

The Team at Alder Hey

Benedetta Pettorini – Paediatric Neurosurgeon
Chris Sneade – Clinical Specialist Physiotherapist
Morag Sangster – Specialist Paediatric Physiotherapist
Carol Lever – Specialist Paediatric Physiotherapist
Natasha Jacobsen – SDR coordinator
Dawn Hennigan – Neurosurgical Nurse Specialist
Chloe Wright – Spasticity Nurse Specialist
Ram Kumar – Consultant Neurologist
Gait Lab Team
Orthopaedic Team

Families who are happy for you to contact to discuss their experiences at Alder Hey regarding SDR:

Lyndsey McHugh
Telephone number: 07736039992
Email: lyndzjw@yahoo.co.uk

Susan Stafford
Telephone number: 07872561531
Email: susan1845@hotmail.co.uk

Your child is having

Selective Dorsal Rhizotomy (SDR)

Ward information leaflet for parents and carers



If you have any questions please do not hesitate to contact the spasticity team

What are the next steps?

You will be given a date for your child's surgery, this will be confirmed by hospital admissions. Your child will be admitted to ward 4A which is a 32 bedded unit and has a combination of cubicles and four-bedded bays. The bays are classed as high/increased dependency areas for children requiring closer observation following complex surgery. We care for children with orthopaedic and neurosurgical conditions, medical and minor surgical needs.

There are lots of staff who are here to care for your child, these include;

- *Nursing sister/ charge nurse – Navy scrub top*
- *Staff Nurse- Royal Blue scrub top*
- *Assistant practitioner – Pale blue scrub top*
- *Health care assistants- green scrub top*
- *Student nurse – grey tunic*
- *House keeper- black tunic*
- *Ward clerk – pale blue blouse*
- *Clinical nurse specialist- navy tunic*
- *Physiotherapist – white scrub top*

Meal times

Breakfast, Lunch and Dinner will be provided for your child whilst they are staying on ward 4A. Please keep visitors to a minimum during meal times. We have our own personal chef on ward 4A. A daily menu is provided to request a meal for your child. If your child has any dietary requirements please inform the nurse looking after your child and they will inform the chef.

Breakfast 8-9 (cereals, toast, juice and milk etc)

Lunch- 12-12.30 (meal of your choice cooked fresh by our ward chef)

Dinner 16.30-17.30 (meal of your choice cooked fresh by our ward chef)

Simple snacks such as toast, cereal etc can be provided at other times when asked.

If your child is gastrostomy fed we can make a referral to the special feeds unit for your child's milk.

Ward Safety

- Curtains can be closed for medical procedures and personal care. However, at all other times the curtains must be drawn back to allow staff to observe your child for their safety.
- Hot drinks are not allowed on the ward unless they are in a sealed thermos cup with a lid
- Please keep bed spaces clutter free and keep your belongings to a minimum, staff need to have access at all times to your child particularly oxygen points
- Specialist equipment is for the use of staff only. Please do not touch or silence the alarms.

Ronald Macdonald House

Ronald MacDonald house at Alder Hey is an independent charity which works in partnership with Alder Hey. The house is a short walk away from the hospital and provides free accommodation for families. Once your child is medically fit for discharge, usually one week post-surgery, we will provide you and your family with accommodation at Ronald McDonald House and your child will continue with Physiotherapy on a daily basis for week 2 and week 3. However, it will be discussed in clinic with the consultant Miss Pettorini and Chris Sneade (Clinical Specialist Physiotherapist) whether the accommodation is suitable for your child.

Parking

Charges to visitors

Time	Tariff
0-30 mins	Free
30mins- 2hrs	£2.50
2-6hrs	£3.50
6-8hrs	£4.50
8-24hrs	£6.00

However we do offer long-stay patients a discounted rate for parking. Visitors can purchase a 30 day pass for one month's unlimited access or £10 for 10 consecutive days.

Shop/Restaurant

There is a hospital shop, costa and restaurant located in the atrium on the ground floor, which are open from 8am-8pm.

Created September 2018

We also have a fruit and veg barrow which is located outside near the accident and emergency entrance as we think it is vital for our patients and families to have access to fresh veg and fruit. This is open every day from 10am- 2pm.

Close by

Sainsbury's is located over the road from the hospital; we also have an Aldi and Tesco nearby the hospital.

Day of admission

On the day of your child's admission, you will be welcomed to the ward by our staff. You will be shown to your child's bed space and also shown around the ward. The nursing staff will carry out a nursing assessment and referrals to the appropriate team will be made. Your child will be provided with a pre op wash/nasal cream (mupirocin and octenisan wash) commenced for decolonisation of MRSA/MSSA – patient needs to be commenced the night before surgery and to be washed the morning of surgery. Your child also requires an X-ray of lumbar spine prior to surgery. The anaesthetist will look after your child whilst they are asleep - they will explain to you how to starve your child appropriately for surgery.

Over one year of age:

- **No Food** for **SIX** hours before operation (including sweets)
- **No Clear fluid** for **ONE** hour before operation

Your surgeon Miss Pettorini will come to the ward to consent your child for surgery. After the surgery your child will be nursed in the high dependency area on ward 4A

Next review date: September 2019

which is a four bedded bay. **Once your child is well enough your child will be moved to 4B which is a rehab ward, your child may be nursed on a four bedded bay/ single cubicle depending on availability.**

Getting ready for surgery

During your stay in the hospital, there will be a few practical things that you may want to bring to hospital with you.

1) Clothing

Ensure your child comfortable clothing such as pjs/ tshirts/shorts/dresses- loose fitting clothes

2) Special toy/ comforter

A hospital will be a strange and frightening place for your child. Toys/ comforters which are familiar to your child will help to give your child a sense of security. If your child wishes they can take their teddy/ comforter to theatre with them.

3) Toiletries for you and your child

There are facilities on the ward for parents to stay with their children so you will need to make sure you bring everyday things you usually use such as nappies, shampoo, conditioner, brush and soap. Towels will be provided by the hospital

Visiting Times

- Parents can visit their child at any time.

- Other visitors can visit patients between 2.00 pm to 7.00 pm.
- A maximum of four visitors are allowed at a patient's bed space at any one time.
- Please be considerate other patients and hospital staff by controlling noise levels and the number of visitors.

Facilities for parents

There is one parent/guardian bed in bed space for **one** person to stay with their child during admission. There are bathroom and shower facilities for .parents staying with their child. Parents are requested to wear appropriate clothing when staying on the ward, especially at times of bathing and sleep e.g. nightdresses, pyjamas, shorts, t-shirts. A fridge is available in the parent's room to store food. All food kept in the fridge must be labelled with your name and dated. There is a drinks station for parent use on the ward Cups have to have lids on them to prevent spillage.

Co-operation

We understand that it can be a stressful time during your child's stay in hospital but we ask for your co-operation so we are able to provide the best care possible.

- To work with members of the multi professional team (nurses, doctors, physiotherapists, dieticians etc.) and to develop management plans
- To respect the privacy and confidentiality of the other children and families receiving care at the hospital.

Infection control

- Do not visit if you are unwell, in particular if you have: cough, cold or flu-like symptoms, diarrhoea or vomiting, infectious diseases such as chickenpox, shingles, mumps, measles etc.
- Please use the hand sanitizers when entering and leaving ward areas.
- Avoid sitting on beds use the chairs provided for visitors.
- Do not use patient toilets unless you are staying on the ward. Visitor toilets are on the main ward corridor.
- To help prevent the spread of infection parents should not to go into other patient's bed space
- Keep your child's bedside clean and clutter free to enable access to emergency equipment
- Use cupboards and wardrobes provided to enable effective cleaning around the bed space.
- Patients with an infectious illness are isolated in cubicles or behind screens.

Play area

- There is a play area and a deck for patient use. Please ensure that toys are kept tidy and that they are put back into the boxes when your child has finished with them
- Your child must be supervised at all times when in a play area.
- Child playing in the decking area will be supervised by a Play Specialist,
- Please speak with your nurse regarding access to the play decks

How to raise concerns during your stay

If you have any concerns regarding your child's stay, please tell the nurse in charge for the shift or shift co-ordinator. If you are unhappy with the action taken by the shift co-ordinator or nurse in charge you can visit the PALS department. The PALS office is based in the Atrium of the hospital (Monday to Friday 09:00 am – 16:00pm). PALS Telephone number: 0151 252 5161



Health and safety

As a hospital we are extremely Health and safety conscious and we wish to work with our families to maintain the maximum safety of our patients, parents, staff and visitors therefore please abide by the following:

- Report any suspicion of fire to a nurse or raise the alarm.
- Do not smoke within the hospital or park area.
- Do not take photographs of patients, visitors or staff without their permission.
- Please do not plug in adapters/leads to the mains supply unless they have been checked. Please speak to ward staff for further information.
- Do not leave food or medication in your child's locker or storage facility.
- If you are staying with your child and require storage for personal medication please discuss with the nurse in charge or ensure that the medication is safely stored away.
- Do not leave personal items on display as it may encourage theft. Personal items of value are best left at home.

We maintain a zero policy for assault or verbal abuse towards staff, please be respectful of others.

How long does the surgery take?

The operation takes approximately 3-4 hours.

What care will my child need after the operation?

Provision of physiotherapy will vary for each child. It is important that an exercise programme is in place prior to the procedure, and advice will be given by a physiotherapist regarding which exercises to practise in the post-operative period. Participation in an activity or structured exercise is necessary each day following the operation.

