

Good-bye Tonsils



Guidance Notes

This booklet has been designed by student nurses of previous years to help young children and their parents/guardians prepare for a specific procedure in The National Children's Hospital, AMNCH. Some children can become anxious about attending hospital therefore the booklet aims to help alleviate some anxiety by communicating information about the planned procedure or surgery.

All preparation and support must be appropriate to the child's age, developmental stage and level of understanding.

Therefore the first reading with the child should be carried out by a nurse or play specialist from the children's hospital. A child may have a specific question about the procedure which is best answered by staff who are knowledgeable about the planned procedure or surgery. Once the first reading is carried out a parent/guardian can then read the booklet to their child if they consider it to be helpful in preparing their child for hospital.

Tips for parents/guardians reading the booklets:

Read the book first yourself before reading it with your child. Ensure you have a clear understanding of the content before reading it with your child. Ask your nurse to explain anything you are not sure about.

Prepare any questions that your child is likely to ask.

Find a suitable time in a quiet environment to read with your child

Read the booklet slowly and clearly to provide your child time to express concerns or ask questions.

Allow your child to look at the pictures, this will encourage younger children to understand the story being told.

Provide honest answers to help build trust. It is alright not to know all the answers. Perhaps a nurse or doctor can clarify any questions you are unsure about at your next visit/appointment.

Repeated readings are helpful to aid understanding and to store information in your child's memory.

We welcome any feedback on these first editions to:

Children's Nurse Practice Development

AMNCH, Tallaght

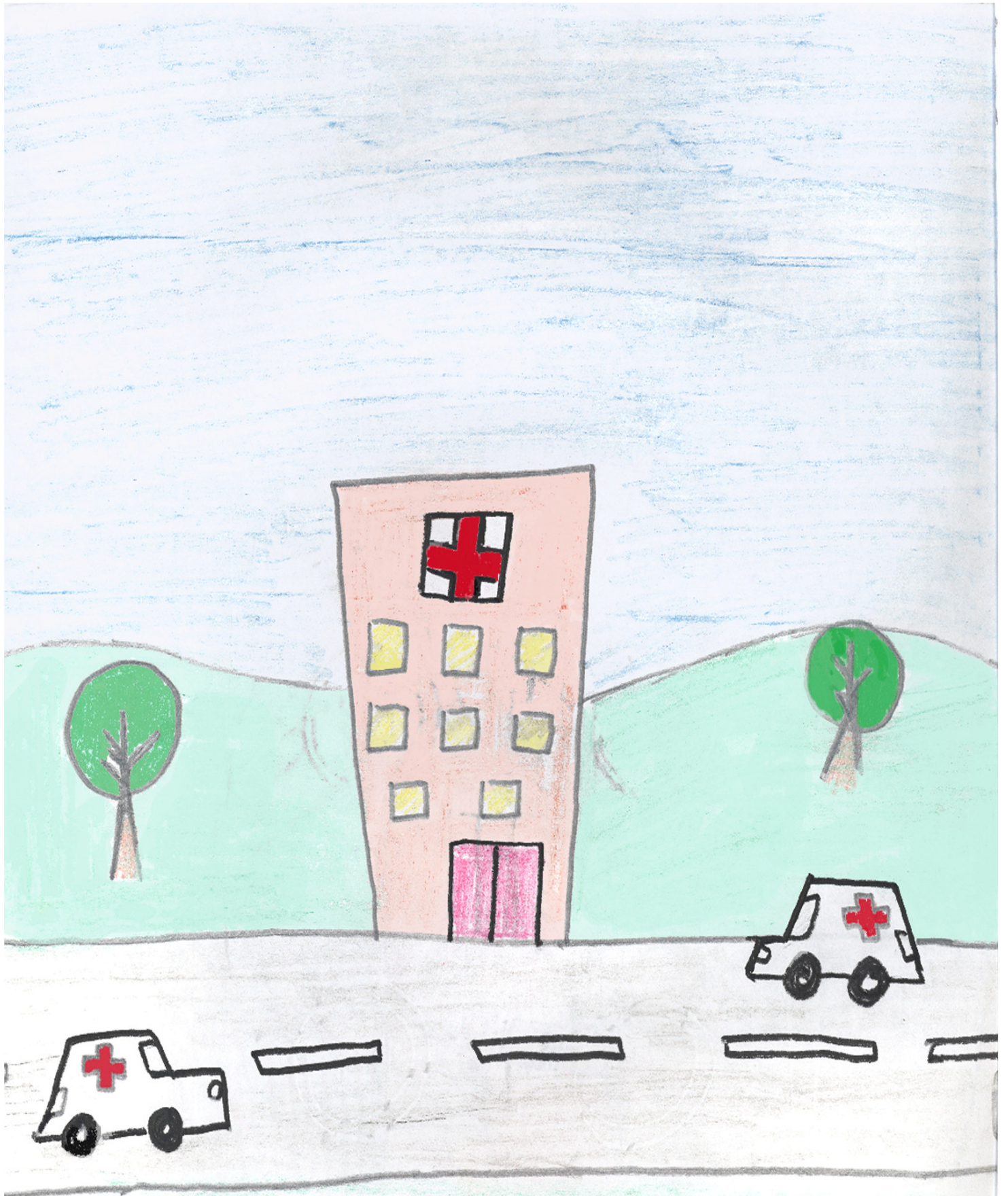
Dublin 24

Email: rachel.howe@amnch.ie

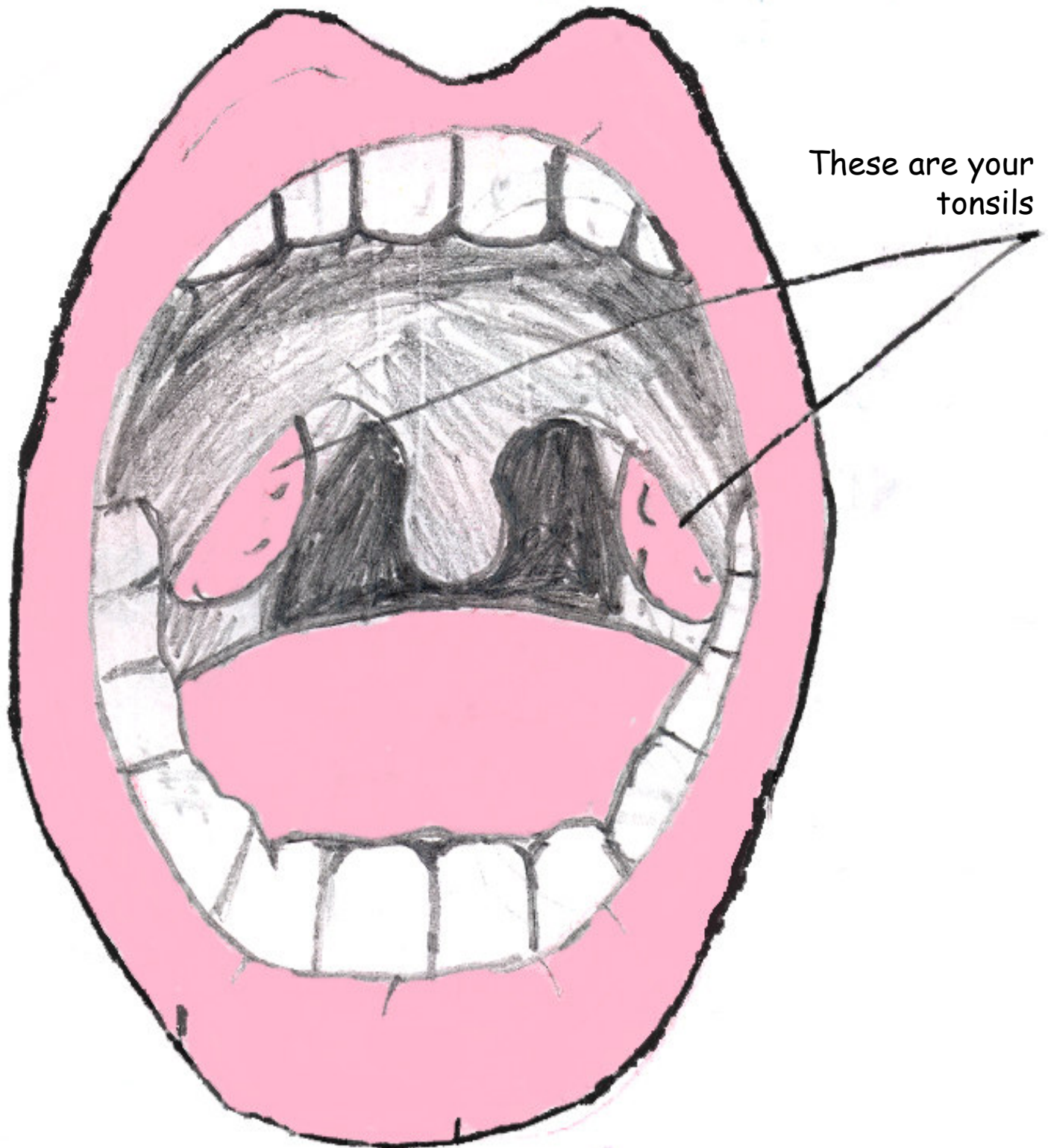
Ben sometimes gets very sore throats. Bens Mum brings him to the Doctor. The doctor gives him medicine to make him better.



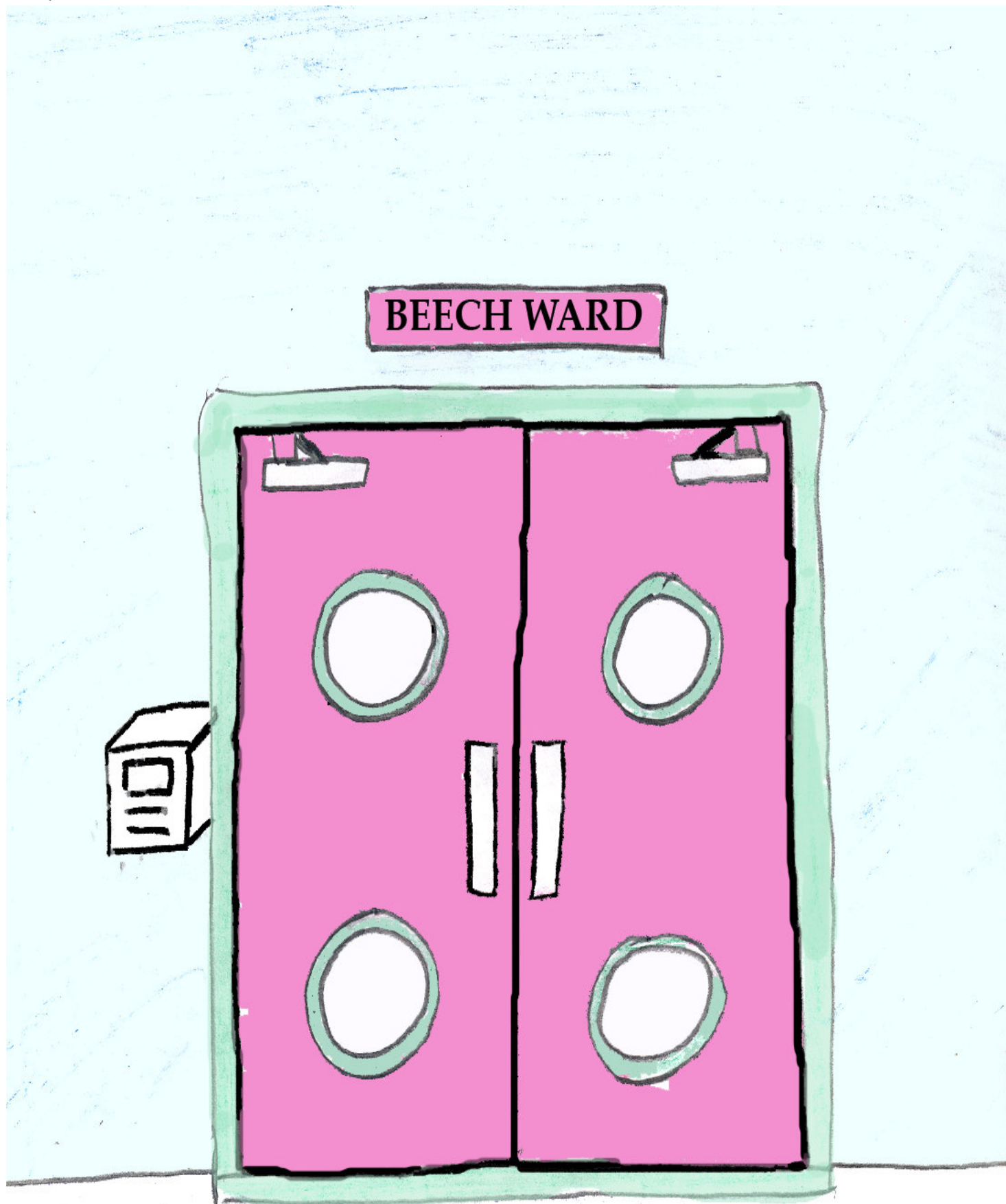
Ben is going to Hospital to get his tonsils out.



If you look in a mirror you can see your Tonsils



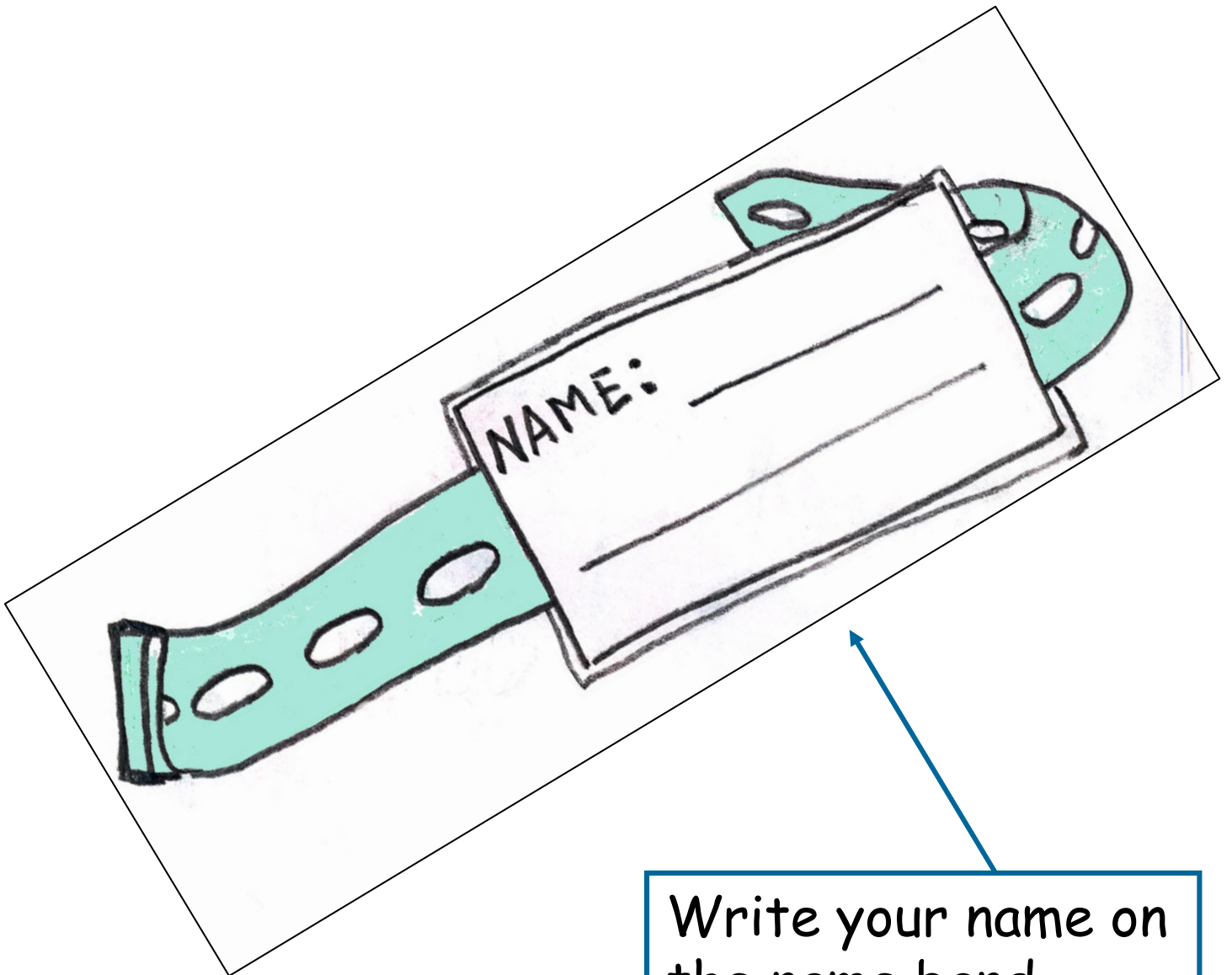
Ben's Mum and Dad bring him to the hospital for his operation



On the Ward there are other children. There is a playroom with lots of toys.



Ben meets the Nurse. The Nurse gives Ben a name band.



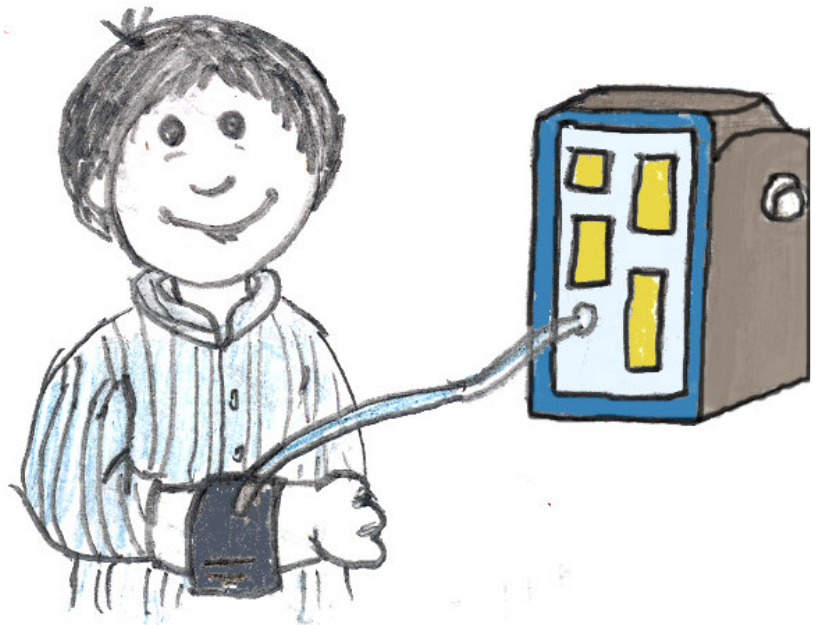
Write your name on the name band.

The Nurse checks Ben's

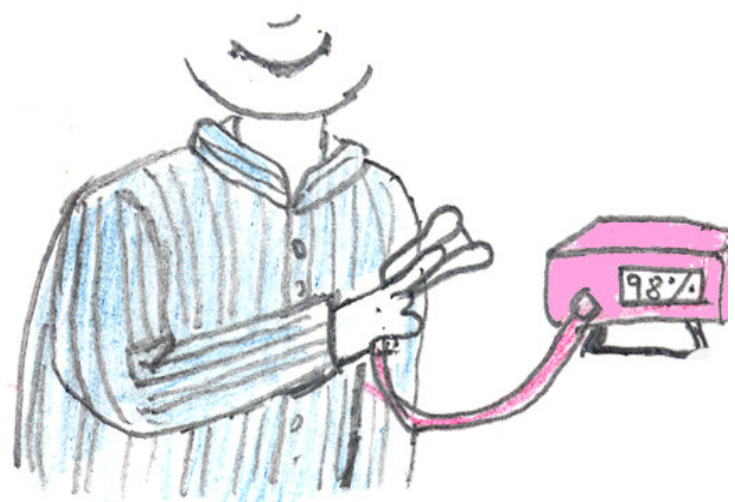
Temperature



Blood Pressure



Oxygen Levels

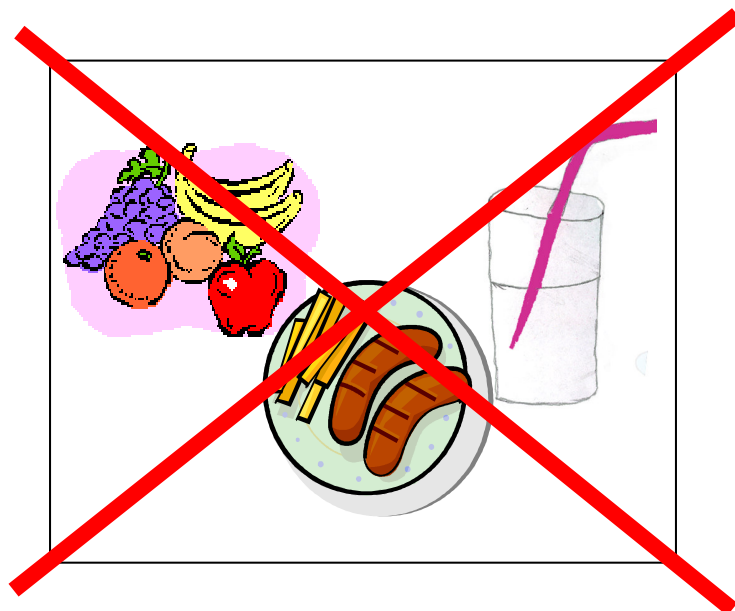


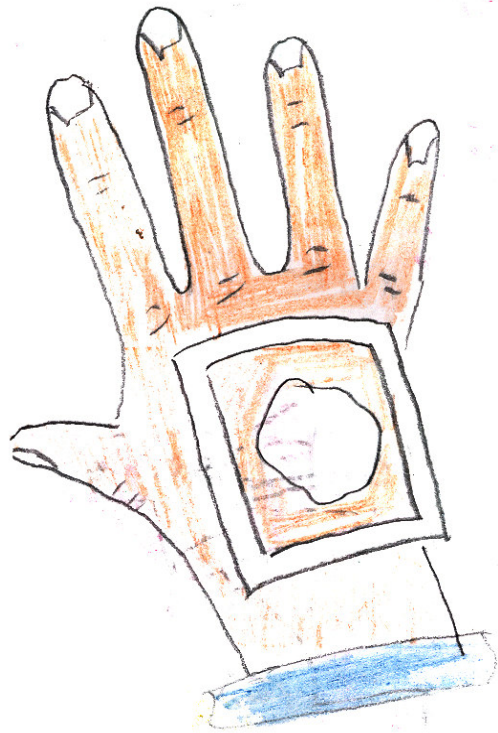
The Nurse writes down the results on a special chart.



The next day Ben will have his operation. On the morning of Ben's operation, he cannot have anything to eat or drink.

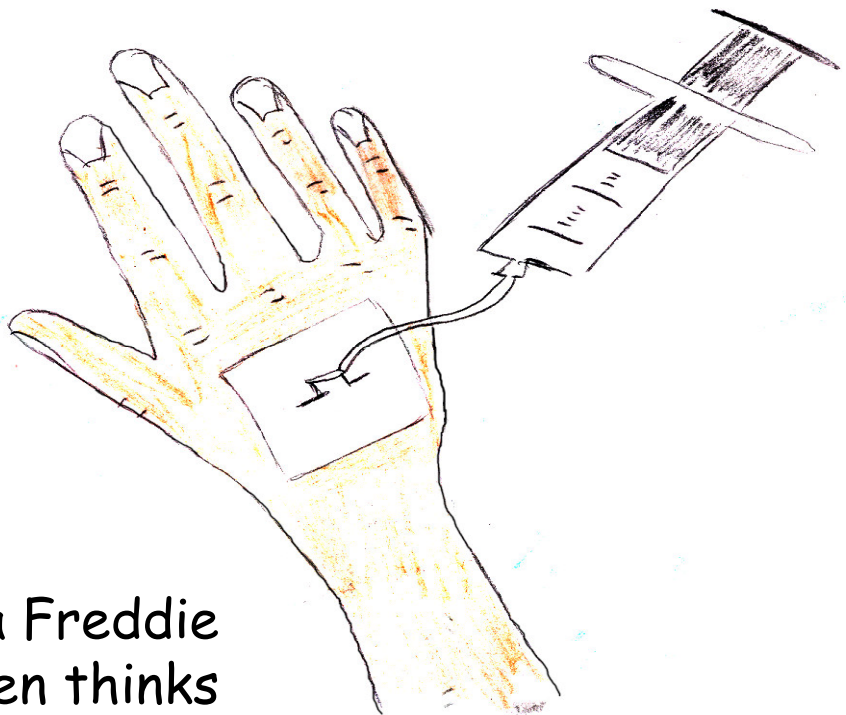
FASTING NPO





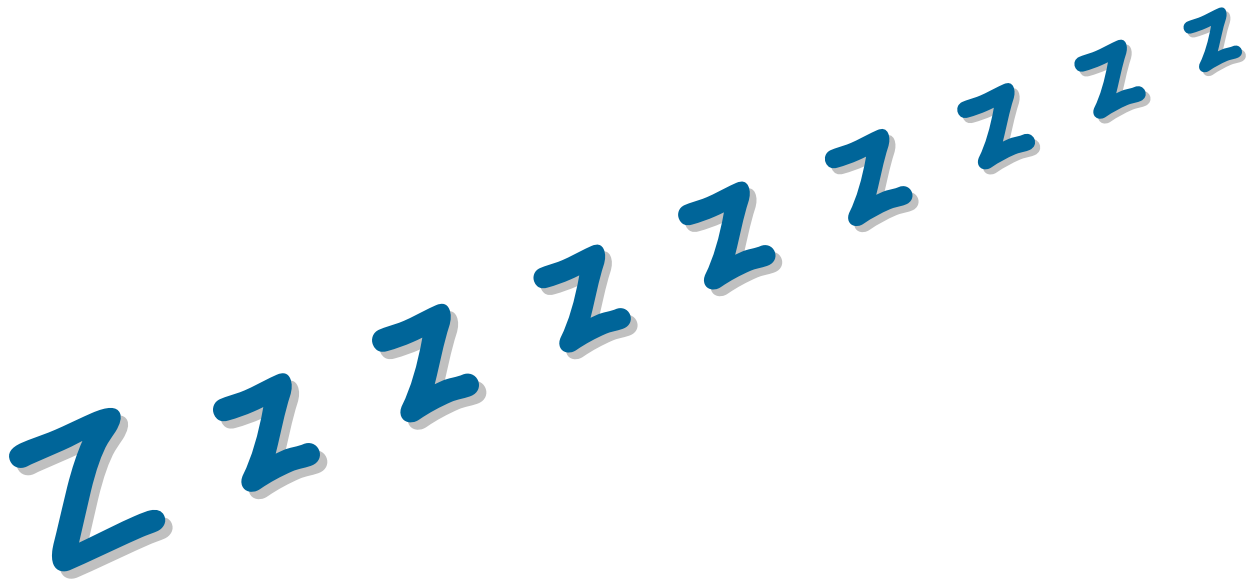
The Nurse puts magic cream on Ben's hands

In the Theatre Department ...



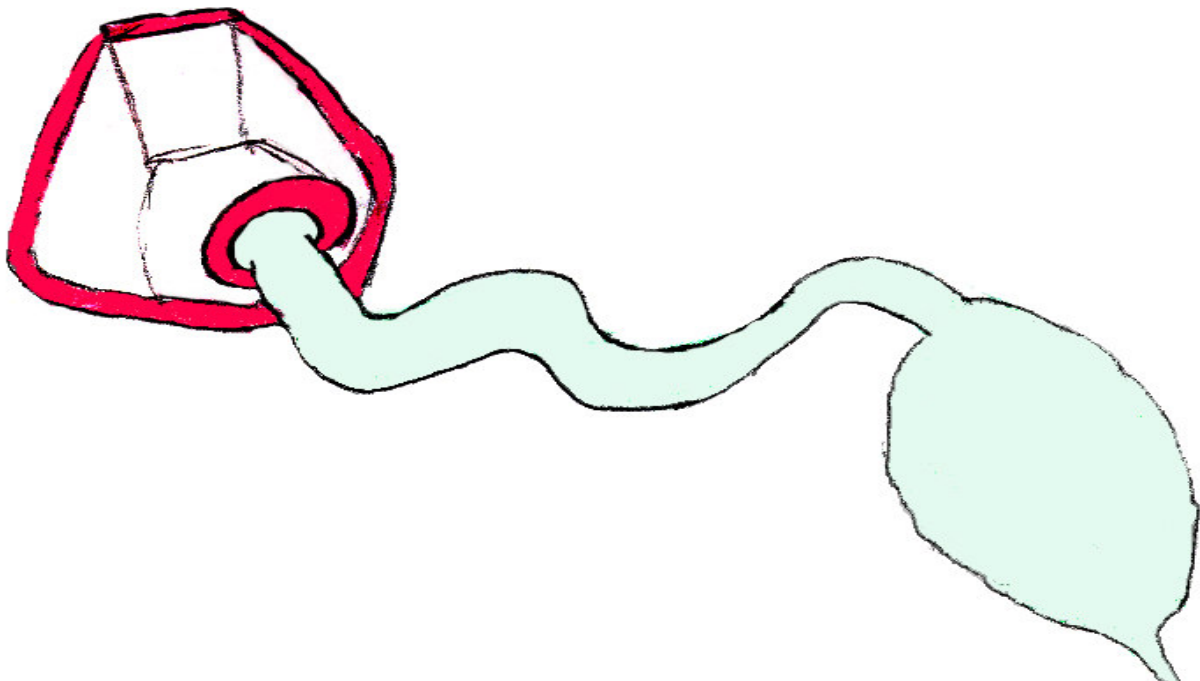
The Doctor puts a Freddie into Ben's hand. Ben thinks 'the cream is magic, it didn't hurt at all!' says Ben. 'It was just like a pinch'.

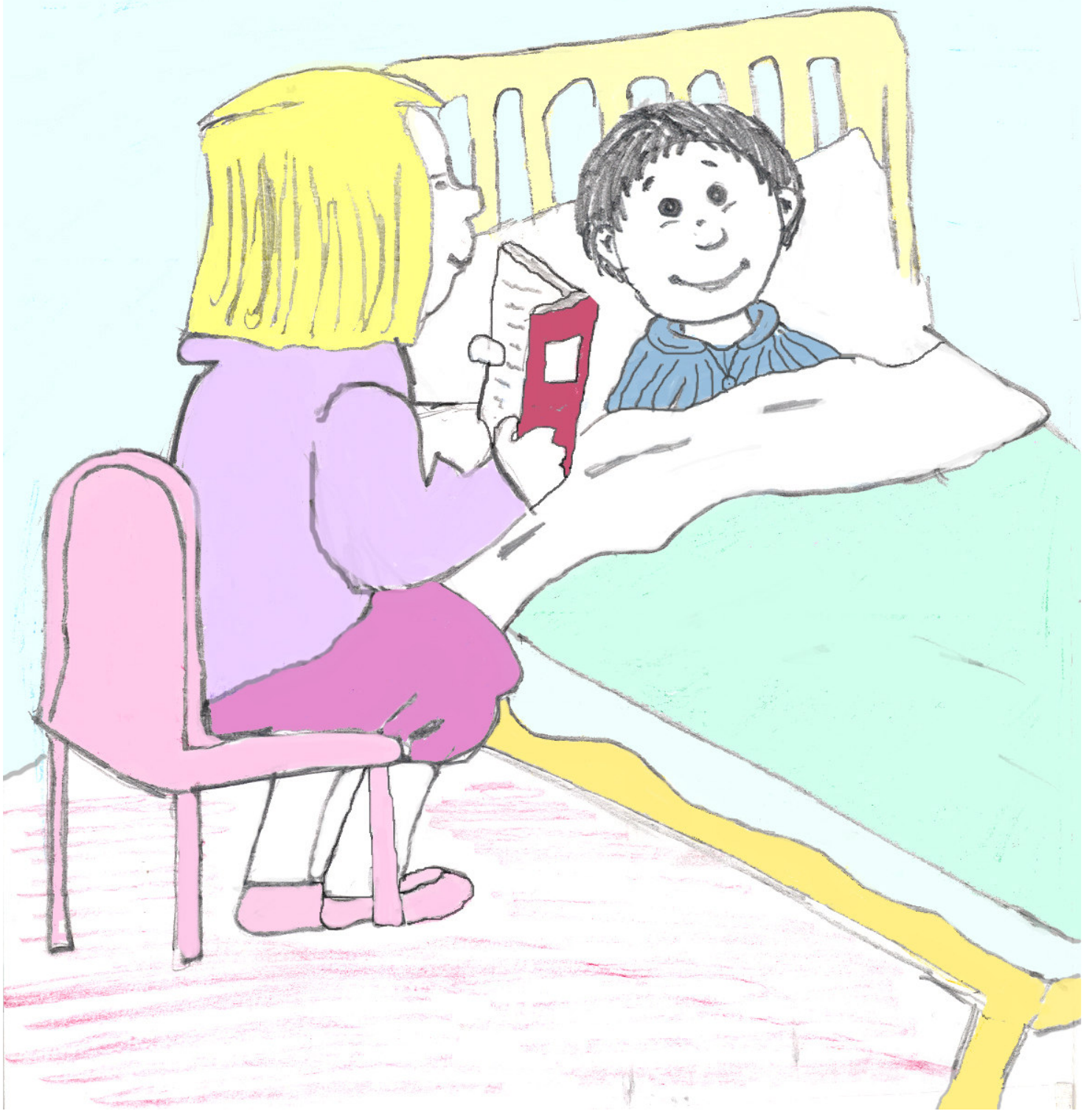
The Doctor gives Freddie a drink of magic milk. This makes Ben fall fast asleep for his operation.



Or

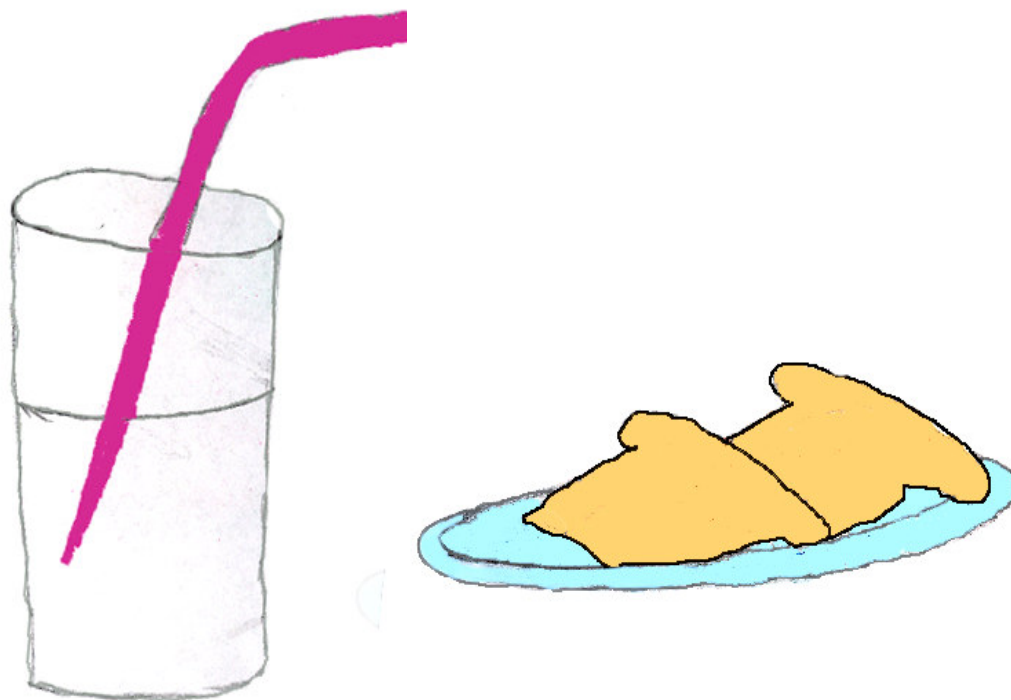
Maybe the Doctor will ask Ben to blow up a special balloon to make him sleepy for the operation.





It seems like no time at all when Ben is waking up. Mum is there to tell Ben its all over. Ben is back in his bed on the ward.

Ben has some toast and a drink. It's a little bit sore, like when he had tonsillitis. The nurse gives him some medicine to make it better.



The next day the Doctor and Nurse tell Ben that he can go home. He says "thank you to them for looking after him" and "says goodbye".



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July 2007

