

My Trip to Johns Hopkins All Children's Hospital

A Preparation Guide for Kids Coming Into the Hospital
and Staying Overnight



JOHNS HOPKINS
M E D I C I N E

JOHNS HOPKINS
ALL CHILDREN'S HOSPITAL

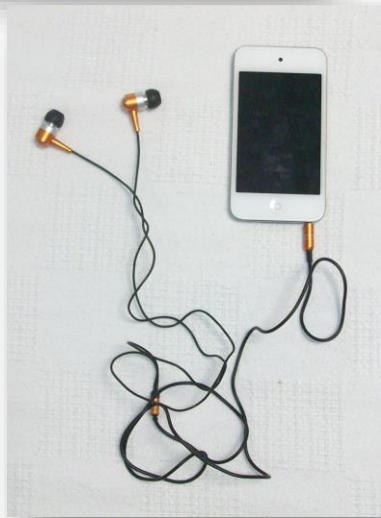




Hi. My name is Mathew, and this is my mom. I'm going to show you what it was like for me to have surgery at Johns Hopkins All Children's Hospital.



When we got inside the hospital, the first thing we did was stop by the front desk inside the lobby. Some people check in at the desk on the 2nd Floor of the OCC instead.



I was allowed to bring my favorite “comfort item” from home with me to my surgery and many of my other favorite items with me to the hospital itself. Some kids bring their favorite blanket, stuffed animal, or even a video game with them to surgery. What 1 “comfort item” would you bring with you to your surgery?



Next, we rode an elevator up to the 2nd floor and went to a room where we had to check-in for my surgery.



My mom and I sat at a desk while a lady from the hospital asked us lots of questions and helped my mom fill out papers about my surgery.



The lady at the desk gave me special bracelets to wear that said my name, birth date, and things I'm allergic to.



While my mom finished filling out more papers and we waited for my name to be called for surgery, I got to play video games in the waiting room!



When my name was called, a nurse took my mom and I back to the “Pre-Op” area, where kids go before surgery.



In the Pre-Op area, I got to have my own room with a TV, a chair for my mom to sit in, and a curtain for a door.



Before I changed into a hospital gown, a nurse took me to a room where she measured my height. She also helped me stand on a scale so she could see how much I weighed.

Once I was settled into my Pre-Op room, my new Pre-Op nurse came to meet me.



First, she checked my ID bracelets. Then, she asked my mom and I lots of questions.



She took my temperature using a special thermometer that she gently ran across my forehead.



She also took my vital signs. She listened to my breathing and heartbeat with a stethoscope.



She checked my blood pressure with an “arm hugger” called a blood pressure cuff.

She checked how much air was in my body with a little Band-Aid that wrapped around my finger and connected to a small computer.





Then I got to meet my Anesthesiologist. That's a big name for a doctor who gives kids medicine to help them sleep during surgery. My Anesthesiologist asked my mom and I lots of questions, and she let me pick out a flavor of sleep medicine for my surgery!





My Anesthesiologist explained that I would get my sleep medicine through the small plastic straw in my hand, called an “IV.” The doctor said some kids have to get an “IV” straw while they are in the hospital to give their bodies vitamins or medicines.



When it was time for my surgery, a nurse pushed my bed out of the Pre-Op area and into a long hallway. I laid back on the bed and my mom walked beside us.



When we got to a big set of doors that lead to the O.R. (surgery area), I gave my mom a hug and said “See ya when I wake up!” Then my nurse rolled my bed through the doors into the O.R. area.



The doctors and nurses in the O.R. area were wearing blue outfits and different kinds of hats that covered their hair. Some of them were wearing masks over their noses and mouths. My nurse said these outfits are super clean and make sure no germs get into the O.R.



Inside the O.R., I saw lots of different machines, some TV screens and computers, and a skinny bed in the middle of the room.



Above the bed, there were two big circle lights hanging from the ceiling. My nurse told me that the lights are very bright and help the doctors see everything they need to during kids' surgeries.

I also saw a big machine beside the O.R. bed that had some computers and wires attached to it. My nurse told me the machine would help my Anesthesiologist give me the special sleep medicine for my surgery.





My nurses wheeled the bed I was laying on right up next to the special surgery bed. Then, they helped me slide across onto the surgery bed. They also gave me a warm blanket to cover up with.



Next, my nurses put some circle stickers (called EKG stickers) on my chest and side. They said the stickers tell the doctor how strong my heart beats during my surgery.



Then my Anesthesiologist gave me the special sleep medicine through my IV. I also got to breathe some fresh air through a soft plastic mask that smelled just like the flavor I got to pick out before my surgery!

I breathed through the mask just like I breathe normally. I started to feel a little tired, and then before I knew it, I was completely asleep!





While I was in surgery, my mom went to check-in at the Family Desk. A lady gave her one of those cool pagers that you sometimes get at restaurants that buzz. The lady said it would buzz to let my mom know exactly when my surgery was over.



There are two places where parents, brothers and sisters, and other family members can wait while kids are having their surgeries. One is a big room with a tv, magazines, and games to play where lots of families can wait together.



There are also some smaller rooms with TVs and magazines where parents can wait by themselves, which is where my mom decided to wait while I was having my surgery.



When my surgery was finished, my nurses brought me out of the O.R. into to the recovery room while I was still sleeping.



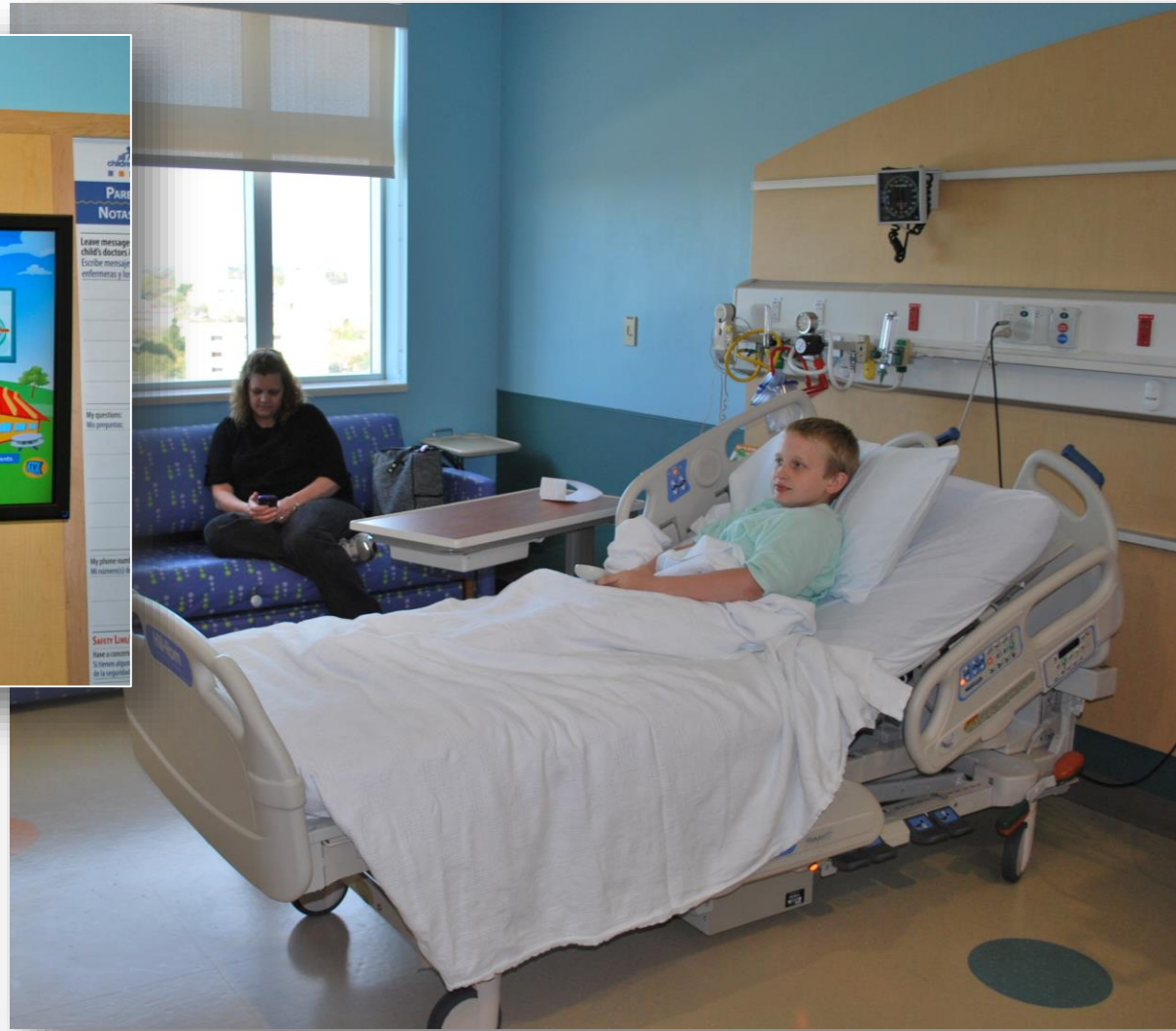
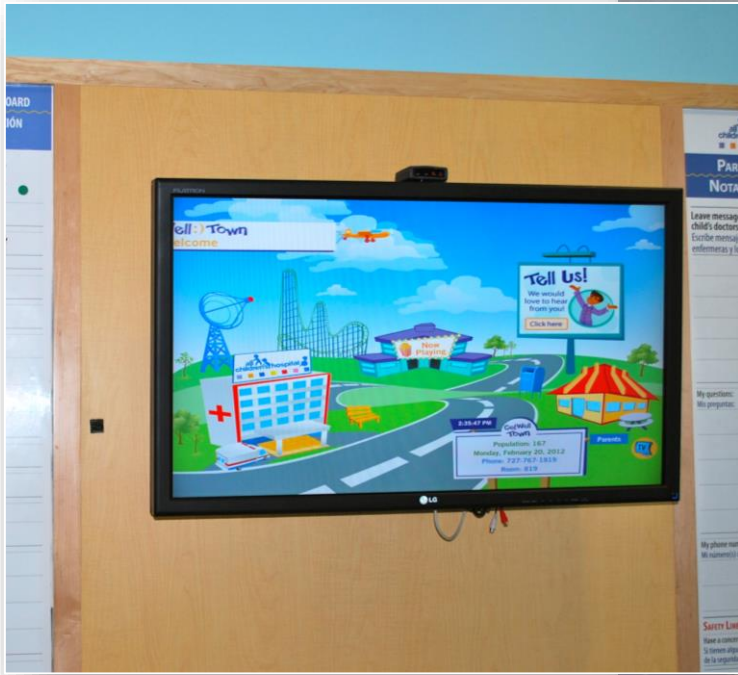
The recovery room, called the PACU, is the place where kids wake up after surgery. While I was waking up, a nurse gave me some fresh air to breathe from a mask laying next to my face. My nurse also checked my vital signs a few times to make sure I was waking up okay.



After I woke up a little more, my mom got to come back to my room to see me. My nurse also gave me a popsicle to eat, but she told me to eat it slowly since my stomach was still waking up from my surgery too!



When I was finishing my popsicle, my nurse told me that it was time to go to a new room in the hospital—the place where I would sleep until my body is healthy enough to go home. She told me I might still feel a little tired and that I should take it kind-of easy for the rest of the day.



My room has 2 TVs with lots of movies. I decided to watch some movies and hang out in my bed for a little bit while I rested. I was happy that my surgery was finally over and proud of myself for being so brave all day!

Questions?
Please call the Child Life
Department at (727) 767-4323.
Thank you!