

I'm in  
TEAM TIGER!



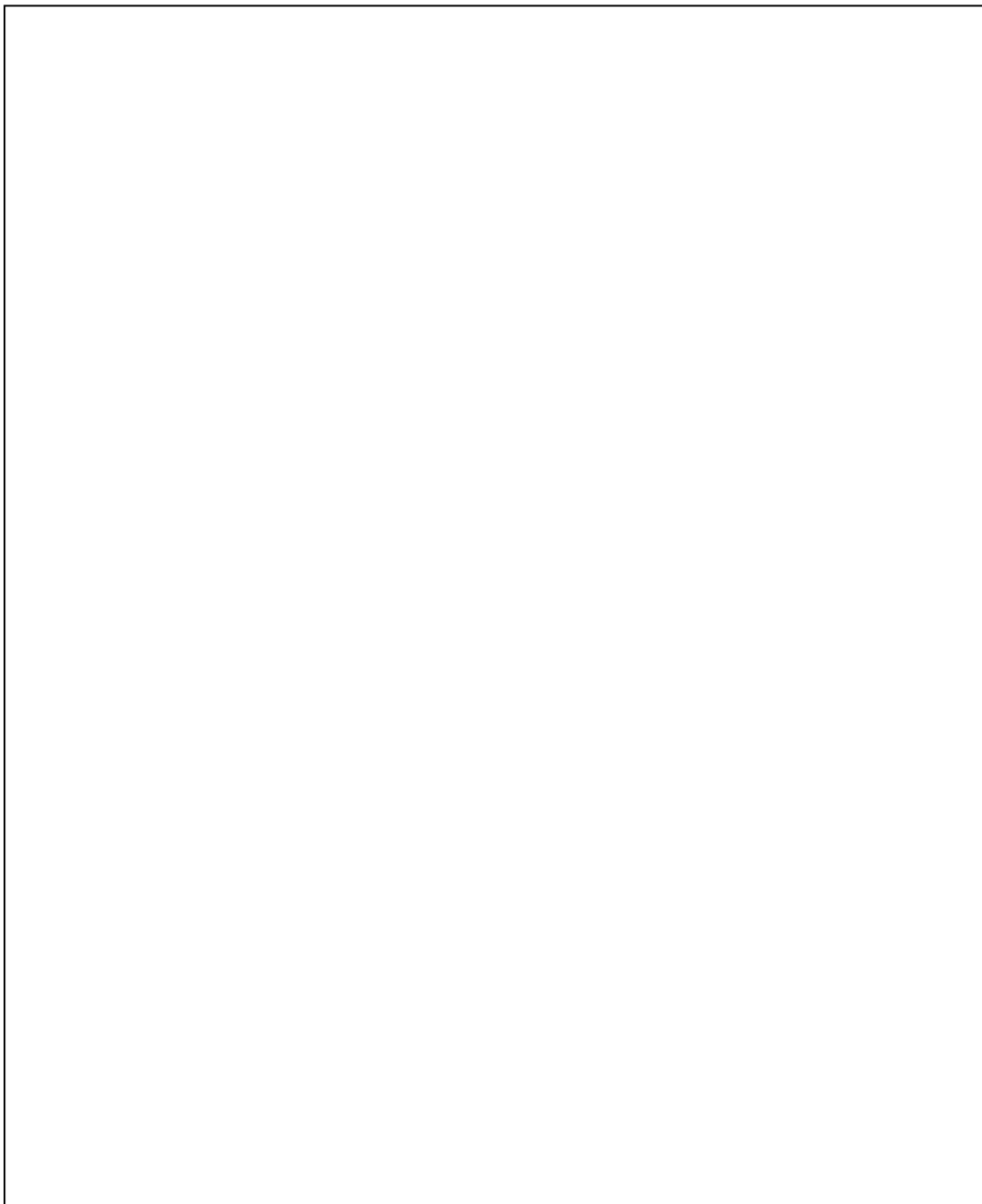
My name is.....  
and I patch my .....eye.

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# Welcome to your patch diary!

This diary is for you and your carers to record how well you've been managing your patching!

Here is a picture of me wearing my lovely patch!



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## Information for parents and carers

Your child is a member of the **Tiger eye (orthoptist) team**. This means that the eye care of your child will be undertaken by one of the orthoptists in Team Tiger.

The department is split into two teams (Giraffes and Tigers) in order to improve continuity of care for patients. Although you may not always see the same orthoptist every visit, the orthoptist you see will normally be a Tiger team orthoptist, and therefore be aware of your child's condition and management routine.

Your child will remain in Tigers until his/her discharge. This will help your child get to know their orthoptists, as well as providing continuity and a contact point for you as the parents and carers of our patients.

Many children will take well to patching, however, we know for others patching can be a huge challenge, so we want to provide as much advice and support for you and your child as possible.

Children may find patching difficult for a variety of reasons:

- The vision being very weak in the lazy eye, and the child being frightened when their good eye is covered.
- Fear of what other children might say about the patch.
- The child cannot understand why they need to patch as they can see well with both eyes open.

We hope the patch pack and this diary will make your child's treatment as much fun as possible and will also help you to maximise your child's treatment.

### The 6 P's for patching success:

- **Praise**
- **Play**
- **Perseverance**
- **Be Positive**
- Use **Patch** diary
- **Phone** if you need help/support (01223 216528)

## Top tips for successful patching

- Make patching fun.
- Reward successful patching (eg star/sticker charts)
- Make sure your child likes how his/her patch looks!
- Give your child lots of praise for the patching they do manage “you look like a cool pirate in your patch”, “well done for putting your patch on so nicely”, “shall we play together as you’re doing so well with your patch” etc.
- Make sure that if your child wears glasses, they always wear his/her patch and glasses together.
- Encourage your child to patch whilst doing activities they like.
- The first 15 minutes are hardest – try playing with your child to distract them for those first minutes each day.
- Messy play (eg painting, playdough etc) is great when patching as messy hands are a distraction from trying to remove the patch.
- Teddies love patching!
- Get the family involved in patching!
- Ask for help if you need it – the Tiger team orthoptists are here to help you!



For more information or advice,  
please ask a Team Tiger orthoptist.

## What happens if...?

### My child runs out of sticky patches

Email [orthoptics@addenbrookes.nhs.uk](mailto:orthoptics@addenbrookes.nhs.uk) or ring the department on 01223 216528 (there is a 24 hour answer machine), and request more patches. Please provide the following information:

- Name of child
- Hospital number (or date of birth if hospital number unknown)
- Team (Tigers)
- Type of patch (ortopad, coverlet, opticlude,)
- Size of patch if using coverlet/opticlude (junior or regular).

### My child loses their soft fabric patch

Email [orthoptics@addenbrookes.nhs.uk](mailto:orthoptics@addenbrookes.nhs.uk) or ring the department on 01223 216528 (there is a 24 hour answer machine), and request a new patch. In the meantime, if you have some sticky patches at home, please use these. Please provide the following information:

- Name of child
- Hospital number (or date of birth if hospital number unknown)
- Team (Tigers)
- Request for new soft fabric patch.

### My child develops a skin rash around their sticky eye patch

Remove the patch causing the rash, and then phone the department on 01223 216528. Ask for a Team Giraffe orthoptist to discuss other patching options. We have a 24 hour answer machine so if there is no reply, please leave a message with the following information:

- Name of child
- Hospital number (or date of birth if hospital number unknown)
- Team (Tigers)
- That your child has a rash and you would like to discuss other patching options.

### My child's glasses get broken or lost and they don't have a spare pair

Contact the optician who made the glasses as soon as possible to repair or replace the glasses (this is free under the original prescription – pink GOS4 voucher). If you have got your glasses from Kieran Doyle (the dispensing optician at Addenbrooke's), then contact him on: 07809 721879.

### My child runs out of patch diary pages

Email [orthoptics@addenbrookes.nhs.uk](mailto:orthoptics@addenbrookes.nhs.uk) or ring the department on 01223 216528 (there is a 24 hour answer machine), and request more pages. Please provide the following information:

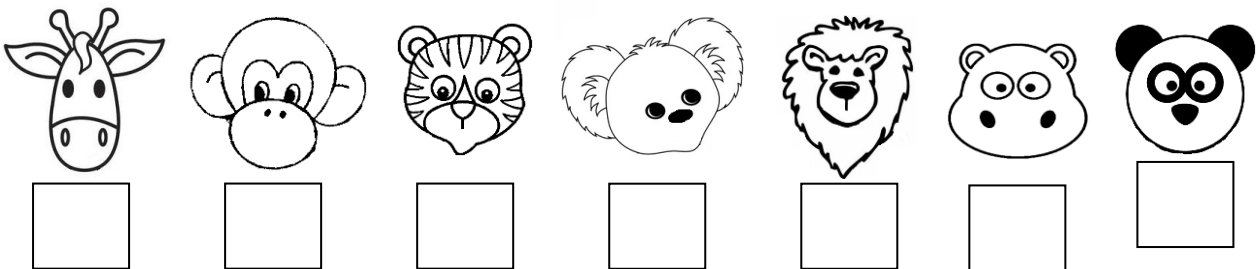
- Name of child.
- Hospital number (or date of birth if hospital number unknown)
- Team (Tigers).

# My Patch Diary

For every week of your patching, you and your parents/ carers should fill in your patch diary! Every day that you manage to wear your patch for ..... hours, draw a smiley face ☺ on the animal. If you don't manage it, draw a sad face ☹.

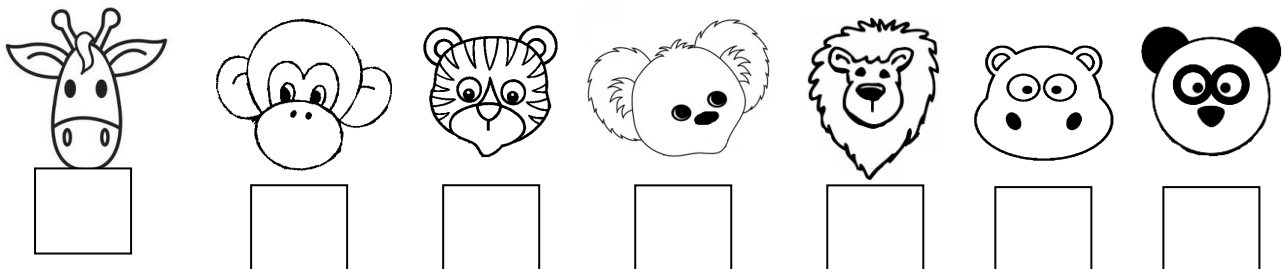
Parents and carers – please fill in the box below the animal with how many hours your child has actually worn his/her patch for each day, and any comments about his/her week's patching. For example, excellent, been poorly so not worn as well as normal, forgot to take the patch to school, not worn well whilst on holiday etc.

## Week 1 Starting date:



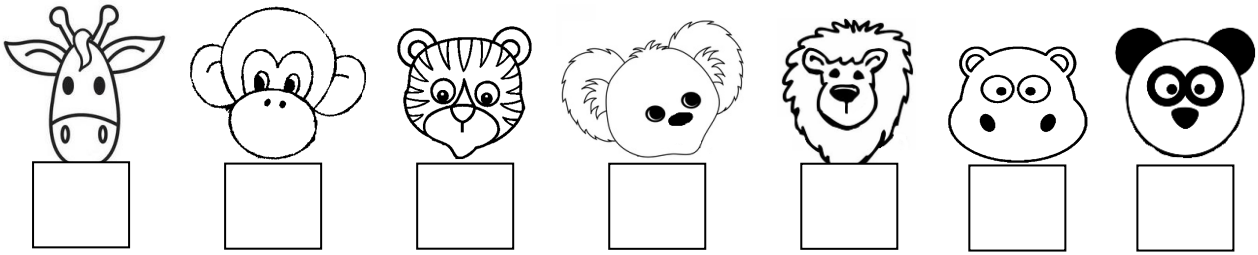
Comments about the week's patching...

## Week 2



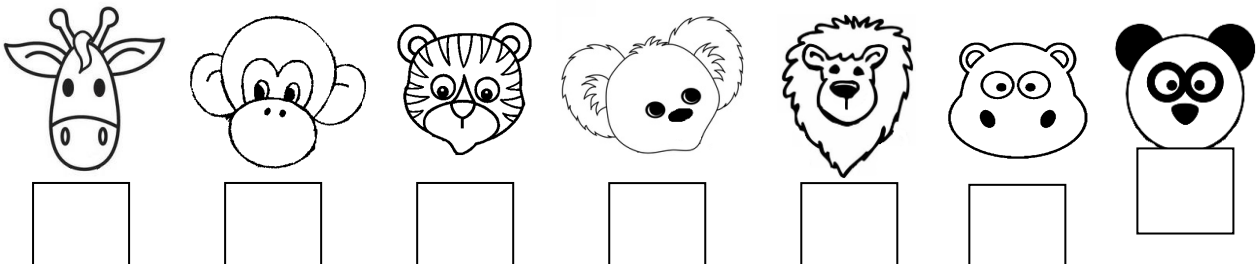
Comments about the week's patching...

**Week**



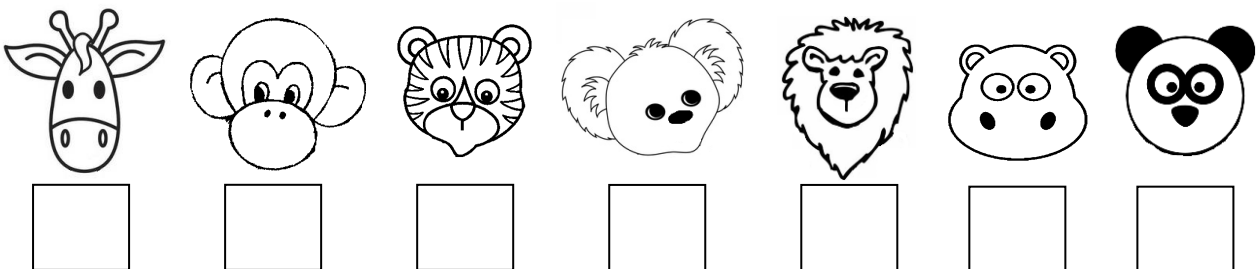
Comments about the week's patching...

**Week**



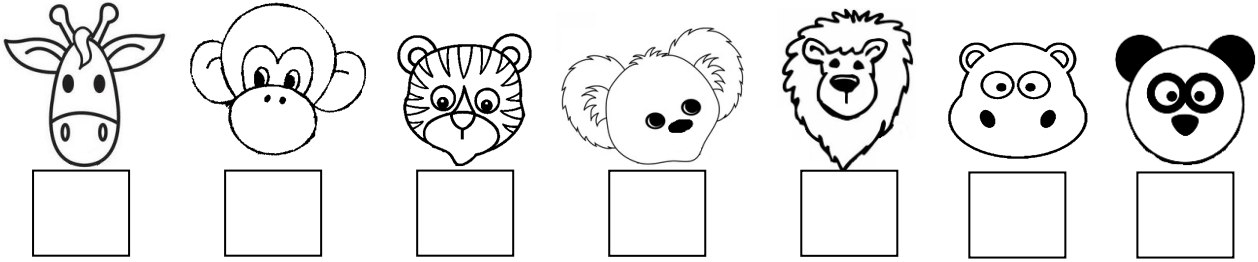
Comments about the week's patching...

**Week**



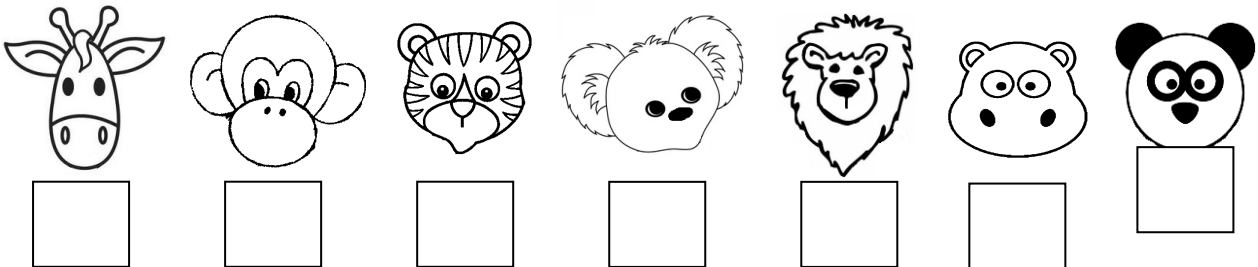
Comments about the week's patching...

**Week**



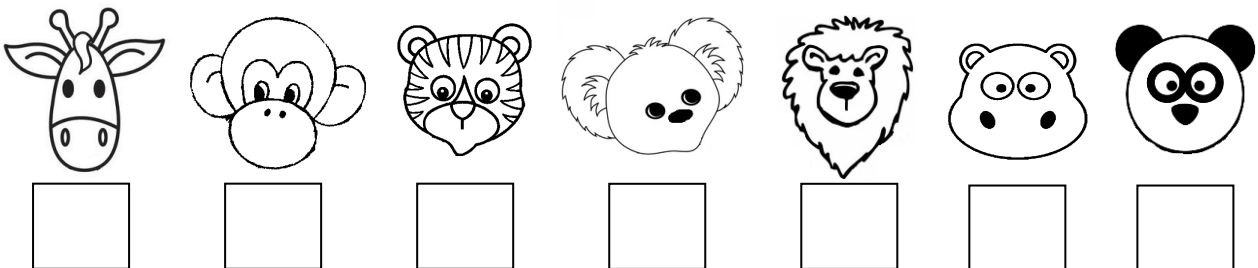
Comments about the week's patching...

**Week**



Comments about the week's patching...

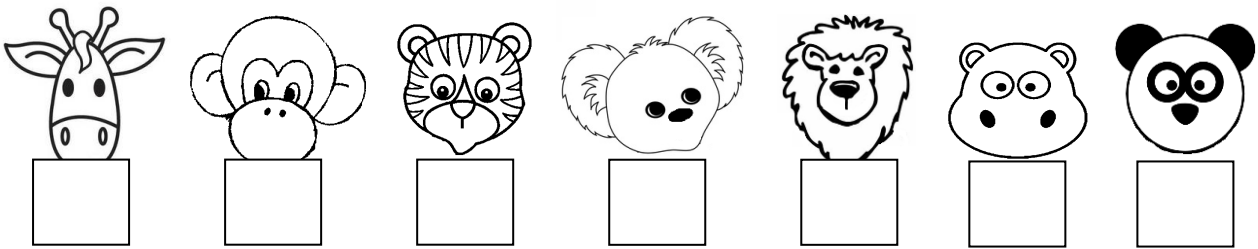
**Week**



Comments about the week's patching...

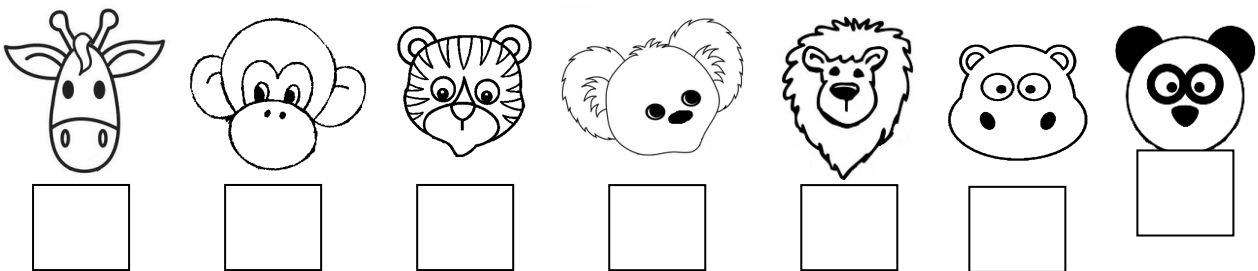


**Week**



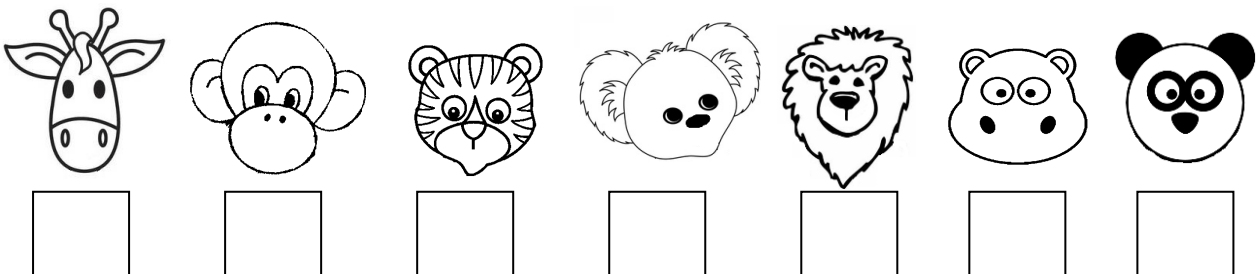
Comments about the week's patching...

**Week**



Comments about the week's patching...

**Week**



Comments about the week's patching...

## Privacy & dignity

Same sex bays and bathrooms are offered in all wards except critical care and theatre recovery areas where the use of high-tech equipment and/or specialist one to one care is required.



We are smoke-free: smoking is not allowed anywhere on the hospital campus. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

## Other formats:



Help accessing this information in other formats is available. To find out more about the services we provide, please visit our patient information help page (see link below) or telephone 01223 256998.



<https://www.cuh.nhs.uk/contact-us/accessible-information/>

## Document history

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