

Preparing for an operation

Children



This picture brochure 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. Horgmo, 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.



Halvor is going to have an operation. He arrives at the hospital with his mother and his stuffed animal Kuraffen.

Halvor is welcomed by a nurse. She shows them the childrens ward.



Halvor explores the playroom while waiting.



A nurse tells Halvor what will happen at the hospital. They talk about why Halvor needs an operation, and how long he will need to stay. Halvor asks questions.

Halvor is shown a ruler with faces. These faces show how much something can hurt. Halvor will use this ruler to show the nurses how much discomfort he is in after the operation.





The nurse measures Halvor's blood pressure. He can choose which arm the nurse will check.

A cuff is placed around his arm. It may feel a bit tight.





Halvor is being weighed before the operation.



The nurse measures how tall he is.



Halvor meets several doctors. One of the doctors tells him about the operation and listens to Halvor's heart and lungs using a stethoscope.

Another doctor tells him about the medicine (anaesthetic) he will be given during the operation. The doctors ask Halvor and his mother many questions. Halvor and his mom can also ask the doctors questions.

WHAT IS AN ANAESTHETIC?

An anaesthetic is medicine used to help a person sleep, and to treat pain during the operation. The patient is given either medicine to make him/her sleep or a painkiller through an intravenous line into a vein, or through a face mask.

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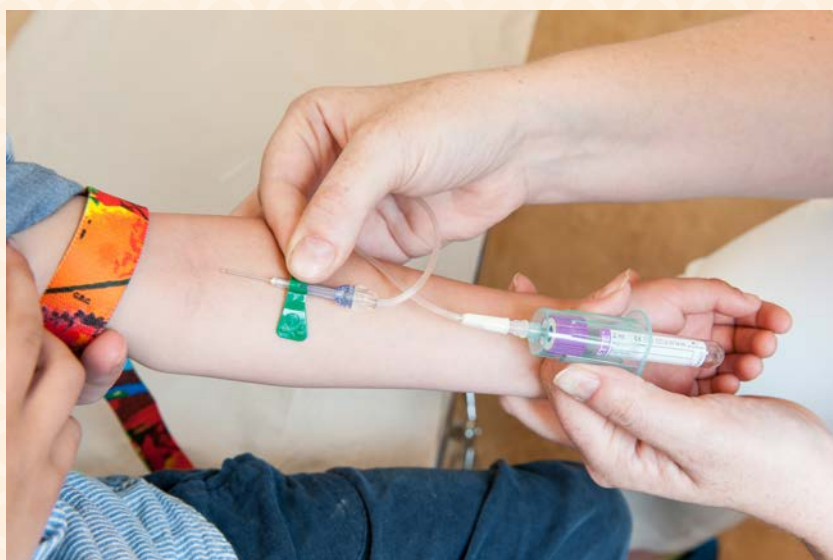


Halvor is given the Hospital Book. He can write and draw about what is happening in the hospital.





Halvor is taking blood tests. The nurse has put a plaster with cream on him. It has been on his arm for a while. The cream ensures that he will not feel the needle as much when the samples are taken.





After the blood test Halvor is given a reward.



Halvor is given a box with hospital equipment and a doll he can play with.





After the evening meal Halvor will go to bed. Halvor is not allowed to eat or drink before the operation. This is called fasting.

Halvor has showered and his bed has clean bedclothes. Halvor and his mother sleep in the same room.



Early next morning Halvor wakes up. He is a bit anxious.



On the day of the operation the nurse checks whether Halvor has a fever.

Before the operation Halvor is given medicine so that he will not feel too much pain when he wakes up.



Sometimes children can choose whether to take the medicine as a pill or a drink. It can also be given in the nose or in the bottom.





When Halvor is to be operated on he must have a small plastic tube in a vein. First, they put cream on his hand so that he will not feel this too much.

He has a bracelet around his arm where his name and birth date are written.



Halvor has a plastic tube in a vein on the back of his hand. He will get the medicine that will put him to sleep through this.



The nurse takes Halvor and his mother to the operating room. His mother is wearing a hospital gown and pants.



The personnel who will be working in the operating room greet Halvor and his mother. Everybody working here is wearing green clothes.



Halvor is given his own Rasmus.

Rasmus is the hospital's mascot.





There is a lot of exciting equipment in the operating room. Halvor looks around. He sees the big lamp in the ceiling. They attach an instrument to his finger, and stickers with cables to his chest. These are connected to a screen showing his heartbeat and how he is breathing.





Halvor is given medicine through the plastic tube attached to his hand to put him to sleep. The nurse anaesthetist tells him to think of something nice.



Some children breathe gas through a mask. It may smell a bit strange. Halvor's mother sits with him until he falls asleep. She thinks he falls asleep quickly.

While the doctor operates, Halvor sleeps. He feels nothing. Everyone is taking good care of him.



After the operation Halvor lies in the bed in the recovery room before waking up. His mother sits by his bed.

Halvor has a cup with air in front of his face. The light taped to his finger checks that he is breathing well and how his heart is beating.

There are several children and parents in this room. The hospital equipment beeps alot.



The nurse asks Halvor if he is in pain, and shows him the ruler with the faces.

Halvor points to the face that shows how much it hurts. If he is in pain, or is queasy he can be given medicine.





Halvor gets a diploma and an ice cream. When Halvor and his mother have spoken with the doctors, they can go home or back to the ward. His mother, Kuraffen and Rasmus go with him.



It is important that Halvor drinks a lot after the operation.

He has been given a sheet of paper with pictures of empty glasses. Every time he drinks a glass, he can colour in another glass.



The nurse checks in on how Halvor is doing.



Halvor and his mother are ready to go home.





