

Preparing for an operation

Pre-schoolers



This picture booklet has been made by the Department of Nursing and Health Promotion, Oslo and Akershus University College of Applied Sciences, and the Surgery Ward for Children, Oslo University Hospital.

Photographs: Øystein H. Hørgmo, University of Oslo

Prior to a surgical procedure it is natural that the child and his or her parents feel some anxiety. Research shows that good information may help. This is a supplement to the information you have already been given by hospital staff.

Parents should read this brochure together with their child. Use this brochure according to your child's needs. It is best for your child that you prepare him or her as close to the time of the surgery as possible.

In the hospital, the nurse will use this brochure when preparing your child for surgery. It can be a good idea to note down any questions you may have. The content of the brochure has been adapted for the age group and is based on the best knowledge available when preparing a child for a surgery.



Rasmus is going to the hospital for an operation. His daddy is with him.

Rasmus and his father say hello to one of the nurses working in the ward.



Rasmus is playing in the playroom while waiting to talk to the nurse and the doctor.



Rasmus and his daddy are talking to the nurse about what is going to happen at the hospital.



The nurse asks if there is anything Rasmus and his daddy are wondering about.

QUESTION:
What do you think Rasmus is wondering about?



Rasmus is weighed before the operation.



The nurse measures how tall Rasmus is.



The nurse measures Rasmus' blood pressure to check how hard his heart is beating.

The cuff may feel a bit tight around the arm. Rasmus helps by pressing the button.





Rasmus and his daddy talk with the doctor.

He tells them about the operation and answers their questions.

QUESTION:

What do you think they ask about?

The doctor listens to Rasmus' heart and lungs with a stethoscope.

It feels a little cold when the stethoscope touches him.





Rasmus is taking a blood test. They put some cream on his skin.

Because of the cream Rasmus does not feel the needle too much when they take the blood sample.



Rasmus sits on his daddy's lap when the blood sample is taken.





After the blood sample has been taken Rasmus gets a reward.

Rasmus gets a case with hospital things in it.



Rasmus plays with the hospital things.



It is important that Rasmus is very clean before surgery. So Rasmus takes a bath or a shower before going to bed. The bed he will sleep in is also very clean.



Now Rasmus and his daddy are going to bed. Before surgery Rasmus cannot eat or drink.



Next morning Rasmus wakes up early. He is a bit anxious. The nurse checks whether Rasmus has a fever.

Before surgery Rasmus must have a little plastic tube in a vein. They put some cream on his hands so he will feel less. Rasmus also has a bracelet around his arm with his name and birth date.



Rasmus has a small plastic tube in the vein on his hand. Through this tube, he will get medicine that will put him to sleep.



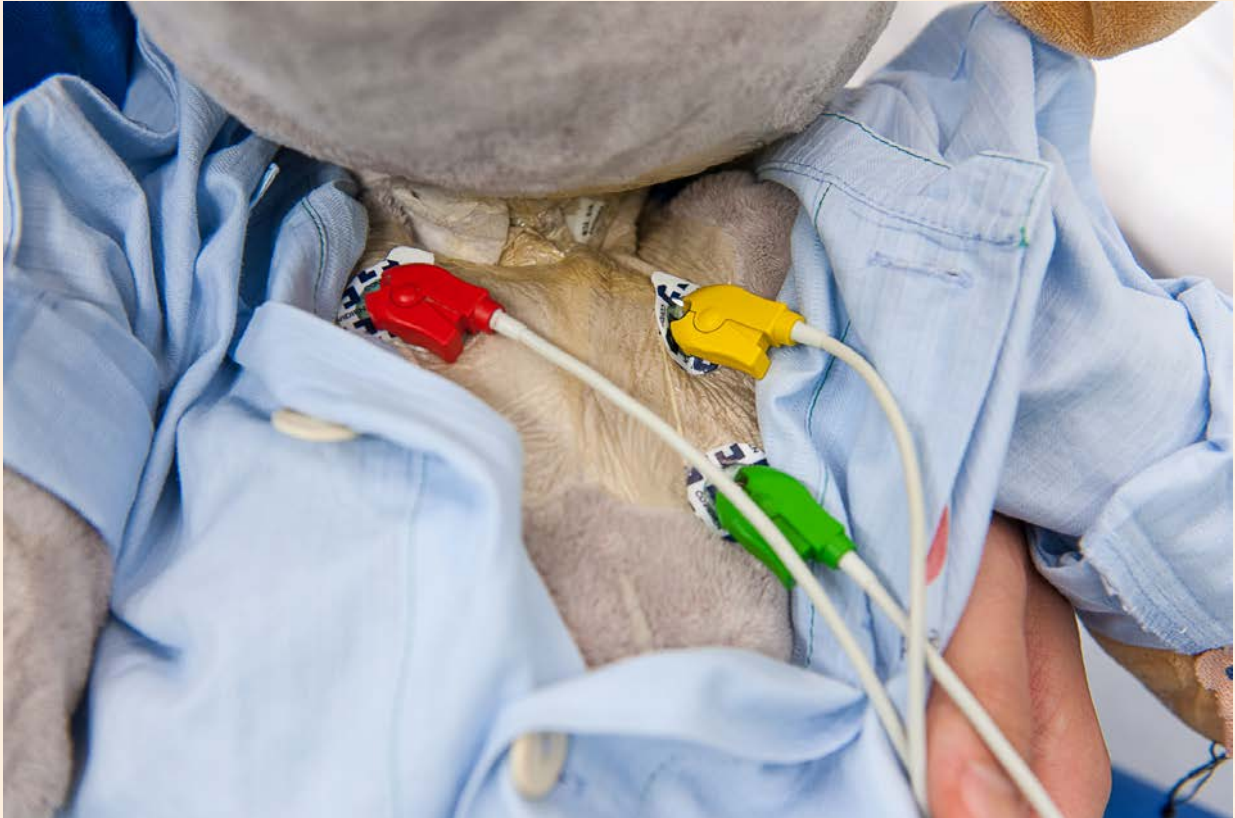
Rasmus is given medicine so that he will feel less pain after surgery.



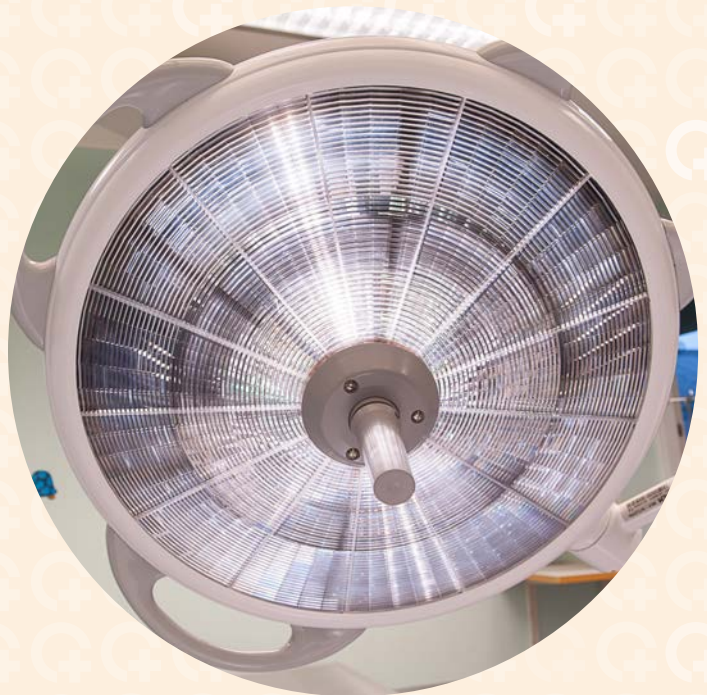
The nurse walks with Rasmus and his daddy to the operating room. Rasmus' teddy bear is also allowed to be with them. Daddy can stay with Rasmus so he has put on hospital clothes.



The people in the operating room are all wearing green clothes. They say hello to Rasmus and his daddy and give Rasmus a little Rasmus!



Rasmus gets an instrument on his finger which checks his breath, and stickers on his chest to show his heart rate.



This is the lamp in the ceiling of the operating room. It looks like a small sun.



Some children are given medicine through the plastic tube in their hand to put them to sleep. Daddy is with Rasmus.



Others breathe through a mask. Rasmus thinks it smells a little bit strange.



After the surgery Rasmus is in the recovery room. He has a cup with air in front of his face. There are several other children and parents here. The hospital equipment beeps a lot.



A nurse takes good care of Rasmus. She asks if it hurts, or if he feels queasy. If he says yes, he can get medicine that helps.



Rasmus receives a diploma and an ice cream. When they have spoken with the doctor, Rasmus can either go home or go to the ward. Daddy, Rasmus' teddy bear and little Rasmus come along.



It is important that Rasmus drinks a lot after the operation. He gets a sheet of paper with pictures of empty glasses. Every time he drinks a glass, he can colour in another glass. He thinks this is fun.



Rasmus reads a book together with a person working in the playroom.



The playroom has many toys and it is fun there.



Rasmus and his daddy are ready to go home. Bye, bye everybody!



