

About the Intensive Care Unit



This is for you because you have a special person in hospital. It has colouring and things to do, if you would like to, and it will help you find out about Intensive Care Units.

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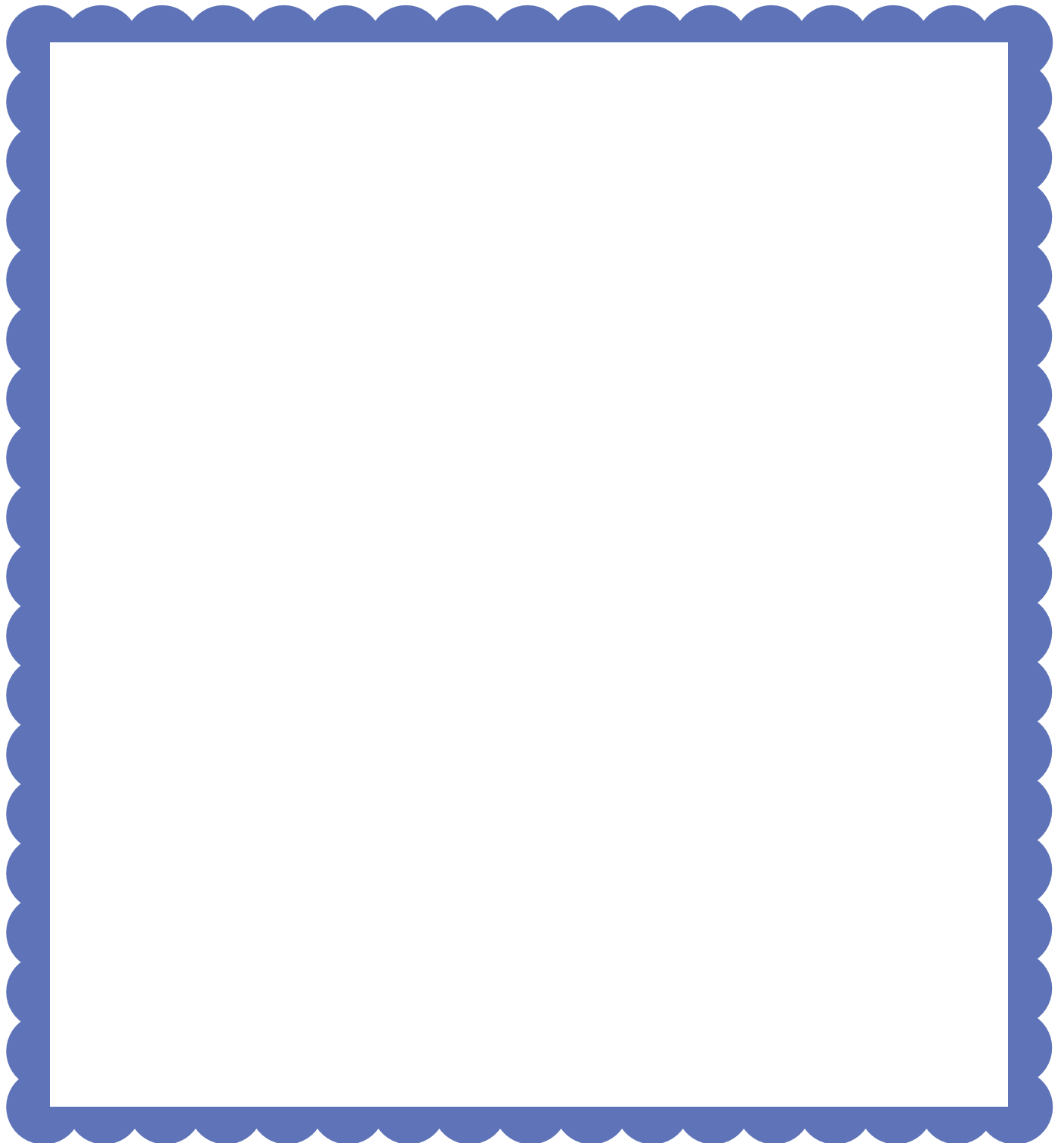


About you:

My name is _____

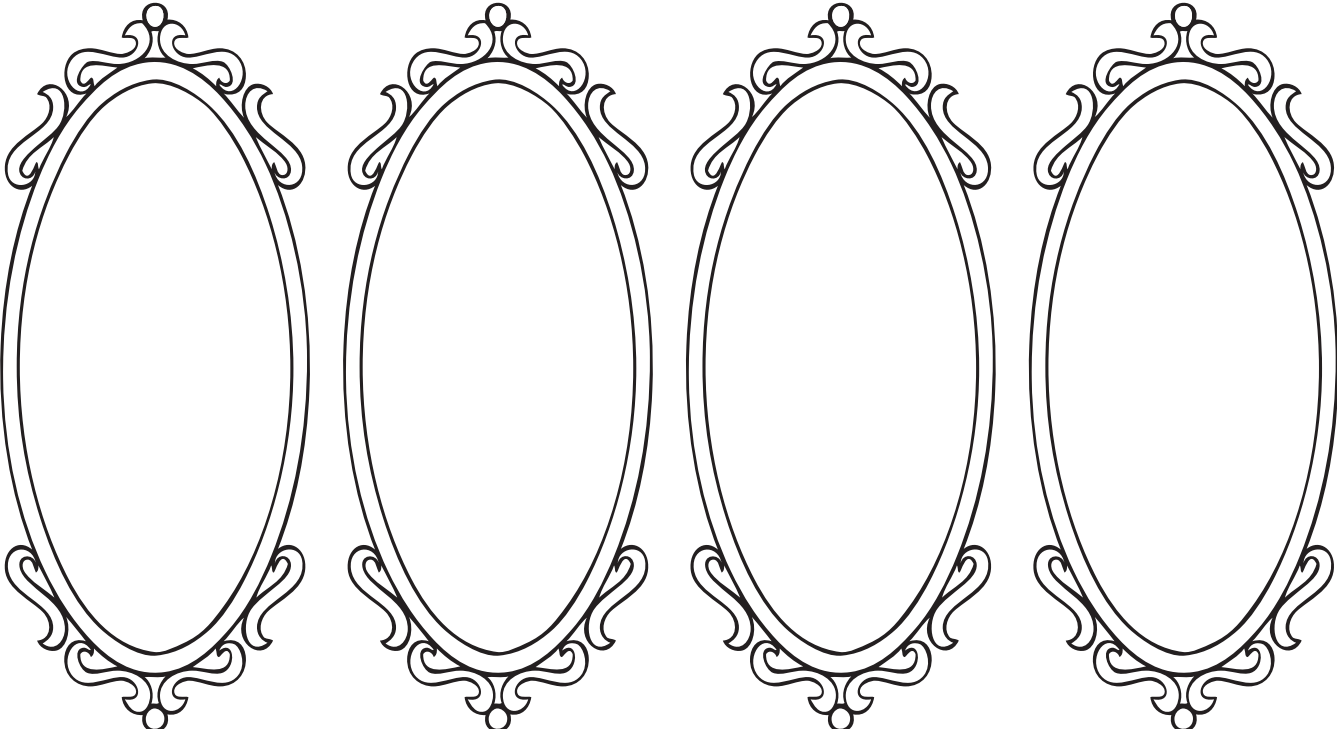
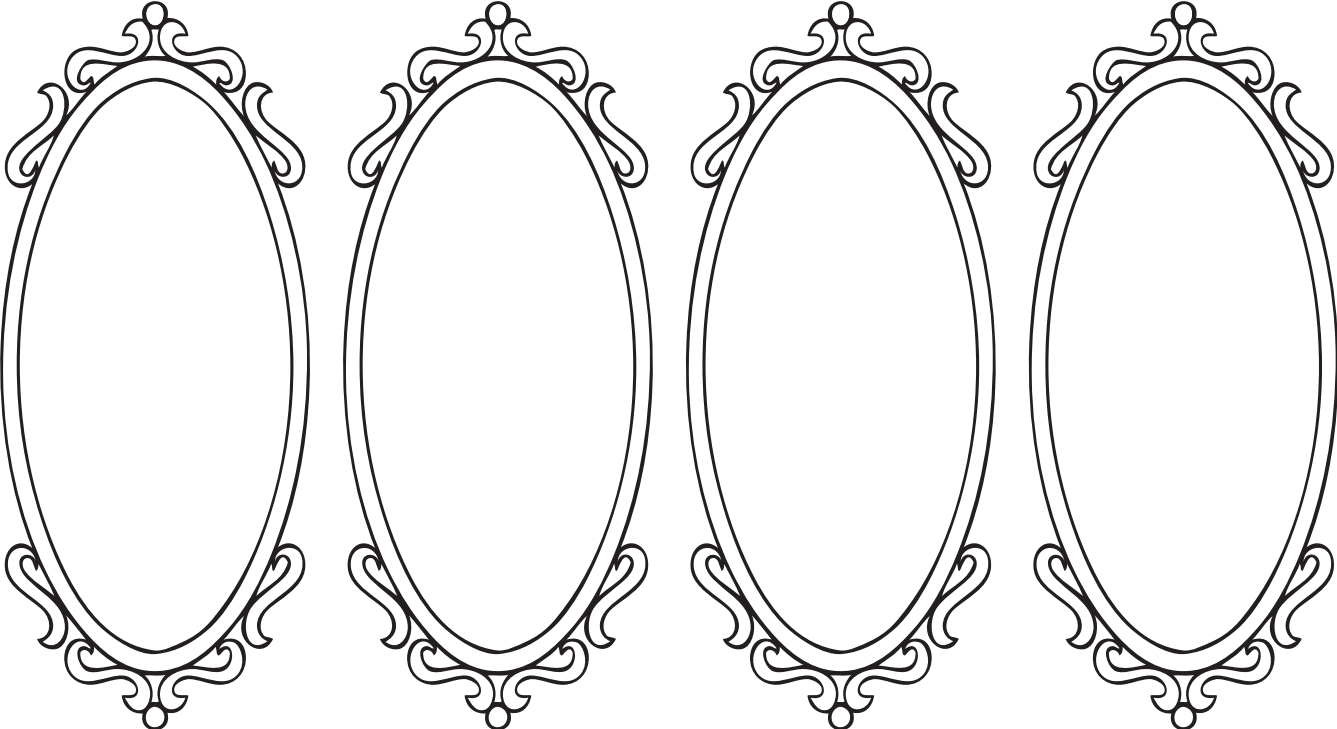
I am _____ years old.

You can draw pictures of things you like in the box below.



Me and my family

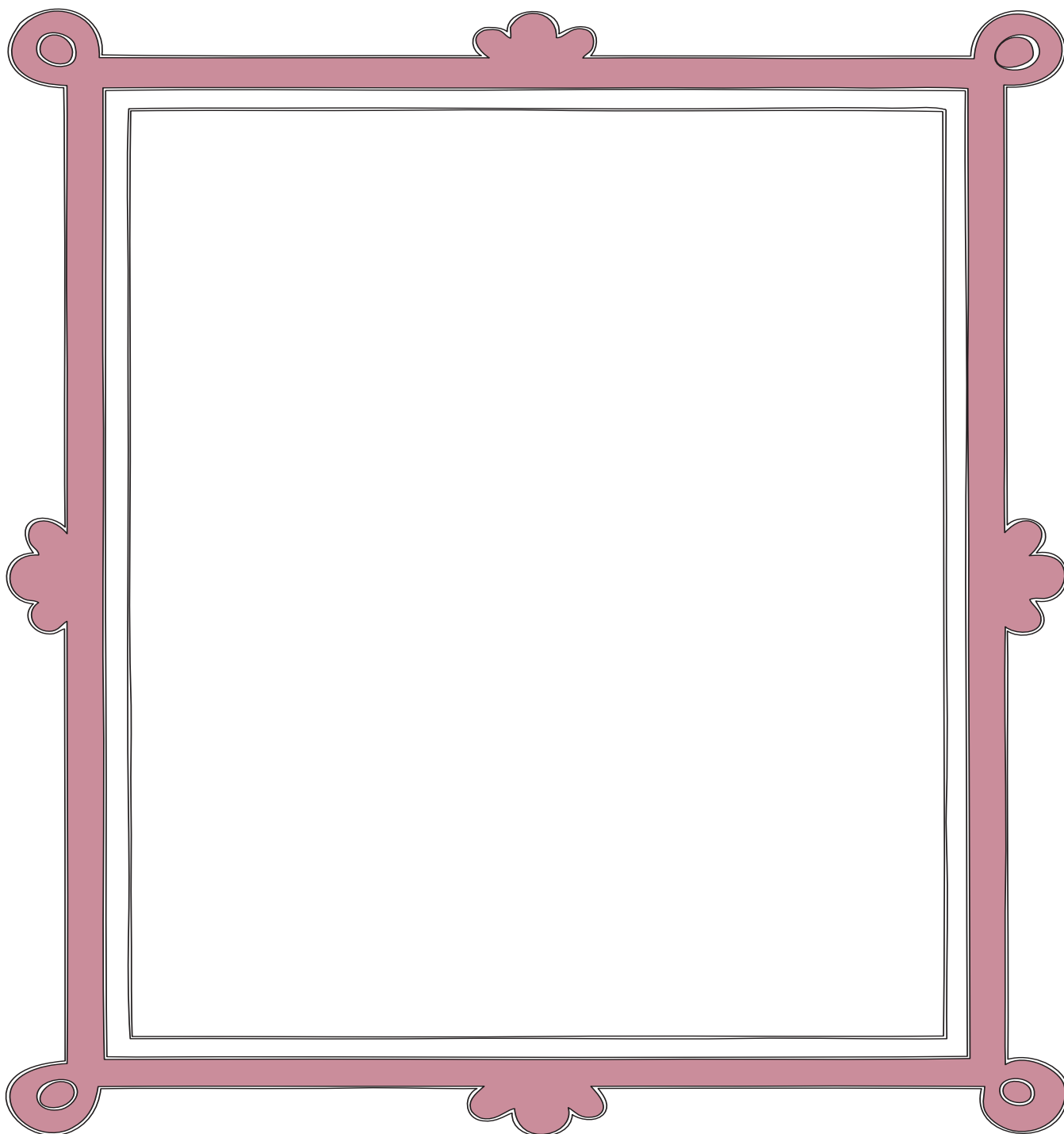
If you want to, you can draw pictures of who you live with on this page – and don't forget any pets you have!



My special person

Who is the special person who is in hospital?

If you want to, you can stick in a photo or draw a picture or write about them here.



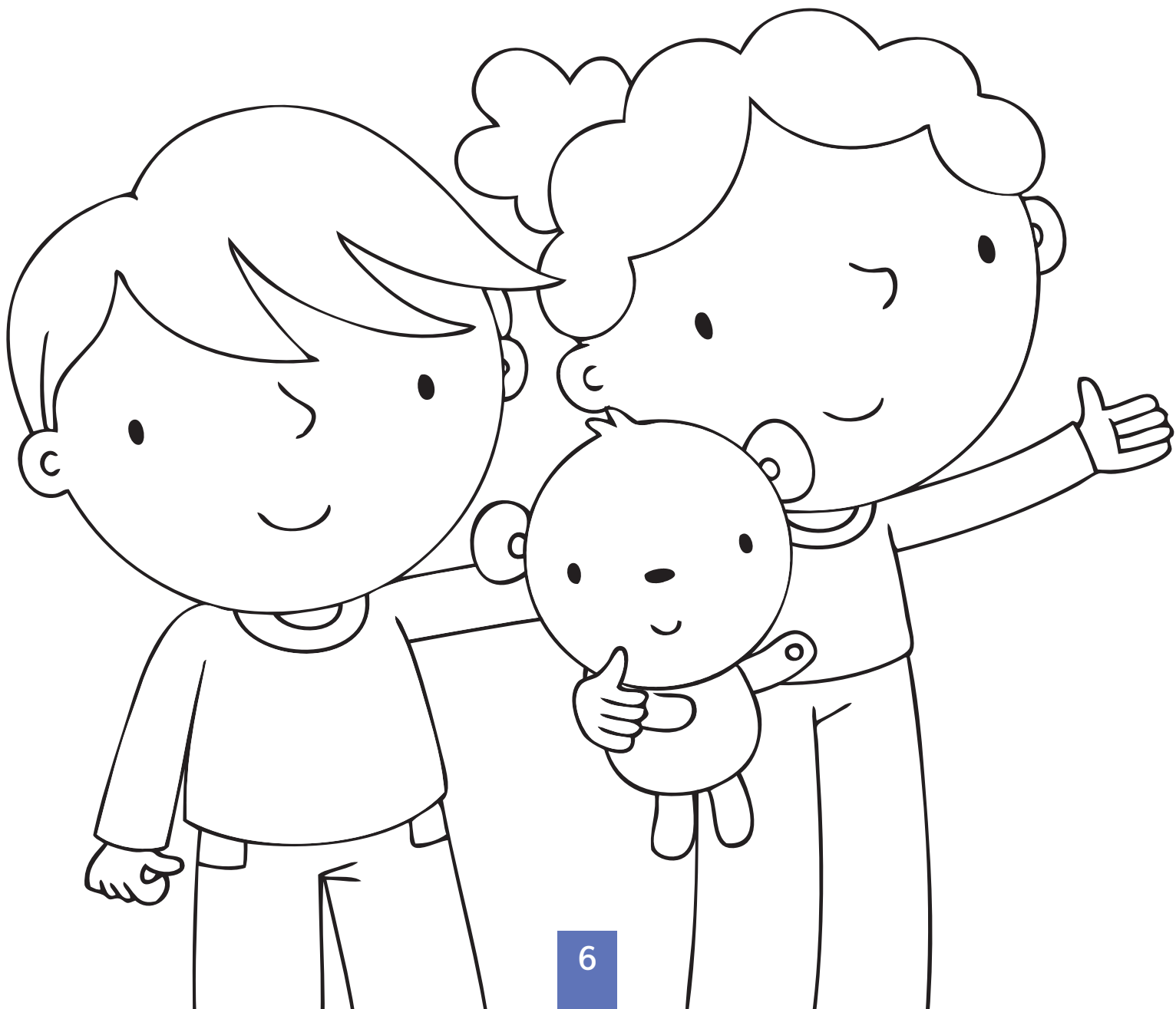
About the Intensive Care Unit

The Intensive Care Unit is a special place in hospital for people who need the most care if they are very ill or hurt. It can also be called the Critical Care Unit.

Doctors, nurses and other people will be looking after your special

person. They will use different things to help them, such as medicines and special machines.

You can see some of these machines in the picture on the next page.





Monitors

Ventilator

Drip Stand

Bed

Hand Gel

Kidney Machine

Machines used in the Intensive Care Unit

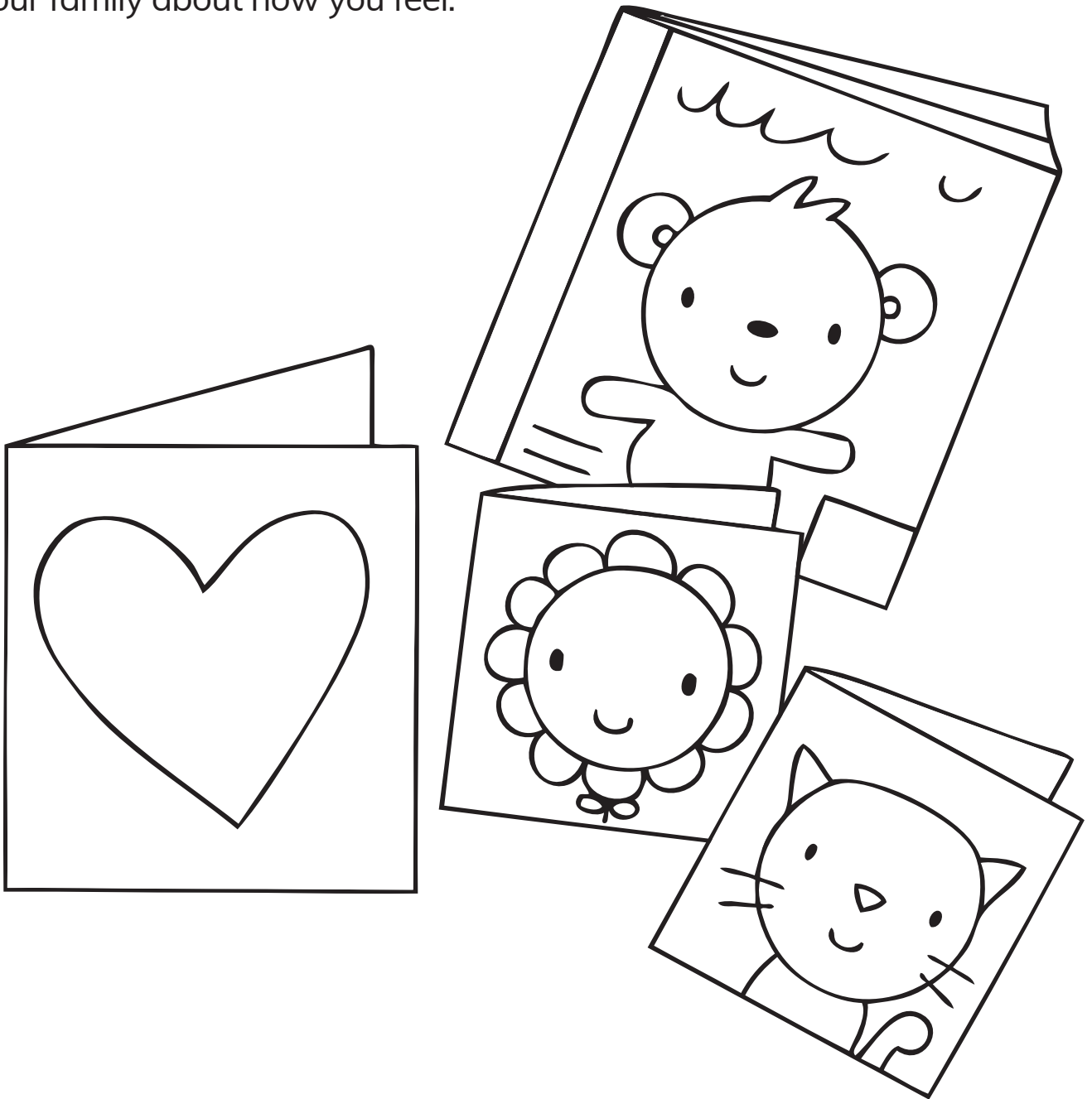
The room where your special person is staying will have lots of machines and a special bed that can move up and down.

The machines do lots of clever things like help people to breathe, or check how quickly their heart is beating.



Things to do:

- Draw a picture or a card for your special person. Ask if this can be taken into hospital or if a photo of it can be sent by phone.
- Ask if you can send a message to your special person – the nurses might be able to give it to them or read it to them.
- Talk to teachers, friends or someone in your family about how you feel.



Seeing your special person on a screen

You might not be able to go to see your special person in hospital. Sometimes it is possible to see or talk with them on a screen (on a phone or tablet) and you might be asked if you want to do that.

Your special person may not look how you remember them. This may be a bit of a surprise to you at first, but it is still your special person even if they look different. Sometimes the medicine or bandages may make their face look puffy. They will be lying in a

hospital bed and may have many tubes attached to them. There will be lots of machines and other people in beds in the room too.

Your special person may not be able to talk to you. They may seem to be asleep because they have been given medicine to help with their treatment. Even if they seem to be sleeping, they may still be able to hear you so you can talk to them if you want to. You can tell them about your day or things you have been doing.

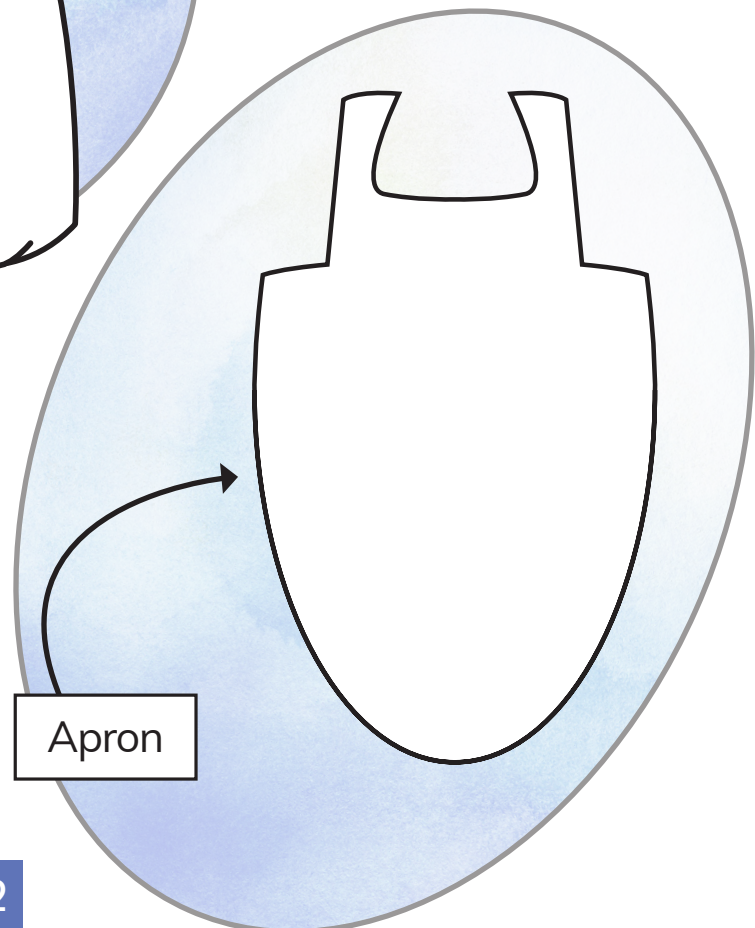
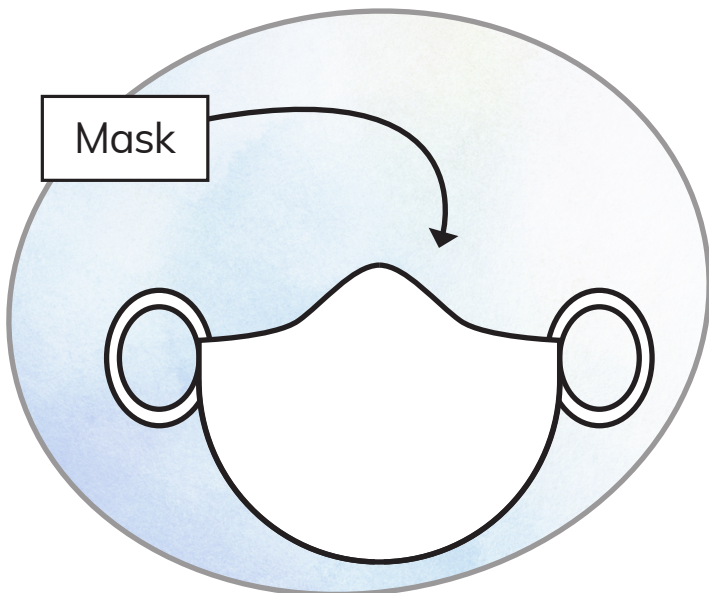
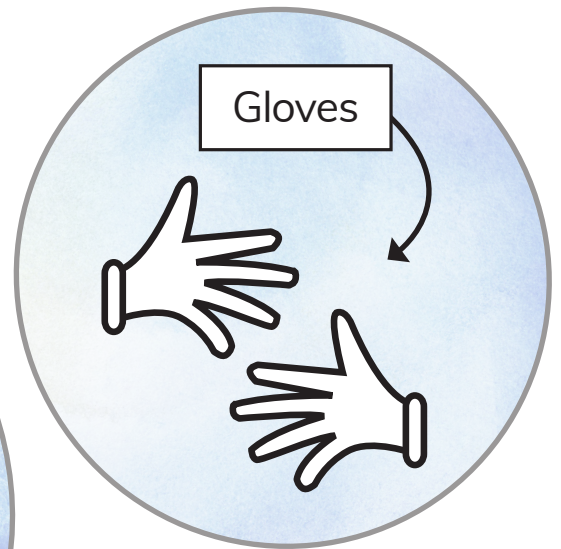
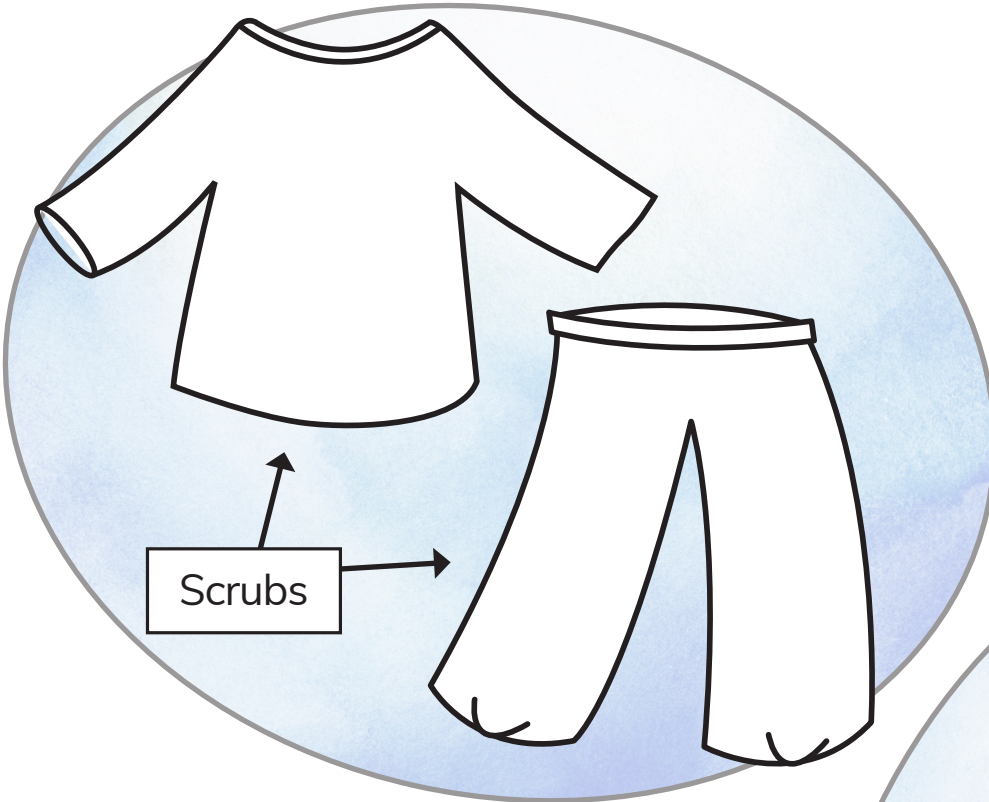
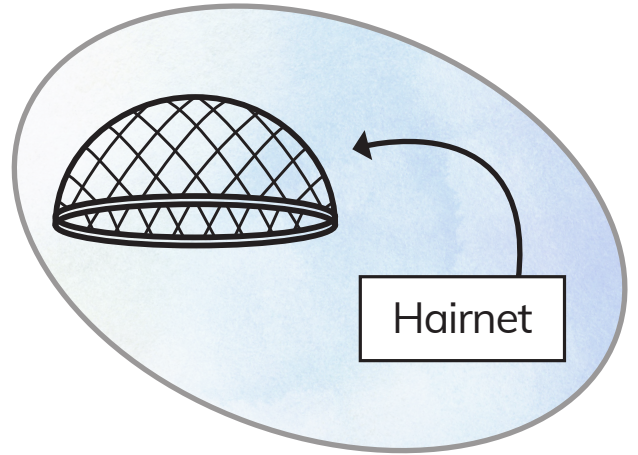
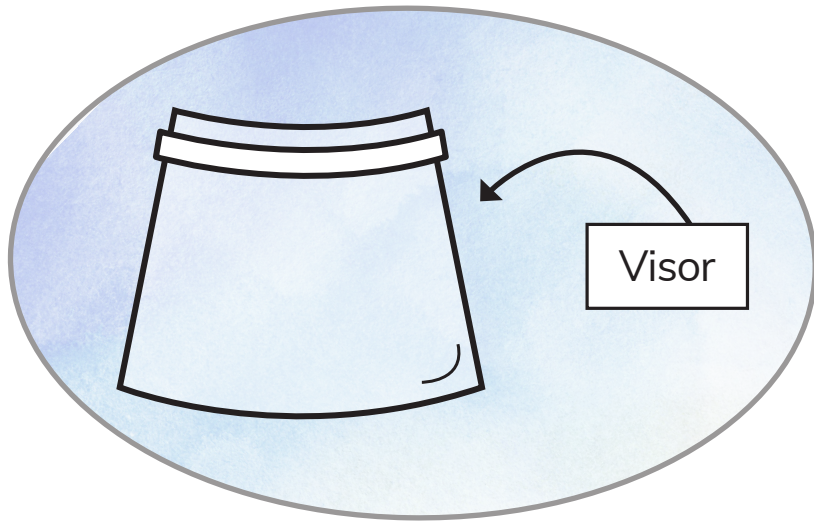


What doctors and nurses wear in the Intensive Care Unit

Doctors and nurses looking after your special person will be wearing things to stop them getting sick or giving germs to the people they are looking after, such as a mask, gloves and a plastic face cover. This is called P.P.E. or Personal Protection Equipment. If you are able to see your special person on a screen and you see people dressed in PPE, it may look a bit odd or scary to you at first, but wearing PPE is all part of helping everyone stay safe.



Can you colour in the P.P.E below that the girl, boy and teddy are wearing on page 11?



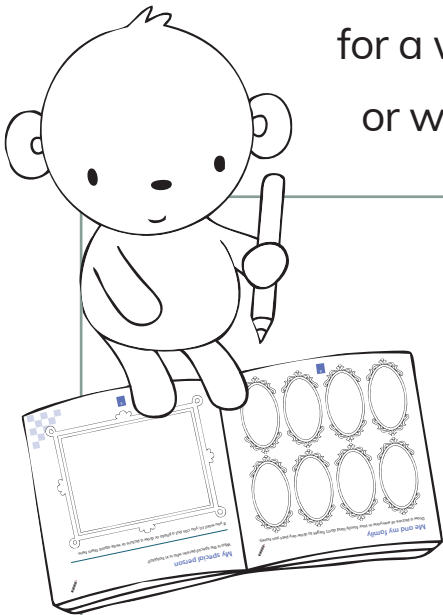
How you might feel

You might feel lots of things during this time. Sometimes you might feel sad or worried, and sometimes you might feel happy. Or sometimes you might feel these different things at the same time.

This is ok and just how other children would feel if they had a special person in hospital.

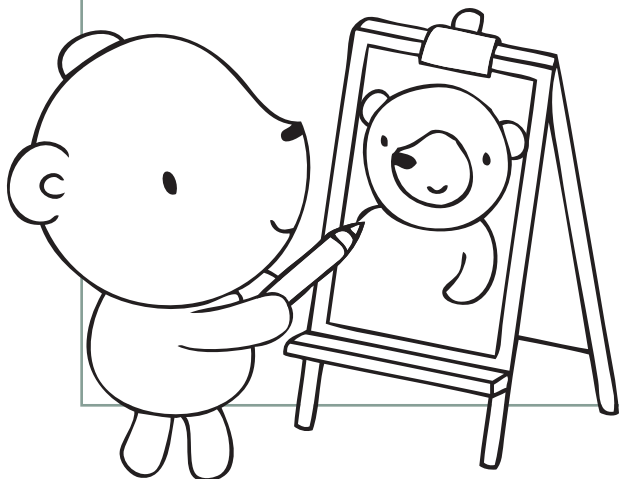
It's good for you to do the usual things that you enjoy. Your special person will want you to play, learn and have fun when you feel you want to.

Think about the things that you enjoy doing. This might be going for a walk, playing games or with your toys. Can you draw or write these things on this page? Teddy is doing it too!



Time to draw

If you want to, draw a picture of your special person in their hospital bed. In the picture you could decorate the room how you think they would like it.

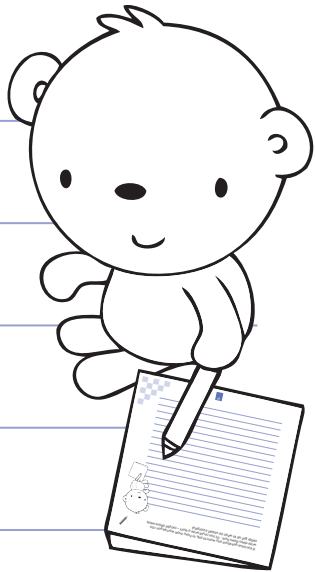


A worry tree

This is a worry tree. It might help to hang on this tree things that are worrying you. You can then leave them on the tree for awhile or talk to your family, teachers or friends about them. If you have lots of worries, you can write more on the next page.



If you have questions you want to ask, or have more worries, you can write them down here. Or you could write a story – maybe about what teddy got up to when he visited a hospital.



A series of horizontal blue lines for writing, spanning the width of the page.

What I did today

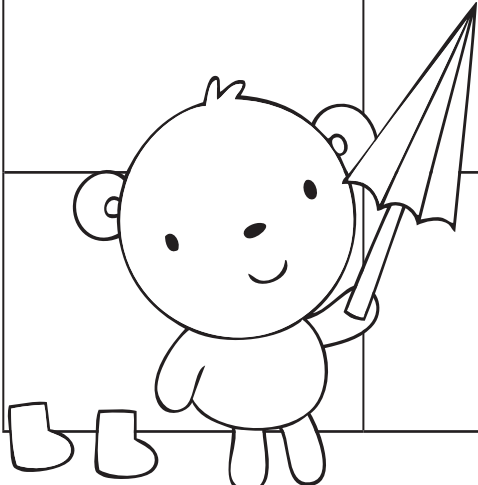

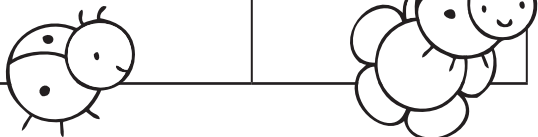
You can write about anything you want to here - it could be your school work, who you spoke to, what you did, or even what the weather was like!

If you need more room, you can find a notebook to use.

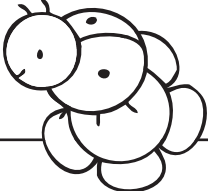


You could also stick things in and draw pictures about your day.



You can draw faces to show how you feel:

| Day | What I did today | How I feel |
|---|---|--|
| | | |
| | | |
| | | |
| | | |
|  |  |  |

What I did today

| Day | What happened today | How I feel |
|---|---|--|
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Glossary

Bandages – these are made out of white material and are used to cover a part of the body that is hurt, a bit like a plaster but bigger.

Drip – a drip gives a patient water or medicine without them having to drink it. It is a bag of liquid that drips down a tube which goes into a patient's arm. The bag is often on a silver pole next to the hospital bed.

Hospital – a place where people who are ill can be looked after by nurses and doctors

Intensive Care Unit – is a place in a hospital that looks after people who need a lot of care by doctors and nurses. Some hospitals call it a Critical Care Unit.

Machines and Monitors – a monitor is a small screen (a bit like a television screen) that is joined on to a machine. The machine can do different things, such as looking at how quickly someone's heart is beating or how much air they are breathing. This is shown by coloured lines on the monitor screen. Machines can also help the patient's body to work, such as a kidney machine. Sometimes the machines make noises.

Medicine – these are given to patients to help look after them. They will be given as a drip, or by mouth if the patient is able to swallow them. There are lots of different medicines used in Intensive Care units.

Patient – someone who is ill and is being looked after by doctors and nurses.

Tubes – patients in Intensive Care often have lots of plastic tubes joined to them. These will be attached to a drip or a machine, and do different things such as give drink, medicine or air to the patient.

Ventilator – this is a special machine which helps a patient to breathe by putting in air and taking it out. It is what our lungs usually do, but patients in Intensive Care need help to do it.



For tips about how to support children when they have a relative in ICU, please see the Parent and Carer information sheet at www.icusteps.org/information. There is also information here for children seeing relatives in ICU called *Visiting the Intensive Care Unit*.

With special thanks to those who commented on this information sheet.

This information sheet was written by Catherine White, ICUsteps. Illustrations by Cathy Hughes.

ICUsteps is an Intensive Care patient and relative support charity. For more information about our work, please visit icusteps.org

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