

## Help us keep your child safe in hospital

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Keeping your child safe is important to everyone at the hospital.

Reading this booklet can help you and your family be involved in your child's care and help us keep your child safe.

If you have any questions, please ask any member of your health care team.

### Be involved in your child's care

We encourage you to be an active member of your child's health care team. Working together is the best way to plan your child's care and keep him or her safe in the hospital.

You can be involved by:

- Sharing information about your child's health including any allergies.
- Telling us about your child's routines and what comforts your child.
- Keeping a record of all your child's medications (names, doses and how often they are given at home) and learning about any changes or new medications.
- Telling us if your child's condition or behaviour changes. You know your child best so you may notice things we do not.
- Discussing your concerns with us.

**You know your child best!**

**Sharing information  
about your child  
will help us plan your  
child's care and safety.**

Communication is important for us to work together. We want you to feel comfortable talking to us. We encourage you to ask questions. Write them down so you do not forget them. Don't hesitate to ask for explanations in plain language.

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**Our goals:**

- ✓ To make your stay in the hospital as safe and comfortable as possible.
- ✓ To help you learn about your child's health and health care.
- ✓ To include you in your child's care as much as possible.
- ✓ To help you get ready to take your child home.

**Prevent infections**

- The best way to prevent the spread of infection is to wash your hands often. You can wash your hands with soap and water or use any of the waterless hand sanitizer stations around the hospital.

**Wash your hands often****Wash your hands:**

- **Before entering your child's room,**
- **After caring for your child (for example, changing diaper), and**
- **Before leaving your child's room.**

- We ask that all family and visitors be in good health. If your family or visitors are not feeling well, please ask them not to visit. This includes symptoms such as cough, fever, runny nose, sore throat, diarrhea or vomiting.
- Family and visitors should not use the washroom in your child's room. Please use the public washrooms near the elevators and in the hallways.
- If you suspect that you or your child have been exposed to measles, chicken pox, tuberculosis or any other infectious disease, please tell the Business Clerk when you come to the ward.
- Occasionally, children need Additional Precautions to prevent the spread of infection. If your child needs Additional Precautions, the health care team will give you more information. A sign on the door to your child's room will give instructions for everyone to follow. Follow these instructions when you provide care to your child.

## Prevent falls

Your child may be more likely to fall in the hospital because of:

- his or her medical condition
- the effects of medications
- being in a new environment

To keep your child safe from falls:

- After surgery, call the nurse to help your child get out of bed the first time.
- Any time your child feels weak or dizzy, please use the call bell for help getting your child up.
- Please keep the area around your child's crib or bed clear. Leave enough space for people to walk.
- Do not let your child climb or stand on furniture.

### When your child is walking around



- Make sure your child wears shoes, slippers or non-skid socks (provided by the hospital) when walking in the room and hallways.
- Check for hazards that could trip your child such as pyjamas that are too long or a bathrobe belt that is trailing on the floor.

### When your child uses equipment



- Always use the safety straps attached to your child's equipment.
- Buckle your child into his or her infant seat, highchair and stroller.
- Never leave your child unattended.

## Keep your child safe in bed

The safest place for your child to sleep is in a crib or bed. It is not safe for your child to sleep in a parent's cot.

### If your child is in a crib



- Remove all toys and bedding from the crib.
- Always put your baby in the crib to sleep. It is not safe to sleep with your baby.
- Always place your baby on his or her back to sleep.
- Before you leave your child's bedside, make sure the crib rails are up and locked in place.

### If your child is in a bed



Keep the bed in the lowest position. Before you leave your child's bedside, make sure:

- the side rails are up (if needed)
- your child can reach the call bell, which is secured at the top of the bed

## Keep the room clear so staff can care for your child

- Our patient rooms have space for 1 parent to stay overnight. Please sleep in the cot provided. Do not sleep with your child.
- Keep the entrance, floor and bedside of your child's room clear. At all times, staff must be able to reach your child quickly and safely.

## Review food allergies



### Safety First

**Food allergies can be dangerous and your child's safety is our top priority.**

**Please tell your nurse if your child has an allergy to food. The hospital is NOT nut-free.**

- Before offering your child any food, check with your nurse to make sure it is safe to do so.
- Before we can send meal trays to your child, a Registered Dietitian or Dietetic Assistant needs to review your child's food allergies. Depending on your admission time, this will be done the next day.

## Follow security measures

- We will give your child an identification band to wear at all times. If the band falls off, ask a staff member for a replacement.
- For security reasons, we need to know where your child is at all times. Your child must "sign out" at the front desk whenever he or she leaves the ward.
- All staff wear photo identification badges. Do not let your child leave with someone who is not wearing a hospital badge.

## Call PACE if you are worried about your child

# PACE

Pediatric Assessment of Critical Events

**We're here to help!**

**If your child is getting sicker...  
tell your bedside nurse or doctor right away.**

If you are still worried that your child needs help right away,  
ask your nurse to call the PACE team or call them yourself.  
The PACE team will assess your child's condition right away.



## How do you reach the PACE team?

Call ext. 75030 and ask the operator for the PACE team.

**Tell the operator:**

- your child's name
- the ward and room number
- the phone number in your child's room.

PACE is a team of health care professionals who are experts in critical care.



If you are worried about your child,  
call ext. **75030** and ask for PACE.

**You know your child better than anyone.**



