

## **Music, Aromatherapy & Reflexology**

are available on request. This is particularly for children who may be withdrawn or suffer from anxiety following their injury. These are also particularly helpful when children need distraction during procedures.

**Social workers** are available in the hospital. If you would like to see a social worker, please talk to the ward staff.

**Friends of Red Cross Hospital:** are a group of volunteers who support the hospital in different ways. You may meet some of these volunteers when they bring toys to the ward every morning. The friends also run a Family Resource Centre where you may be able to find out more information about your child's condition. Ask the staff to direct you there.

## **Additional Family Support**

There is a Prayer Sanctuary and Muslim Prayer Room situated on the ground floor. The ward staff will contact the hospital chaplain on request.



The doctor in charge is:

[Dr Roux Martinex](#)

## **Ward Routine**

06:45–07:15 → Handover  
 07:00–09:00 → Dressings  
 08:00–09:00 → Breakfast  
 08:00–09:00 → Ward Rounds  
 09:00–12:00 → Feeds, observations & medication  
 12:30–13:00 → Lunch  
 13:30–15:00 → Feeds, observations & medication  
 15:00–16:00 → Visiting time  
 16:00–18:00 → Feeds, observations & medication  
 18:45–19:15 → Handover  
 19:15–20:15 → Visiting time

On **discharge** please make sure you have your child's referral letter and medication before leaving the hospital.



### Important Contact Details

Ward C2: 021 658 5155 or 5055  
 (all hours)

Please talk to the Sister if you have any compliments or complaints



**Western Cape  
Government**  
Health



Welcome to  
**Red Cross War Memorial  
Children's Hospital**

## **Ward C2**



**Sister in charge : Revona Goosen**

**Visiting Times:** 3–4pm and  
7–8pm

Please ask permission from the ward sister if siblings or children under 13 are visiting.

## Introduction

A Burn injury is a very traumatic experience and stressful for the entire family.

We understand that you are going through a difficult time and might have trouble adjusting to the hospital environment.

To help you adjust we included the most frequently asked questions as well as the ward routine. If you have any other questions please feel free to ask any staff member.

## Who will take care of my child?



The nursing staff will do the dressings, give the medication and feeds. Doctors will see your child on a daily basis, sometimes more if your child needs it. The physiotherapists and occupational therapists will exercise with your child if it will help them to move their legs, hands and arms that are burnt.

## How long will my child stay?

The length of your child's hospital stay depends on how your child's wounds heal. Every child is unique and we are unfortunately not able to tell you how long.



## Will my child be in pain?



Burn Wounds are very painful and therefore regular pain relief medication will be given. There are different types of medication we give for pain but the most common is Panado, Brufen, Clonidine and Valeron drops.

## How often are dressings done?

Dressings are usually done daily in the ward. Sometimes children are prescribed different dressings which can stay closed for a few days. Parents are not routinely allowed in the dressing room but if you want to see the wound, you are welcome to ask.



## What is a skin graft and how is it done?

A skin graft is usually done when your child's wound is unable to heal on its own. Skin is taken from an area that is not burnt and placed on the wound that is not healing. The skin is attached to the wound with special staples, the staples are then removed after 3–5 days when the graft has "taken". Your child will be taken to theatre for this operation. Before they go to theatre children are kept nil per mouth for a few hours before the operation. This is done to prevent your child from choking in theatre.

## How can I help?

You can help with feeding, and changing of your child's nappies. Encourage and support your child to eat, drink, do their exercises and drink their medication. Keep cotsides up at all times if you move away from cot.

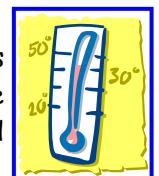
You can comfort your child when he/she is upset. You can help staff during procedures on your child e.g. inserting a drip or drawing blood. To prevent the spread of infection, wash your hands before and after contact with your child.

Do not feed or pick up other children from their cots or beds but if you do, please wash your hands before and after contact with them.

Please note that, although staff members would appreciate your assistance you are not obligated to help.

## Why is the ward temperature so warm?

If the ward temperature drops too low, the children become colder and lose more fluid through their wounds.



To maintain the children's temperature, the ward temperature needs to be at least 30°C. The cubicle doors need to be kept closed in order for the air-conditioning to work properly.