

HDU care for children

Paediatric Inpatients

Information for children

• Home • Community • Hospital
Caring for you

What is HDU care?

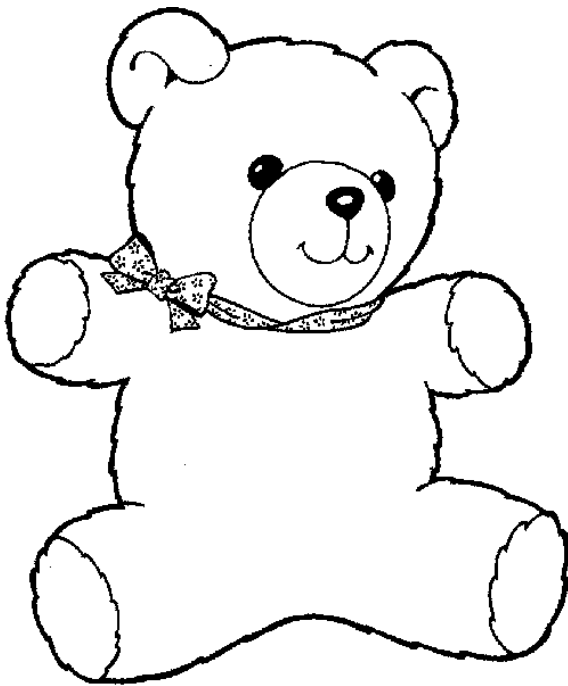
HDU means High Dependency Unit. It is a special part of the hospital where we can look after you more closely when you are unwell.

- Nurses and doctors will check on you often.
- You may have medicine to help you feel better.
- Your parent or carer can stay with you.
- You can bring your favourite toy or teddy.
- You may need some tests to help us understand why you are unwell.
- We will always explain things to you.

Meet Teddy

Teddy is also feeling unwell. We will show you how we help Teddy feel better.

You can colour Teddy in!



How might I feel?

- **Tired** – being poorly can make you tired. Try and rest and have a sleep if you can.
- **Scared** – being somewhere new can be scary. Remember your mum, dad or carer can be with you. Everyone is helping to make you better.
- **Different** – you may feel different than you normally feel. That's OK. We are trying to get you better and feel normal.

What might I see?

You haven't been in HDU before so some of the machines may seem strange – this is OK. If you are scared, tell your mum, dad, carer or nurse.

Some of the machine's beep and make noises – don't worry, these noises are normal and the nurses and doctors will check on you and the machines often.

Let's have a look at some of the things you might see.



The room – this is what the HDU room may look like.

The nurse is talking to Teddy to make sure he isn't scared.



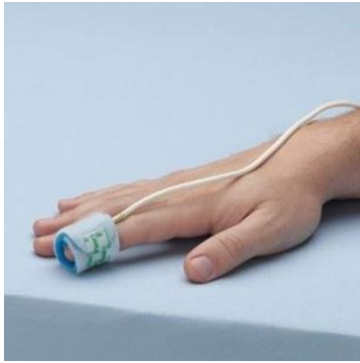
This is a monitor. It shows how your body is working. It checks your heart rate (how fast your heart beats) and your breathing.

The monitor doesn't hurt.

The monitor may beep and make noises –this is normal.

You may have small stickers like this on your chest which helps the monitor work.





You may have a small clip on your finger or toe. This checks how much oxygen is in your blood. It doesn't hurt.



Oxygen mask – Every time you take a breath, you are breathing in oxygen. Sometimes you may need extra oxygen when you're poorly and wear a mask like Teddy.



Nebuliser – this turns medicine into a mist that you breathe in – this will help your breathing. This may feel a little cold and wet at first – but look Teddy doesn't mind.



Airvo – this machine gives more oxygen through tiny plastic tubes in your nose. These give you warm oxygen and might feel a little tickly at first.



Cannula – you might need a cannula like this. A cannula is a tiny tube like a straw that is put into a vein in your hand or arm – you will have magic cream on first, so you won't feel it. It is stuck on with a see-through plaster with teddy bears on like in the picture. Medicine and fluid can then be given through this if you can't drink or take medicine by mouth. Look teddy is having some medicine through their cannula.

Who might I see?



A team of doctors, nurses and health care assistants will look after you in HDU.

Sometimes it might seem like there are a lot of people, but they all have a different job and are helping to make you feel better.

If you are not sure who a member of staff is, ask them. They will have a badge with their photo and what job they do.

How can you help yourself to get better?

- Tell someone if it hurts anywhere or you feel sick.
- Keep your oxygen mask on if the nurses say you need it.
- Try to rest and have a sleep if you can.
- Take your medicine when the nurse brings it to you.
- Make sure you drink plenty if the nurse says you can drink.
- If you feel well enough read a book, draw a picture or do a puzzle.
- Don't forget to wash your hands before you eat and after you have been to the toilet.



Teddy says: "Hope you feel better soon."

If you have any questions, please ask a nurse.
We are here to help you feel better.