

# Paediatric high dependency unit (PHDU)

## Information for patients, parents and guardians

We have written this leaflet for the families of children who are being cared for on the paediatric high dependency unit (PHDU). We hope it will help to answer some of the questions you may have. If you have any other questions or worries, please talk to one of the PHDU team.

### What is the paediatric high dependency unit (PHDU)?

The paediatric high dependency unit (PHDU) is a unit with six beds (five beds in the main unit, and one cubicle for infection control). On this unit, each nurse cares for two children.

When your child arrives on the PHDU, a doctor or outreach nurse specialist will review them. Most children will only stay on PHDU for a short time before they move to another ward.

We have a dedicated PHDU consultant and a nursing ward manager. If you would like to discuss anything about your child's care, please let the nursing staff know. Our PHDU consultant will be happy to discuss your child's care, even if they are not the lead consultant for your child.

### Daily routine on PHDU

7.45 to 8.15am	Morning handover (to protect the confidentiality of other children on the unit, all parents are asked to step outside for the duration of handover)
9am to 2pm	Ward round
Mid-afternoon	Quiet time if appropriate
7pm	Lights off. Teenagers and older children must use headphones from 7pm when using electronic devices such as TVs or iPads We encourage children to get plenty of sleep on PHDU. We will talk with you and your child about bedtime and the use of electronic devices at night.
7.45 to 8.15pm	Evening handover (to protect the confidentiality of other children on the unit, all parents are asked to step outside for the duration of handover)

### Monitoring

We will continuously monitor your child using a saturation probe (a pulse monitor on their finger) and/or chest sticky pads, depending on their individual needs. We will increase or reduce their monitoring based on their needs during their stay. Please ask us if you have any questions about this.

### **Your involvement in your child's care**

On PHDU, we encourage families to be actively involved with the care of their child. We will work with you throughout your child's stay and will do our best to support your wishes.

Please provide your child with clothing, nappies and anything else they need. Please speak to one of our team if you are unable to do this.

There is limited space on PHDU but each bed space has an allocated drawer for your child's personal items. We encourage sensory play and cuddly toys, but please keep bed spaces and surrounding areas tidy. This is for your child's safety and to prevent germs spreading.

Food and drink will be provided for your child during their stay. You are welcome to bring in food and drink for your child if you prefer.

Moving to PHDU from another hospital or from another part of Southampton Children's Hospital can be challenging and may cause some anxiety. The routines on PHDU may be slightly different to other areas, but we will always keep you informed and updated. Always feel free to ask us if you have questions.

### **Accommodation for parents**

We will do our best to provide a room for you at Ronald McDonald House (our purpose-built family accommodation) within 24 hours of your child moving to PHDU. If a room is not immediately available, we will arrange alternative temporary accommodation for you at Southampton Children's Hospital.

We do not allow parents to sleep by their child's bedside in PHDU. This is to make sure that we can get to your child quickly if we needed to.

Please ask us for a discounted parking permit if you have parked in one of the hospital car parks. It is important to look after yourself as well as being there for your child. We are not able to provide meals for parents (unless you are a breast-feeding mother), but please do eat and drink on the unit. Hot drinks can be made in the parent kitchen on the paediatric medical unit.

We have discount vouchers for the hospital canteen. Please ask us if you would like one.

### **Visitors**

The visitor policy for parents and families on PHDU is regularly reviewed in line with government and Trust guidance for COVID-19 and other transmissible infections. Nursing staff will inform you of current policies, but please ask if there is any confusion.

We are able to make some allowances in exceptional circumstances. If you feel this applies to your child, please discuss this with the nurse in charge or your child's consultant team.

Having a child in hospital can be a difficult and emotional time for parents and siblings. If you have any worries or questions, please do talk to us. We are happy to help.

### **Moving to the paediatric ward**

On PHDU, our aim is to stabilise your child's health so that they can continue their recovery on the paediatric ward. Most children will only be on PHDU for a short time.

We always try to plan each child's move to the paediatric ward in advance. In some cases, if a child is ready to move to the paediatric ward, we may move them sooner than planned. This may happen if another child is in need of urgent care on the PHDU.

Very occasionally we may need to move a child out of PHDU and onto the paediatric ward during the night. We will consult the senior paediatric doctors before making this decision. As always, your child will only be moved if it is safe to do so and there is a bed ready for them on the paediatric ward.

It's common to feel worried about your child moving to the paediatric ward after their stay on PHDU. Please be assured that we will always make sure your child is ready before we move them. Ask one of our team if you have any questions or worries.

### **Contact us**

On PHDU, we are always trying to improve and do the best for the children and families we care for. Please could you fill out our friends and family feedback form so that we can continue to offer the best possible care for you and your child.

We also have a PHDU charity and an Amazon wish list. If you, your family or your friends wish to make a donation to help children on the unit, please ask one of our team for details.

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital please visit **www.uhs.nhs.uk/additionalsupport**

[www.uhs.nhs.uk/childrenshospital](http://www.uhs.nhs.uk/childrenshospital)

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