

## First Hospital Admission

Some children with CF may require a hospital admission, most commonly to treat an infection in the lungs, also known as a CF exacerbation. Although an exacerbation may seem overwhelming, hospital admissions can help your child recover more quickly.

### Being admitted

Your CF team will arrange your admission. When a hospital bed is available, the hospital Clinical Nurse Manager will call you to let you know what time and where to go when you arrive. Please keep your mobile near you at all times so you know as soon as a bed is available.

When you are admitted, the ward nurses will explain the ward layout and tell you all the things you need to know about your admission, including 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.

### What happens during an admission?

An admission is a good opportunity to catch up with your CF team and fine tune current medications and treatment plans. Admissions usually last two weeks but this varies for each individual and with each admission. Hospital in the Home (HiTH) is also available for eligible families.

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.
- Medications which will be given at set times during the day, and may include oral, nebulised and intravenous medications.
- Schoolwork Monday to Friday for school aged children.

You and your child may have opportunities to leave the hospital in between treatments. Please discuss this with the team so that your child's treatment can be planned accordingly. The CF nurses will provide you with a small pack from CFWA with some snacks for your child.

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

## Preparing for an admission

Preparing for an admission and understanding what is likely to happen can help prepare your child and minimise everyone's anxiety.

- **Talk to your child:** Reassure them that you will be with them during their admission. This includes if they have to undergo a general anaesthetic – you can stay with them when they are put to sleep and be there when they wake up in recovery.
- **Hospital play:** Incorporate activities into your playtime at home like going to hospital, bandaging a teddy, listening to teddy's lungs and taking medicine.
- **Tell your child's school, day care or kindergarten about their upcoming stay in hospital:** They may be able to help prepare your child, provide schoolwork and stay in touch if your child has a longer stay.

If your child is experiencing anxiety or stress around hospital admission, you can access the [KKIND service at PCH](#). The KKIND team aims to help minimise anxiety and distress in children and their families related to illness, injury or hospitalisation. For some parents, the thought of an admission may be quite stressful. If this is the case, please contact a member of the CF team so that some assistance can be organised. You can also reach out to CFWA.

## What to bring to hospital

- Current medications
- Physiotherapy equipment including all nebuliser pots
- Nebuliser units if they are due for servicing
- Any favourite toys, teddies or comfort items that may help your child settle in and feel comfortable and safe
- Games, craft, electronics and other activities to help pass the time
- Toiletries
- Nappies, bottles, formula if required
- School work provided by your child's school
- Comfortable clothes and pyjamas including exercise shoes and clothing for physio
- Drink bottle

## What parents should bring

- Comfortable clothing
- Personal items e.g. toiletries, pyjamas etc.
- Medicare card and private insurance details
- Books and devices for entertainment
- Phone charger
- Electrical equipment brought into hospital may need to be tested by the PCH electrical department for safety reasons.

## Regional families

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

## Useful resources

[Coming to stay in hospital](#) (PCH)

[Your guide to PCH](#) (PCH)

[Hospital support](#) (CFWA)