

# Adolescent Handout

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## Dear teenage patients

Welcome to the Southern Adelaide Local Health Network. We understand that being in hospital can be a stressful time for you, therefore parents and caregivers are welcome to stay with you and assist with your care.

The following is for your information:

## Goals of care – What can we do to help you?

Goals of care is the recognition that caring for you includes caring for your family also. This means respecting your parent's knowledge about you and their right to be involved in decision making and the caring process. We would therefore like to work in partnership with your parents to give you the best care possible. We encourage your parents to be actively involved in your care. Your nurse will introduce himself/herself at the commencement of each shift. If you require any assistance or information please do not hesitate to ask.

## Parent's accommodation

Only one person may stay with you, preferably a parent/caregiver. If that is not possible, then it may be another adult nominated by the parent or a sibling aged over 18 years. Boyfriends/girlfriends are not permitted to stay as a support person for the patient. A fold-up bed with bedding is supplied next to your bed for your parent to sleep in. Parents/caregivers are asked to position their bed on the opposite side of the emergency equipment cupboard. They need to ensure the bed is folded up in the morning and the linen is folded and kept for their reuse.

## Meal times

Please notify the nursing staff if any special diet or snacks are required. The snacks and drinks in the fridge are for patients only.

Breakfast – 8.00 am  
Lunch – 12.00 am  
Tea – 5.00 pm

## Food outlets

- Volunteer Coffee Shop (Level 2)
- Tea Bar – Consulting Clinics (Level 2)
- Theo's Coffee Shop – adjacent the multi level car park
- Hudson's Coffee in Flinders Private Hospitals
- Taylor & Holmes in Flinders Cancer Centre
- Vending machines (All levels)

## Visiting times

We offer 24 hour visiting for parents, caregivers and grandparents.

Other people may visit you between 11 am – 8 pm.

The ward patients' rest period is between 12 noon and 2 pm.

## Television

A television service is available on the Paediatric Unit.

## Diversional Therapy

There is a diversional therapist available on week days. Please let your nurse know if you would like some input.

## Education facilities

There is a school teacher available during school terms who will help with keeping track of your schoolwork.

## Telephones

Mobile telephones can be used providing the person on the phone is not connected to cardiac monitoring equipment and is two metres away from any child connected to medical equipment. There is a telephone next to each bed; however these are for incoming calls only.

## Internet

Please be aware that this is an unrestricted site and the downloading and or viewing of inappropriate material will not be tolerated.

## Security

The unit is locked 24 hours. Access is via 'swipe' cards. Parents may obtain a swipe card for the duration of your stay by leaving a \$10 deposit with the staff and providing photo identification. On discharge this money will be refunded to your parent on returning the card. If your parent does not wish to obtain a swipe card, access (entry and departure) is controlled electronically from the nurses' station via intercom.

## Smoking

From 31 May 2010 smoking was prohibited at all South Australian public health services and SA Health entities including all buildings, structures, outdoor areas and Government vehicles.

## Privacy

Hospital staff are not able to discuss other patients with you, and you are asked to respect the privacy of others.

## Discharge

You will be seen by the medical staff every morning on the ward round. If you are well enough for discharge, medications will be ordered if required. Please allow approximately two hours for these to be brought up to the ward. We encourage parents to take you to your own GP a few days after discharge to check on your recovery.

## Infection control

To help prevent cross infection and maintain your own health whilst in hospital, it is important to wash your hands regularly and thoroughly. Hand wash before and after using the communal facilities (for example telephones, kitchen, parent's lounge and toilets) or whenever hands are dirty. Alcohol-based hand gel is placed in each patient's room and can be used in place of hand washing if your hands are not obviously dirty. Please ask your nurse for any further information you require.

## Hygiene

You are to bring your own toothbrush and toothpaste and pyjamas whilst you are in hospital. Please ask the staff for assistance if you need help with bathing.

## Behaviour

To create a friendly environment for patients, staff and visitors the paediatric unit has a code of behaviour to treat all patients fairly, courteously and with sensitivity. Patients also have a responsibility to be courteous and respectful to other patients and their families, visitors and members of the health care team. No acts of physical violence, intimidation or verbal abuse towards other patients, visitors or staff members will be tolerated.

Out of respect for patients, visitors and staff, we request that everyone be appropriately clothed at all times. For your safety please always wear shoes or slippers.

## For more information

Flinders Womens and Childrens  
Flinders Medical Centre  
Bedford Park  
South Australia 5042  
Telephone: 08 8204 5511  
[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)



This document has been reviewed and endorsed by consumers.