



Cystic Fibrosis:
A guide through
your child's
hospitalisation.





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Cystic Fibrosis;

a guide through hospitalisation

"Welcome to St. Michael's Ward, where we hope your stay is pleasant and stress free. On St Michael's ward we strive to work in partnership with family/child needs and the appropriate medical personnel. You are a valued member of your child's healthcare team and we encourage you to take part in their care as much as possible while in hospital"

Our staff consists of:

- Clinical Nurse Managers 2 - Green tunic
- Clinical Nurse Managers 1 - Green Tunic
- Clinical Nurse Facilitator - White tunic with red trim
- Staff nurses - Blue tunic
- Nursing Student - White tunic with blue trim
- Health Care Assistants - Purple tunic
- Household staff - Light green or navy tunic
- Ward clerk - Black trousers and black top
- Clinical Nurse Specialist - Pink tunic
- Play specialist - Yellow tunic



St. Michael's ward facilities

■ The CF lounge/Kitchenette is located in the CF wing. All foods brought in can be stored in ward fridges. Please discuss this with your nurse. The CF lounge is strictly for parent use, patients are not permitted.

■ The CF wing of St Michael's ward consists of 4 en-suites rooms.

■ Play Specialist Lorraine is available Mon-Fri to alleviate any fears or phobias your child may have.

■ Wi-Fi is available strictly from the Play Specialist-Parents must complete a disclaimer for child use.

■ A selection of DVD's and games are available. All CF suites come equipped with a Playstation and a Nintendo Wii.

■ The Dream Den is a recreational area on the ward for patients over 12yrs. A booking procedure is in place and can be booked by asking a member of staff, patient's friends must be supervised by parents. An adolescent evening currently runs once a week, please ask a member of staff for more information.



Infection Control Treatment

- All children are nursed in isolation.
- Children are not permitted to enter other suites, or visit other children on the ward for infection control reasons.
- There is a strict hospital policy stating that CF patients should not mix with other CF patients.
- Patients must remain in isolation rooms.
- Doors must be kept closed at all times. Isolation sign will be present on the door.
- Hand hygiene must be performed on entering and leaving the room by all, including patients and visitors.
- Children must wear masks on leaving their rooms. White bins are used for general waste, yellow bins for contaminated waste- gloves, sputum, tissues etc.
- A clutter free environment is encouraged, excess belongings should be sent home.
- Alcohol wipes are provided for surface cleaning.



Treatment



Your CF team will discuss with you the reason for admission.

Your child's planned treatment will be outlined with your consultant.

If your child requires IV antibiotics, a peripheral intravenous cannula (PIVC) will be inserted on admission. There is an option of inserting a peripheral intravenous central catheter (PICC). This can be discussed with your consultant.

I am here to HELP!



For some patients, home IV's may be an option. This will be discussed with your CF clinical nurse specialist and decided upon individual basis depending on suitability of the child.

Nebulisers

Nebulisers

The following nebs:
Tobramycin, Pulmozyme,
Amikacin and Aztreonem
must be brought in on
admission as these are not
supplied by hospital
pharmacy. Please remember
to collect these on discharge

Parineb

Colomycin and
Tobramycin are two
antibiotics used
within this neb set



Why are
filters
needed?

Filters are needed when taking
nebulised antibiotics to prevent
exhalation of the antibiotic into
the air and filter pads should be
changed daily to ensure the filter
is fully effective.



Nebulisers

Standard neb kit is used for Hypertonic, Salbutamol and Ipratropium. A separate standard neb kit will be designated for use with Pulmozyme only. Neb kits will be labeled and dated.



Order of Nebs

1. Bronchodilators e.g. salbutamol-given first to open up the airways.
2. Mucolytic- Hypertonic saline- given prior to physiotherapy.
3. Nebulized antibiotics- post physiotherapy to treat the infected sputum.

Pulmozyme neb- helps to thin the mucus in the lungs. This is generally administered in the afternoon.

Care of nebs includes washing in warm soapy water after use and rinsing with sterile water and allow drying. A designated yellow bowl is provided to perform same, this and nebs sets are changed weekly.

Please store nebs/masks in a dry yellow bowl following cleaning and drying to minimize clutter. Do not store nebs/masks near sink to avoid contamination.

Physiotherapy



The physiotherapist will advise on airway clearance techniques and exercise during your child's inpatient stay. If your child uses a device for airway clearance, please bring this in with you

Investigations

During admission, some of the routine investigations that may be carried out include;



Weight

Performed on admission and every Tuesday morning during your hospital stay.

PFT's

Pulmonary function Tests - Performed in children greater than 5yrs.

Bloods

Routine bloods may be performed during inpatient stay as well as antibiotic blood levels. Your nurse will inform you if blood sampling is required for the antibiotics that your child is prescribed. If your child is needle phobic, please inform nursing staff to arrange appropriate interventions such as play therapy or coordinating blood requests when antibiotic levels due to reduce frequency of blood tests.

CXR

Chest x-ray. This is decided by your consultant on an individual basis and is not routinely carried out.

Sputum culture

Sputum sample or throat swab will be performed on admission to test for bacterial growth.

Swabs

Routine swabs may be requested if patients have a history of infection e.g. MRSA

Urinalysis

Routinely performed on admission.



Nutrition

★ Please alert nursing staff of any special requirements or allergies.

Your child's weight will be checked once weekly.

The Dietician

- The CF dietitian is responsible for the nutritional management of individuals who are referred to their care over the course of an admission.
- If referred, the dietitian will complete a comprehensive dietetic assessment, devise a treatment plan and closely monitor your child's progress.
- The aim is to maintain good overall nutritional status, promote growth whilst minimising any disease-related complications that may be associated with diet.
- If your child is known to the CF dietetic service and already follows a dietetic treatment plan, which includes prescribed oral supplements or overnight enteral feeds, please bring a 24hour supply with you to the ward at admission.



St. Michael's ward mealtimes

Breakfast 8:30 A.M
Lunch 12:30 P.M
Dinner 16:30 P.M
Supper 18:30 P.M

Daily menus are on ward kitchen door, and a list of available snacks is also printed.

Personalised Care

In St. Michael's, all our staff strive to deliver personalised care to all our patients and families. Please inform staff on the individual cares that your child may require during hospitalisation and we will endeavor to accommodate them.

Please inform nursing staff on admission if your child takes medications, nebulizers and certain PEG/NG feeds at specific times during the day to help maintain your child's daily routine during hospital.



Daily plan: The daily plan is an integrated plan to be used by the whole multidisciplinary team to timetable in appointments, investigations, treatments, protected mealtimes and school. This will help your child know what is planned for each day. Each CF suite has a whiteboard, that is to be used by all of the team, your child and family to write up their daily activity and highlight what is important to their needs during hospitalisation.

School room: There can only be one child with CF in the school room at any one time. Pupils will have access to the school room according to their plan. School can also be facilitated at the bedside.



Services

Services

Parents lounge at entrance to ward- toilet, shower and fridge.

Facilities located for parents inside.

Whilst awaiting CF suites, parent's accommodation provide mattresses, available on 2nd floor of medical tower.

Shop is located at the main entrance ground floor

Mon-Fri. 8:30-20:00hrs

Sat 10:30-19:00hrs

Sun 09:30-20:00hrs

The Canteen is available;

Mon-Fri between 08.00am -14.00pm

Oasis café opposite Canteen

Mon-Fri 7.30am - 22.00pm

Sat& Sun 9.00am - 22.00pm

Jelly Bean (Beside OPD)

Mon-Fri 7.30am - 17.00pm

Three Vending machines are located behind Emergency Department, behind the canteen and at 2nd cross roads on main corridor.

ATM is located opposite Jelly bean behind Emergency dept.

OLCHC is a smoke free hospital; smoking is prohibited on hospital grounds.

Chapel is located on the Ground Floor.

Transport: Bus waiting times are available on screen outside the Emergency Dept.
The Following bus routes pass the hospital.

18-Sandymount/ Ballyfermot/ Palmerstown

50- Willington roundabout/ Eden quay

56a- Eden quay/ Tallaght the square

77- Eden quay/Jobstown/ Tallaght

77a- Eden quay/Jobstown/ Tallaght

121- Ratoath road/ Cabra/ Driminagh

122- Navan Road/ Drimnagh

123- Marino/ O'Connell Street/ St. James's hospital/ Drimnagh

150- Fleet Street/ Rossmore

151- Docklands station/ Dolphins Barn/ Drimnagh Rd/ Adamstown

210- Liffey valley/ Neilstown/ Coombe hospital

Acknowledgements

Special thanks to all of the multidisciplinary team members for their contribution.

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In association with

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Mhuire na Leanai,
Cromghlinn



Our Lady's
Children's Hospital
Crumlin

