

## First Hospital Admission

Most children with CF will require a hospital admission at some stage. Although it may seem overwhelming, hospital admissions are essential to your child's health and can deliver significant benefits.

### Being Admitted

Your CF team will arrange your admission. The Hospital Bed Manager will contact you when a bed becomes available. Bed allocation is dependent on many things and often out of the control of the CF team. The Bed Manager will let you know what ward your child will be admitted to and what time to attend. You go directly to the ward and speak to the staff at the ward enquiry desk.

The ward nurses will explain the ward layout and how to order your meals. All rooms at Perth Children's Hospital (PCH) are single rooms with an ensuite and a bed for one parent. One of the respiratory or after-hours doctors will come and assess you and admit you to the ward. It is at this time that all your medications will be charted, and your care planned.

### What Happens During an Admission?

Most admissions are planned to treat an infection in the lungs or an exacerbation of CF. An admission is a good opportunity to catch up with the members of the CF team and overview current medications and treatment plans. Admissions usually last two weeks but this varies for each individual and with each admission.

If your child is being admitted for an infection or an exacerbation, they will commence intravenous (IV) antibiotics.



IV access may require a short, general anaesthetic to have a [Peripherally Inserted Central Catheter](#) (PICC) put in, unless your child has an infusaport. Older children (usually over the age of 12yrs) will be encouraged to have the PICC line inserted awake with some sedation, but this is assessed on an individual basis.

During the admission, members of the CF multidisciplinary team will visit. Don't be afraid to ask questions of the team to make sure that you understand what's going on with your child's treatment and the plans for when you are discharged.

Each day in hospital has a fairly set routine. Routine is important so that your child knows what to expect.

A general day includes:

- Breakfast, lunch, dinner and snacks.
- Morning and afternoon physiotherapy.
- Lung function tests on Mondays and Thursdays.

- IV and oral medications which will be given at set times during the day.
- [Schoolwork](#) Monday to Friday.

You and your child may have opportunities to leave the hospital in between treatments. Please discuss this with the Respiratory Consultant and the Ward Coordinator so that your child's treatment can be planned accordingly.

CFWA can provide a Hospital Care Pack to inpatients with food and activities for your child. Please contact CFWA if you would like to catch up with our team during your hospital stay.

## Dealing with Anxiety and Stress

It is normal to feel anxious about your child's first admission. Preparing for the admission and understanding what is likely to happen can help prepare your child and minimise everyone's anxiety. For some parents, the first admission may cause significant upset or stress. If this is the case, please contact a member of the CF team so that some assistance can be organised.

If your child is experiencing anxiety or stress around hospital admission, you can access the [KKIND](#) service at PCH which aims to minimise trauma, anxiety and distress caused by illness, injury and being in hospital.

## What to Bring to Hospital?

- Equipment that you use at home e.g. physio/airway clearance equipment, nebuliser, as well as any props you use - iPad, timer, abacus.
- Any favourite toys, teddies or comfort items that may help your child settle in and feel comfortable and safe.
- Games, craft and other fun activities to help pass the time.
- Toiletries.
- Comfortable clothes and pyjamas including exercise shoes and clothing for physio.

Any electrical equipment brought into hospital will need to be tested by the PCH electrical department for safety reasons.

## Regional Families

If you live more than 100kms from PCH, parents/carers can apply to stay at [Ronald McDonald House](#) (RMH) for the duration of your child's admission. RMH accommodation is free and is located directly opposite PCH.

You can also apply for the [Patient Assisted Travel Scheme](#) (PATS) which provides assistance towards travel expenses and accommodation where eligible. CFWA also offer a [Telethon Regional Travel Subsidy](#).

## Useful Resources

- [Coming to Stay in Hospital \(PCH\)](#)
- [Your Guide to PHC \(PCH\)](#)
- [My First Admission Videos Series \(CFWA\)](#)
- [Hospital Support \(CFWA\)](#)

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[www.cfwa.org.au](http://www.cfwa.org.au)

Cystic Fibrosis WA  
The Niche  
11 Aberdare Road  
Nedlands WA 6009

T: 08 6224 4100  
E: [info@cfwa.org.au](mailto:info@cfwa.org.au)

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