots through the glass and they do not fade then seek medical advice immediately.

On dark skin, the spots/rash can be more difficult to see - look in light skinned areas such as palms of hands and soles of feet.

- Spots/rash may fade at first so keep checking
- Fever with spots/rash that do not fade under pressure may be a medical emergency
- A rash is not the only sign of serious illness. If someone is ill and getting worse, get medical help immediately

Check your child during the night for rashes and to see if they are getting better. If a rash appears, do the Glass test. If you are concerned that your child is not improving ring 111.

Useful weblink: <https://www.meningitisnow.org/meningitis-explained/signs-and-symptoms/glass-test/>

For updates on children's health matters and what's going on locally follow us on Twitter @alderheyED

This leaflet only gives general information about possible signs of serious illness in children. Do not rely on this leaflet alone for information about your child's treatment. You should discuss concerns about your child's health and treatment with an appropriate healthcare professional. This information can be made available in other languages and formats if requested.

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