

# Welcome to the Cardiothoracic Unit at GOSH

A young girl with blonde hair in pigtails, wearing a teal nurse's cap and matching scrubs, is sitting on the floor. She is holding a large, light brown teddy bear and using a white stethoscope to examine its chest. The background is plain white.

Information for families

Great Ormond Street Hospital for Children  
NHS Foundation Trust

**This leaflet explains about the Cardiothoracic Unit at Great Ormond Street Hospital (GOSH) and what to expect during your child's admission and stay with us. If you have any questions before, during or after your child's stay, please contact us on one of the numbers at the end of this leaflet.**

**Our aim is to develop a close and supportive partnership with parents and their children to ensure a positive experience for both the families/carers and ourselves. We recognise that the hospital environment can prove to be demanding, worrying and intense and we aim to alleviate some of the stress to families by talking openly, listening to each other and working together in the best interests of the child. This way we hope to create a partnership with families that is built on mutual respect and trust.**

## **Contents**

How to get to GOSH _____	3
About the Cardiothoracic Unit _____	5
Meet the Cardiothoracic Team _____	5
Before you come to GOSH _____	7
Facilities for parents _____	10
Important information _____	11
Getting ready to go home _____	13
Checklist for getting ready for a hospital stay _____	14
Useful numbers _____	14
Further information and support _____	14

## How to get to GOSH

Great Ormond Street Hospital (GOSH) is in the centre of London, close to the West End and City of London. Where possible, we advise families to use public transport to the hospital. We are close to several mainline and underground stations and local bus routes.

### Public transport

Euston, King's Cross and St Pancras are the nearest mainline stations, all about 15 minutes' walk from the hospital. If you are coming to one of the other mainline stations, you can continue your journey to GOSH by tube or bus. The two nearest underground stations to GOSH are Russell Square (on the Piccadilly line) and Holborn (on the Central and Piccadilly lines). Neither station has disabled access, as they have steps leading to the platforms.

The nearest underground stations with disabled access are King's Cross (on the Piccadilly, Northern, Victoria, Circle, Metropolitan and Hammersmith and City lines) and Euston (on the Northern and Victoria lines).

Various buses come within 15 minutes' walk of the hospital including route numbers 7, 8, 17,

19, 25, 38, 45, 46, 55, 59, 68, 91, 168, 188, 242, 243 and 521. For more information about travelling to GOSH on public transport, contact National Rail Enquiries on 0845 48 49 50 or [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or Transport for London on 020 7222 1234 or [www.tfl.gov.uk](http://www.tfl.gov.uk).

If you receive certain benefits, you can claim travel expenses for public transport for admission, discharge and outpatient appointments for the patient and one adult. You will need to show recent proof of receiving benefits and your tickets at the Transport Office when you claim, which must be within three months of your child's appointment or admission. If you want to know more about fare reimbursement, please contact the Transport Office on 020 7829 8618.

## Coming by car

If you do have to come to GOSH by car, please remember that parking is very limited and generally on a 'pay and display' basis at a meter or in a car park. Details of local car parks are on the local area map on page 3 of this booklet. In some circumstances, you can get a parking permit for a few hours by showing your appointment or admission letter at the main reception desk of the hospital. The parking permit will only allow you to park on a single yellow line in Guilford Street. Parking elsewhere, even if you have your permit on display, will lead to a parking ticket as traffic wardens patrol the area regularly.

If you have a blue (disabled) badge, parking is still quite hard to come by, but you can park in the immediate area of the hospital in resident parking bays, parking meter bays and 'pay and display' zones without a time limit. You can also park on a single yellow line but only for three hours.

Remember to make sure your blue badge is clearly displayed on the dashboard of your car.

If you come to GOSH by car, you will have to pay a charge to drive within the central London Congestion Charging zone 7am – 6pm on weekdays (excluding bank and public holidays). There are a number of exemptions and discounts for certain vehicles or vehicle users, for instance blue badge holders who have registered with Transport for London. You should pay the Congestion Charge or register for a discount before you travel by visiting the website [www.cclondon.com](http://www.cclondon.com) or ringing 0845 900 1234. You can also use the free phone near the main reception desk. You can pay the Congestion Charge in person at selected shops and petrol stations within the zone. Use Shop Locator at [www.cclondon.com](http://www.cclondon.com) to find your nearest shop.

The hospital can reimburse your congestion charge if your child is eligible. We are only allowed to reimburse you if your child has a weakened immune system, needs regular assessment or treatment or repeated operations and has been clinically assessed as too ill, too weak or too disabled to use public transport. If you are eligible for reimbursement, please bring your receipt and car registration, along with details of when you travelled, to the main reception desk. Please note that we need a printed receipt for reimbursement to ensure that the hospital is in turn reimbursed by Transport for London.

## Hospital transport

Transport to and from GOSH in an ambulance or ambulance car is only available for children who have a medical reason for it. This will be assessed by clinical staff before hospital transport is provided. Please ask your family doctor (GP) to arrange transport to GOSH if your child requires it to attend an outpatient appointment. If your child is coming for an inpatient stay, our staff will organise this. We cannot accept bookings from anyone else.

## About the Cardiothoracic Unit

The Cardiothoracic Unit at GOSH consists of three separate areas:

- **Walrus Ward – Day Care Ward**
- **Bear Ward – Inpatient Ward**
- **Cardiac Intensive Care Unit (CICU) on Flamingo Ward**

Information about each ward follows.

All these wards are located in the Morgan Stanley Clinical Building (MSCB). To reach them, you need to walk through main reception towards the Variety Club Building. Take the lifts just past the main reception area to the level required - Level 1 for Walrus, Level 4 for the Cardiac Intensive Care Unit or Level 6 for Bear Ward. Come out of the lift and turn right onto the main corridor. Go through the double doors and follow the signs to ward reception.

### Walrus Ward

Walrus Ward is the day care ward in the Cardiothoracic Unit and is located on level 1 of the Morgan Stanley Clinical Building (MSCB). It is open from Monday to Friday from 7.30am to 6.30pm. Children come to Walrus Ward before their operation or procedure. Afterwards, they either return to Walrus Ward before going home the same day or are transferred to another ward within the Cardiothoracic

Unit. Within the ward is the Walrus Clinical Investigation Centre, where your child may have an electrocardiogram (ECG), echocardiogram (ECHO), exercise testing and/or lung function test. Walrus Ward is also where children attend for pre-admission assessments and some routine check up appointments.

## Bear Ward

Bear Ward is the inpatient ward in the Cardiothoracic Unit and is located on level 6 of the Morgan Stanley Clinical Building (MSCB). Children with a variety of cardiothoracic conditions stay on Bear Ward – some after surgery and others who need assessment and non-surgical treatment.

There are 24 beds on Bear Ward, eight of which are high dependency beds for children who need closer monitoring. The high dependency beds are in two four-bedded cubicles but the other beds are in single rooms with their own en-suite bathroom and space for one parent to stay.



## Cardiac Intensive Care Unit (CICU) on Flamingo Ward

The Cardiac Intensive Care Unit (CICU) cares for children with heart or lung problems who are so sick that they need machines and medicines to support their recovery. CICU is where children who have had major heart, lung or airway surgery are nursed as they need close observation and monitoring immediately after an operation.

CICU has 21 beds in total – three four-bedded bays, two double cubicles and five single cubicles. Three of the single cubicles are isolation rooms – for children who either have an infection or need to be protected from infection.



## Meet the Cardiothoracic Team

The Cardiothoracic Unit comprises many different teams of nurses, doctors and other healthcare professionals.



### Nurses

**Staff nurses** will look after your child on the ward.

**Theatre nurses** are specially trained nurses who assist the surgeons in the operating theatre.

**Ward Sisters** (called Charge Nurse if a man) are in charge of the nurses working in the ward.

**Practice Educators** are very experienced nurses who help support and train the other staff on the ward.

**Clinical Cardiac Fetal Nurse Specialist:** you will be referred to see our fetal nurse specialist

if your baby's heart condition is diagnosed during pregnancy. They will talk through your baby's transfer to GOSH and the treatment they may need.

### Nurse Practitioners and Advanced Nurse Practitioners

will help lead and coordinate your child's care during their stay. Some also run outpatient clinics and will be available for help and support once you return home.

### Clinical Cardiac Nurse Specialists

see children with very specialist heart and lung problems or those who have had very specialist surgery. They will be able to offer you advice and support during your stay and when you get home.

The **Clinical Cardiac Nurse Specialist in Adolescent Care and Transition** helps our teenage patients to start becoming more independent and knowledgeable about their heart or lung condition before moving on to adult services.



## Doctors

**Anaesthetist:** this is the doctor who will give your child the anaesthetic (medicine to help keep them asleep during their operation)

**Cardiologist:** every child in the cardiac unit has a cardiologist, also sometimes called a consultant cardiologist. This is the doctor to whom they were originally referred or who has seen them in the cardiac clinic. This person usually makes the diagnosis and will see your child in the outpatients department and do any test or other procedures (such as cardiac catheterisation and echocardiograms) that your child may need. The cardiologist will not perform heart surgery. If your child needs an operation, this will be done by a cardiothoracic surgeon and their team. The cardiologist has a number of staff (doctors called senior house officers and registrars) working for them who will share your child's care on a daily basis.



### **Cardiothoracic surgeon:**

sometimes referred to as consultant surgeon, they are in charge of any surgery that your child might need. They work closely with the consultant cardiologist and the rest of their team. The surgeon and their team will be closely involved in monitoring your child's care after surgery until the time of discharge. After discharge, your child's follow-up will be undertaken by the cardiologist.

**Intensivist:** also called a consultant intensivist, this is the doctor who will look after your child while they are in the intensive care unit. They too have a team of doctors working with them.

## Other members of staff you may meet

- **Chaplain:** representatives of many religions visit the hospital. If you wish to see one of them, please ask the ward sister or charge nurse to arrange it.
- **Dietitian:** they will advise about special food or diet.
- **Perfusionist:** a technician who looks after the heart/lung by-pass machine used during some operations.
- **Pharmacist:** the person who makes up and dispenses the medicine your child will need.
- **Physiotherapist:** this person will teach your child to breathe properly after an operation and help them return to normal movement.
- **Play specialist:** This person is there to help entertain your child and help them understand, through play, about their illness and its treatment
- **Radiographer:** this is the person who will take x-ray pictures of your child's chest while they are in hospital.
- **Social worker:** this person will help you solve problems, social or financial, that you might have because your child is in hospital.
- **Ward administrative assistant:** this is the person who answers the telephone and helps other staff with much of the paperwork.

## Before you come to GOSH

We appreciate that coming into hospital is a disruption to your normal family life. To minimise this disruption, we suggest following this step by step guide to what to arrange for you and your child before coming into hospital.

### Planning your journey to and from GOSH

- Think about transport to the hospital and home again – remember that in most cases, we cannot provide hospital transport to and from GOSH.
- As GOSH is in central London, work out your route to and from the hospital, either by public transport or car and leave plenty of extra time for hold ups and traffic jams.

### Pain relief at home

- When your child is discharged, they may still be experiencing pain or discomfort so make sure you have some pain relief medicine at home. We can advise you on suitable types to buy.

### Medicines

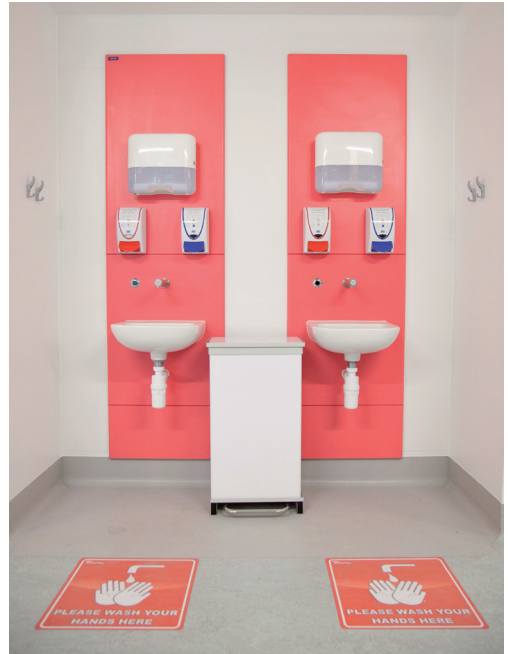
- Your child may need to continue taking the same medicines when they return home. Make sure that you have enough and order any repeat prescriptions in plenty of time.

### Preventing the spread of infection

- If you or your child are showing any signs of infection, such as diarrhoea or vomiting in the days leading up to your child's admission, please telephone Walrus Ward before you start your journey to GOSH. They will assess if your child is well enough to go ahead with the admission or not.
- An important part of our daily routine is to keep ourselves clean – this is a major part of preventing infection – your skin is the physical barrier that keeps out germs and bugs.
- Almost all operations involve breaking the skin in some way – either through an incision (cut),

through a cannula (thin plastic tube) placed into a blood vessel, or by having a tube in the mouth (to help with breathing during their operation). All of these give germs a route inside the body.

- If the skin around them is dirty, the germs are more likely to travel through the cannula or cut or tube. Having a thorough wash before an operation can reduce this risk. Your child should wash every part of their body thoroughly. The diagram opposite shows the areas to concentrate on particularly and the reasons why.
- Everyone coming into contact with your child, like doctors, nurses, members of staff and yourself should wash their hands thoroughly before and after they touch your child. You can help by asking members of staff coming into contact with your child whether they have washed their hands. You should also ask your visitors to wash their hands, and make sure your hands are



clean too. Remember that hand washing facilities are available at the entrance to the ward. Alcohol gel is also available to use afterwards.

- Visitors with colds, coughs or other infectious diseases should check with the ward first, and should not visit until they are well.



## Telling people about your child's admission

- There are various people you should tell about your child's admission, the most important being your child. If you are unsure how to prepare them for a hospital stay, please visit our website or talk to us beforehand.
- If you want to tell your friends and family about your child's admission, nominate one or two people who will pass on updates about your child's condition so you can avoid having to repeat the same news to lots of people.
- You can use your mobile phone inside the hospital but only within designated mobile phone friendly zones. Using your mobile elsewhere could cause interference with our medical equipment. Please be considerate when using your mobile phone, switching it off during consultations and keeping the noise down when children are sleeping nearby.
- Ensure that you tell your child's nursery or school about their admission as well as members of their healthcare team, such as your family doctor (GP), health visitor, social worker or school nurse. Remember that we cannot pass on information about your child to anyone but you, but we can provide them with copies of letters if you give permission.
- Many parents need to take some time off from work while their child is in hospital. If you need any help or advice about talking to your employers, please contact one of our Family Support Workers who will be able to help.

## Information to bring with you

- Whether this is your first visit to GOSH or your fifth please check that we have your up to date contact details including all telephone numbers (mobile and landline). We also need you to check that we have your correct family doctor (GP) details.
- Please bring your child's 'red book' with you – this contains vital information about your child regarding their growth, development and immunisations.
- You may also have a 'my heart' folder containing information about your child's heart and the treatment they have received up to now. Please bring this to all appointments and admissions.

## What else to pack for your child

- Clean sleep wear and slippers – plus cotton socks and mittens for babies
- Toiletries and wash things – shampoo, liquid soap, toothbrush and toothpaste, hairbrush
- Any bottles, teats or drinking beakers your child prefers
- A favourite toy or comforter – please label it with your child's name
- If you are breastfeeding, you will need to take any expressed breast milk (EBM) home with you when your child leaves GOSH. Unfortunately, we cannot provide cool bags so please bring a small one with you.

## Facilities for parents

### Accommodation

GOSH guarantees accommodation for one parent only when the child is an inpatient. This could be on the ward or provided elsewhere by the Family Accommodation department if the ward is unable to assist. If the patient is in an Intensive Care Unit or High Dependency Unit, both parents are accommodated.

The Mother's Unit and the Heart Transplant flats are the only accommodation where families will have to share. The service is free and all bed linen is provided but you will need to pay a refundable deposit.

The Patient Hotel provides accommodation for a child and their parents/carers prior to admission, or following discharge of the child as a patient of GOSH. The Patient Hotel provides accommodation on a room only basis and is self catering. Priority is given to those families who live outside of London.

Accommodation in our 'care by parent' flats is also provided for patients who require on-going treatment but do not necessarily need to stay on a ward, for example dialysis and transplant patients.

The Family Accommodation Department can also provide you with a list of hotels in the local area.

You can contact Family Accommodation on 020 7813 8151 or 020 7829 7871. Alternatively you can email [accommodation@gosh.nhs.uk](mailto:accommodation@gosh.nhs.uk) with your query.



## Food at GOSH

Bear Ward and CICU on Flamingo Ward each have a parents' sitting room and facilities to make drinks and snacks.

The Lagoon Restaurant is on Level 2 (Ground Floor) and serves a wide range of snacks and hot meals.

Remember – if your baby is under three months old and you are breastfeeding, you will be given food vouchers to use during your stay. Please ask your nurse to arrange this.



## **Psychosocial services**

The teams aim to help you and your child cope with the practical and emotional demands of your child's illness and the stresses involved in hospital treatment. Most teams include a social worker, a clinical psychologist, a play specialist, a teacher and a family support worker. Team members are highly trained professionals with expertise in caring for children and families in a hospital setting. If you think you or your child would benefit from extra support from the psychosocial team, please contact them before your child's admission or ask your ward nurse to book an appointment for you.

## **Training and education for parents**

Before your child goes home, we will teach you how to give medicines to your child, how to monitor them for signs of infection and becoming unwell. You will also have the opportunity to learn essential life skills, such as basic life support, during your stay although this is not required for all families.

## **Patient Advice and Liaison Service (Pals)**

The Pals Office is in the main reception area. Pals are available Monday to Friday 9am-5pm and on Saturdays 10am -12.30pm. The Pals staff are able to help you with any concerns that you might have about your child's care or other difficulties you have during your stay at the hospital.

Pals can also access help for benefit and financial issues and other problems not immediately related to your child's health care. Pals are also happy to sit and listen if you feel the need to talk to someone in more general terms about what you and your child are currently going through. Pals operate an 'open door' policy so feel free to drop in, Pals are also happy to visit you on the ward if you do not feel able to leave your child.

Ring them on 020 7829 7862 or internal extension 7862, email them at [pals@gosh.nhs.uk](mailto:pals@gosh.nhs.uk) or visit their web page at [www.gosh.nhs.uk/pals](http://www.gosh.nhs.uk/pals)

## **Launderette**

Launderette facilities for families are available in the hospital. Please see the map in main reception. You will need to supply your own washing powder but the machines are free to use. There are other launderettes in the area where you can leave a service wash or organise dry cleaning.

## **Pharmacy**

The Pharmacy is where you can pick up any medicines prescribed for your child during an outpatient appointment. Medicines for inpatients are delivered to the ward. If you have any questions about your child's medicines, please discuss them with the ward or dispensary pharmacists. Please note that for some medicines, it is now a legal requirement that you provide proof of identification before being given the medicine. For other medicines and supplies, there are several community pharmacies in the local area.

## **Cash point**

There is a cash point in the main entrance to the hospital, which accepts most types of bankcards and does not charge a fee. There are plenty of other cash points in the local area. Please ask at the Pals Office for directions.

## **Suggestions and complaints**

We are always trying to improve our services for patients and their families. If you have any suggestions or complaints about the ward or hospital, please let us know about them. First speak to the ward staff or your child's consultant if there is a problem with your child's treatment. If you feel your problem has not been resolved, you can call in at the Pals Office to discuss the matter further.

Comment or compliment cards are on display around the hospital. All comments or responses remain anonymous unless you want us to contact you to discuss things further.

## Important information

GOSH is a very busy place and we all need to follow some guidelines to keep everyone safe and secure.

### Security and fire

All members of staff should wear an identity badge at all times. If someone is not wearing an identity badge approaches you or your child at any time, please check with a member of staff. If you are at all worried, please call security on extension 5999. Our security guards are on duty in the hospital 24 hours a day, seven days a week. They are here to protect all our staff, patients and visitors and do regular patrols of all the buildings and grounds. Remember if you see anything out of the ordinary, ask a member of staff to contact security.

There is a safe in every room for you to store any valuables. However, we cannot accept responsibility for the loss of or damage to any personal belongings.

We have a very sensitive fire alarm at GOSH, which you may hear during your visit. If you are on a ward and hear a continuous fire alarm sound, please remain calm and follow

instructions from the nurse in charge. If you are elsewhere in the hospital, please follow instructions from the fire team and security guards. If you feel you have to return to your child's ward, please do so calmly, avoid using the lifts and follow instructions from the nurse in charge.

Smoking is not allowed anywhere on GOSH property, which includes inside any of the buildings or areas nearby such as entrances. Please go elsewhere to smoke and give our patients a healthier environment.

### Visiting

Parents and carers are welcome at all times, as are brothers and sisters. Friends and other relatives should visit between 10am and 8pm.

Visitors with colds, coughs or other infectious diseases should check with the ward first, and should not visit until they are well. Some wards may have restrictions on the number of visitors and visiting times, so please check with the ward first.



## Respect and responsibility

We know that there may be times when families are frustrated, angry or upset, and we will help you find the right member of staff to discuss any concerns you have about your child's care.

We will not tolerate any kind of threatening behaviour – verbal, physical or psychological – to patients, families or staff and we

have a policy to ensure that this is dealt with appropriately. This involves asking the person to come to an agreement about the behaviour we expect from them. In rare circumstances where this agreement is not kept, we can and will remove the person from the hospital.

Although this is a children's hospital, you will still be responsible for the behaviour of your child and the safety and behaviour of any brothers or sisters coming to visit. Please arrange supervision of brothers and sisters at all times.

## Personal information

Your doctor and the team of healthcare professionals caring for your child keep records about the health of your child, any treatment and care received and your family background. This helps us care for your child now and in the future.

When your child first becomes a patient at GOSH, we will send you some forms to complete. We need you to fill them in as completely as you can. On the form, you will be asked to provide your child's NHS

number. This is a 10 digit number assigned to your child at birth. This number helps identify your child and should be included in letters from your family doctor (GP).

Once your child is registered as a patient of GOSH, we will regularly ask you to check the information we hold about your child. Having incomplete or incorrect details about you and your child can cause problems if we need to contact you urgently about an appointment or admission.

We assume you are happy for our clinical teams to use your child's information when you let us look after him or her. The leaflet Information held about your child can be found at the Pals Office and details how your child's information will be used. You have the right to stop us from using your child's information in ways you do not feel happy about, so please let us know if you have concerns. You also have the right to see the information that we hold about your child, so please tell us if you want to and we can make it available for you.

## Teaching and research

GOSH is a teaching hospital so we may ask if you mind doctors, nurses and other professionals in training being present when your child is being treated. They may also help care for your child although always under supervision from a trained member of staff. If you are unhappy about this, please talk to the department or ward manager. It will not affect your child's care in any way.

We work closely with our research partner, the University College London (UCL) Institute of Child Health, searching for treatment and cures for childhood diseases and conditions. We may ask you to take part in some research while you are at GOSH but you do not have to say yes. The researcher will give you an information sheet about the research project before you decide, and answer any questions you have fully. Remember, all research carried out at GOSH has been approved by an independent research ethics committee.

As part of your child's treatment, we may take samples of blood, body fluids or tissue. We will always discuss this with you in advance. If there is any sample left, the GOSH laboratories may keep it to help them improve their service. Sometimes staff will ask if part of a sample or occasionally an extra sample can be used for research. This will only be done with your consent. Staff will be happy to answer any questions.

### **Press and publicity**

GOSH is often in the news and there are often film crews and photographers working in the hospital. Remember that we only allow reputable organisations that will benefit our work to film or photograph within the hospital and they need our permission to do so. You will be asked to consent to any filming or photography of your child. It is entirely up to you and your child whether you take part. If you have any questions or concerns, please ask to speak to a press officer.

### **Getting ready to go home**

Your child's doctors and nurse specialists will stay in contact with you throughout your child's stay. They will see your child daily and evaluate whether they are ready to be discharged home. Sometimes, they will be able to give you a discharge date in advance but this is not always possible.

When your child is ready for discharge, we will ask you to move from your child's bed space to the discharge lounge by 12 midday. Your child will still be able to have lunch and refreshments as required until you have all your discharge information and are ready to go home. We will also give you a booklet called *Leaving hospital after your heart operation*. Unfortunately the hospital is unable to provide transport to take your child home, but if you require help to travel home please speak with one of the nursing staff or family support workers.

Parking permits are available from the front desk for the day of discharge if you wish to drive to the hospital to pick your child up.

If your child requires a car seat, please bring this with you as the hospital is unable to supply these.

## Further information and support

Visit our website at [www.gosh.nhs.uk](http://www.gosh.nhs.uk) for details about the hospital, our facilities, as well as information on medical conditions and treatments.

The British Heart Foundation provides support and information about all kinds of heart problems affecting people of all ages. Visit their website at [www.bhf.org.uk/](http://www.bhf.org.uk/) with specific sections for children and young people or telephone their heart helpline on 0300 330 3311.

The Children's Heart Federation is the leading children's heart charity and the umbrella body for voluntary organisations working to meet the needs of children and young people with congenital and acquired heart conditions and their families. Visit their website at [www.childrens-heart-fed.org.uk](http://www.childrens-heart-fed.org.uk) or telephone their free information line on 0808 808 5000.



## Checklist for getting ready for a hospital stay

- Has your child has diarrhoea and vomiting in the 48 hours before admission? *If yes, please call Walrus Ward to discuss your child's admission before you start your journey.*
  - Do I need an interpreter? *If yes, please call Walrus Ward to discuss your needs at least 48 hours before admission.*
  - Does your child know and understand that they are going to hospital?
  - Do you know how you will be travelling to GOSH?
  - Do you know how you will be travelling home again after discharge?
  - Do you have your current family doctor (GP) details with you?
  - Do you have your child's 'red book' with you?
  - Do you have your child's 'my heart' folder with you?
  - Do you have clean sleep wear and slippers (or cotton mittens and socks for babies) packed?
  - Do you have toiletries and wash things for your child packed?
  - Do you have your child's favourite toy or comforter packed?
  - Do you have enough pain relief for your child ready at home?
  - Has your child had a bath and hair wash the night before admission?
- Have you told the following people about your child's admission:
- School, play group or nursery
  - Family doctor (GP), health visitor or school nurse and social worker

## Notes

## Notes

## Useful numbers

GOSH switchboard – 020 7405 9200

Cardiac Booking Office – 020 7829 7891

Walrus Ward – 020 7813 8347

Bear Ward – 020 7829 8829

CICU on Flamingo Ward – 020 7829 8652 or 020 7829 8828

Cardiac Nurse Practitioners – ext 5774

Cardiac Dietitian – bleep via GOSH switchboard

Cardiac Social Worker – bleep via GOSH switchboard

© GOSH NHS Foundation Trust December 2014

Ref: 2014F1335

Compiled by staff in the Cardiothoracic Unit  
in collaboration with the Child and Family Information Group  
Photography: UCL Medical Illustration unless otherwise stated

Great Ormond Street Hospital for Children NHS Foundation Trust  
Great Ormond Street  
London WC1N 3JH

[www.gosh.nhs.uk](http://www.gosh.nhs.uk)