

Paediatric intensive care unit (PICU)

Telephone:

PICU: 01223 217715/ 01223 217294 , HDU: 01223 256806

Visiting times:

We do not have set visiting hours. You are welcome to visit your child at any time. However, we have a ward round in the morning and you will be asked to leave for this. This is for confidentiality purposes. We also ask that there are no more than two visitors at a time. This is because the bed spaces are limited for space and the doctors and nurses need room to work. We encourage only parents/carers during rest time 14:00-15:30. Other visitors may be asked to leave at this time to allow the children to rest.

No flowers allowed

Parking

You will be able to make use of the visitor's car parks or NCP car park on site. Please visit main reception for special rate tickets. Park and ride facilities are also available.

Having your child admitted to Intensive Care or the High dependency unit is an extremely anxious time for you and your family. We have designed this in order to answer some of the questions you may have about our unit.

Finding us

The PICU is on Level 3 of the hospital. From the main hospital entrance: Turn right as you enter through the revolving door, turn left and walk past the hairdresser, across the corridor to the C and D ward lifts. Use the stairs or lift to go up to level three (one floor up from the Concourse). As you exit the stairs or lifts, turn left, then left again and ward C3 is in front of you. Please ring the doorbell to the left of the main door and state who you are visiting to gain access to the PICU which is situated through ward C3.

Who will look after my child?

Our 13 beds are staffed by specially trained children's nurses and your child will be allocated

a nurse at the beginning of each shift. Your child will be allocated a consultant on admission who will remain your child's consultant until they leave PICU/HDU. They will oversee the medical care for your child. Specialist registrar doctors will be available 24 hours a day to care for your child. There is always a nurse in charge of the shift who can help with any questions you may have.

Can I see my child straight away?

This may be possible if your child is requiring high dependency care but will depend on your child's condition. You may be asked to wait when your child is first admitted until we are able to get them settled in to the unit. Nurses and doctors will keep you fully informed and will keep you waiting no longer than necessary.

Can siblings visit?

Yes, siblings can visit and we encourage this as it can help with their understanding of the situation. During times of winter vomiting bugs the Trust does restrict children visiting. If this is the case you will be informed at the time.

Can I stay overnight with my child?

Yes, but not at the child's bedside or in the parents room. We have parent accommodation on the hospital grounds. Acorn house is run through the sick children's trust and endeavours to provide a space for you to sleep, cook your own meals, and have time away from the unit. It is very important that you get some rest while on PICU/HDU so please do not feel you have to stay if you would prefer to return home overnight.

Is it all right to touch my child?

Yes, of course. We encourage you to touch your child and become involved in any basic cares that you feel you would like to do. You play a very important role in your child's care and we encourage this as long as you are comfortable to do so. Talking to your child and playing favourite stories and songs can also help and don't forget their favourite teddy or special toy!

We have a dedicated hospital play specialist on PICU/HDU. Play has a special function in the hospital environment, and hospital/registered play specialists lead playful activities and

use play as therapeutic tool, when your child is ready. It is also important that your child has some quiet time too though.

What facilities are available for you?

We have a parent's room available for your use. It contains tea and coffee making facilities, a fridge and a microwave. There are newsagents, canteens, cash points, and a bank in the main concourse.

Discharge from PICU/HDU

When your child is well enough to leave Paediatric Intensive Care Unit (PICU) or the Paediatric High Dependency unit (PHDU) they will either return to a hospital near where you live, or they will be transferred to one of the children's wards here at Addenbrooke's.

We appreciate that leaving the unit can be another stressful time for you and may provoke feelings of fear and anxiety. However, it is important for you to know that we only discharge children when they are getting better and this is a positive step in their recovery.

Your child will be cared for by a team or teams of doctors depending on your child's needs. The teams include junior doctors and a consultant who will head the team. They will monitor your child's progress and visit daily, although they will not all be available on the wards at all times.

As your child is in the recovery stage, a nurse will not need to be at your child's bedside at all times. This allows you more of an opportunity to have a more active role in your child's care. The ward may be noisier than PICU/PHDU as there may be more children in each room, more visitors and the children are not as sick. There are televisions at each bed space and a family room with tea and coffee facilities. One family member is able to sleep by your child's bedside.

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.