

# Having Heart Surgery at Randall Children's Hospital

Child Life Program

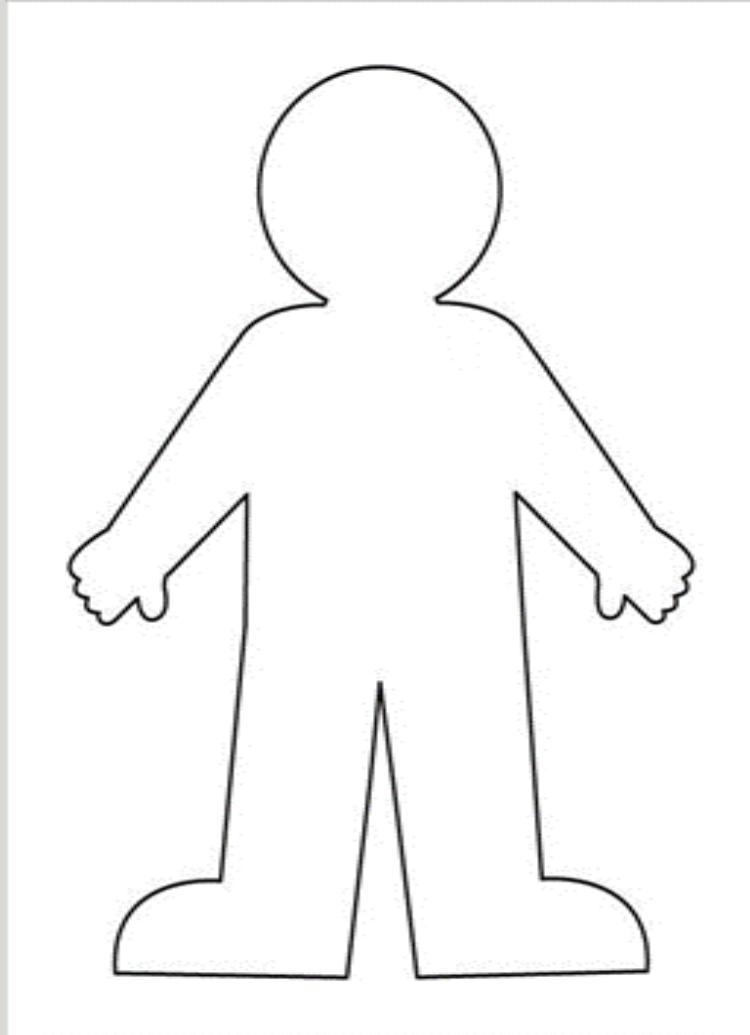
Welcome to Randall Children's Hospital!

You are coming to have surgery to help  
your heart.

It's OK to be a little worried or nervous.

Everyone at the hospital is here to help  
you and answer questions you may have.





When you come to the hospital, you can bring a special toy, stuffed animal, or blanket with you. What do you want to bring?

Where on your body are you having surgery? Draw on the picture here.

When you come to the hospital, you will walk through an extra doorway.

Helpers at the door make sure everyone at the hospital is safe.

Next you will check in at the front desk.



You will get a hospital bracelet at the front desk, then a staff member will walk with you to the elevator.

You will all go to the Lower Level where Children's Day Surgery is located.



This is the room where you will wait before surgery. It has a bed, a TV and chairs for your grown-ups to sit in.



In this room your nurse will:

- Measure your blood pressure (arm squeeze)
- Listen to your heart with a stethoscope
- Test your oxygen with a pulse oximeter (red light sticker for your finger)
- Give you hospital pajamas to change into
- Give you pink medicine to drink in a cup or a syringe

This is the scale where the nurse will see how tall you are and how much you weigh.



This is the desk where the nurses sit. Can you find the dinosaurs on their desk?



Before surgery, you will have a test called an EKG. EKG stands for Electrocardiogram.

- The hospital staff will put stickers on your chest, arms and legs.
- The stickers may feel sticky and cold, but they don't hurt.
- The stickers will be connected to a machine that tells the doctors how your heart is beating.
- It is important for you to hold still during this test. It only lasts a minute or two.



When it is time for your surgery, you will go for a ride on your bed down a long hallway. You can bring your stuffed animal or special blanket with you.



This is the room you will go to for your surgery. The nurses and doctors will be wearing masks and blue clothes called scrubs.



When it's time for your surgery, you will get a medicine called anesthesia. Sometime people call this "sleep medicine." This medicine will make you stay asleep during surgery. A doctor called an anesthesiologist (sleep doctor) will give you this medicine.



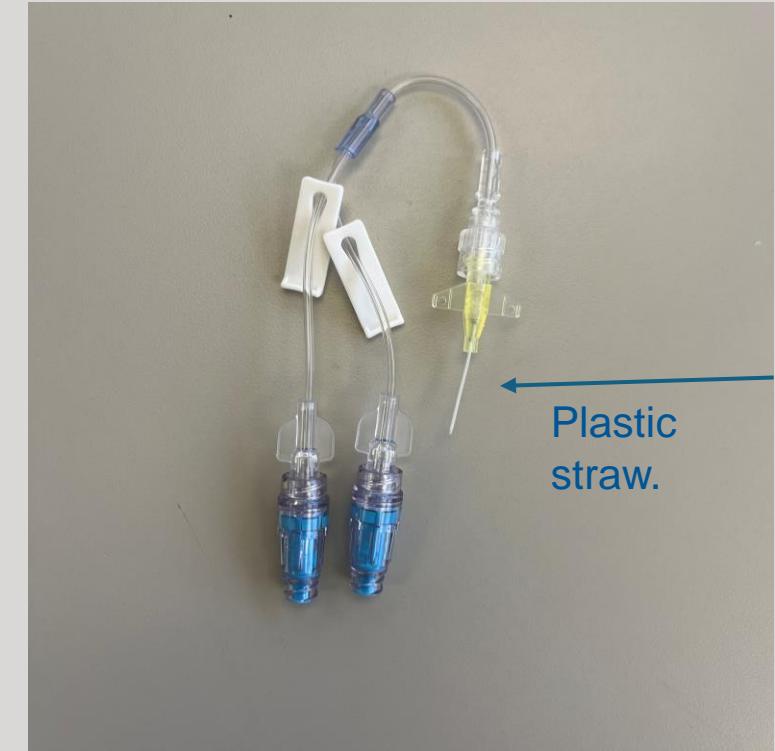
While the anesthesiologist is giving you anesthesia, you don't feel anything, hear anything or see anything. You will get this medicine the whole time the doctor is fixing your heart.

When your surgery is over, the anesthesiologist will stop giving you the medicine, and you will slowly wake up.

Sometimes, kids breathe this medicine through a mask. If you want, you can choose a scent (like watermelon or bubble gum) to put in your mask.



Some kids get anesthesia through a tiny tube called an IV. IV is a short name for intravenous catheter. The tiny tube sits in your vein. Doctors and nurses can give you medicine or fluids through your IV. The tape helps the IV stay still.



Plastic straw.

While you are having surgery, your grownups will be waiting in a room outside of the Pediatric Intensive Care Unit (PICU). During surgery, a staff member will let them know how you are doing.

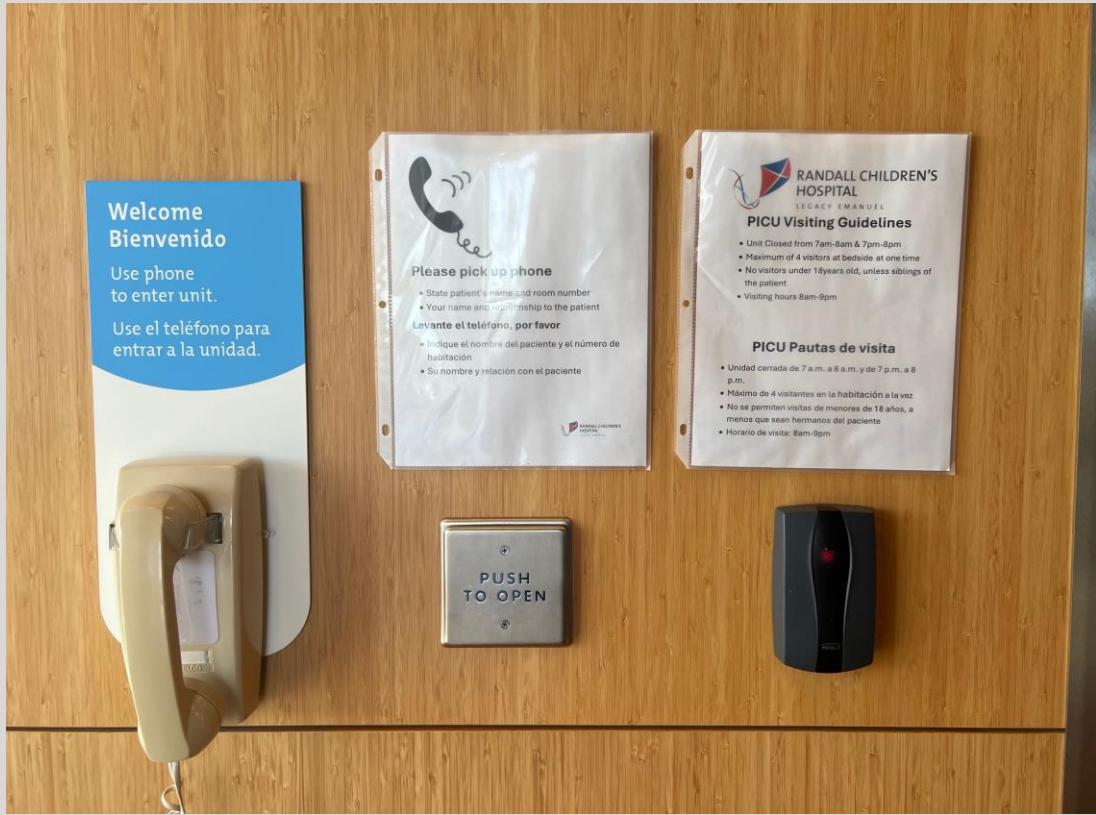




This is the room where you will wake up after your surgery is done. After the nurses get you settled, your grown-ups will be able to come in.



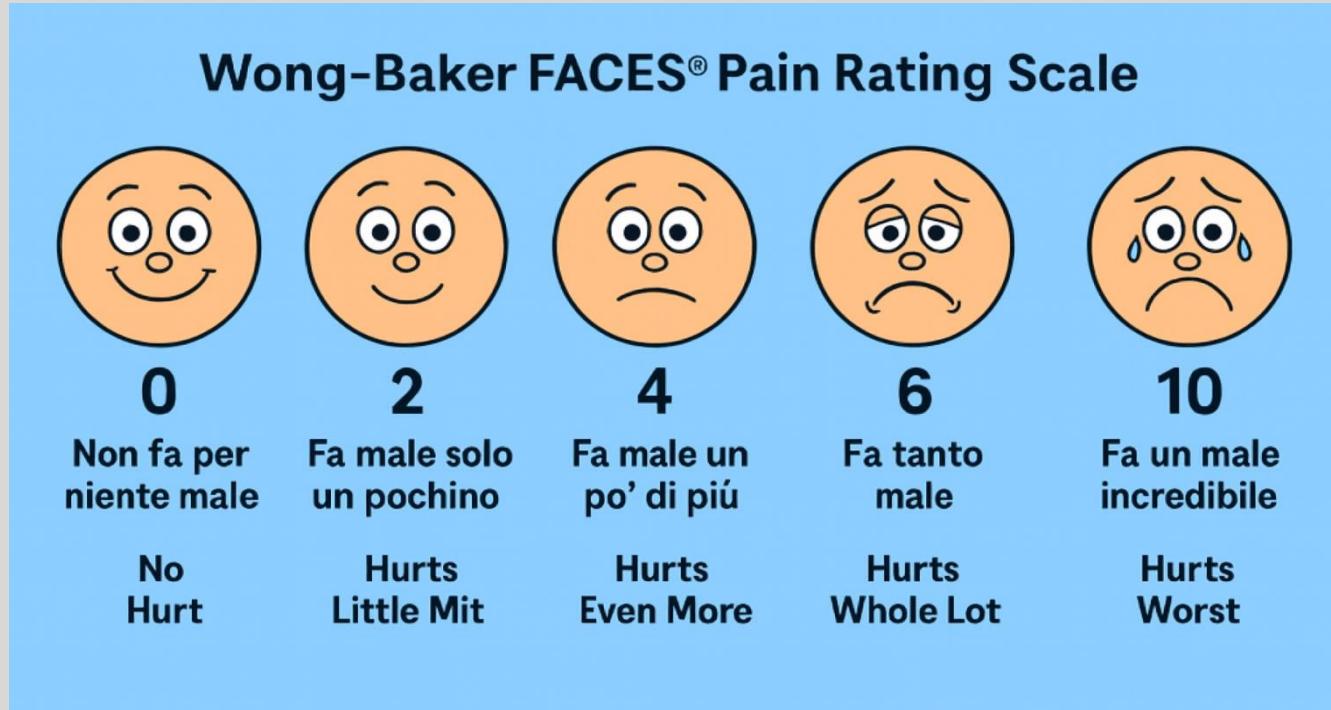
Your grownups will be able to stay with you over night while you are in the hospital. There is a bed in the room for them to sleep on.



When your grown up comes to see  
you, they will pick up this phone to  
enter the unit.



There are two showers that grown-  
ups can use while you are in the  
PICU. One is in the waiting room and  
the other is in the lounge.



After you wake up from surgery, it is normal to feel some discomfort. Your nurse will ask you how you are feeling. You can point to the face that shows how you feel. Your nurse can give you medicine to help you feel better. There are other non-medicine ways help you feel better. You could play with a fidget or squishy ball, listen to music, or play computer or video games.

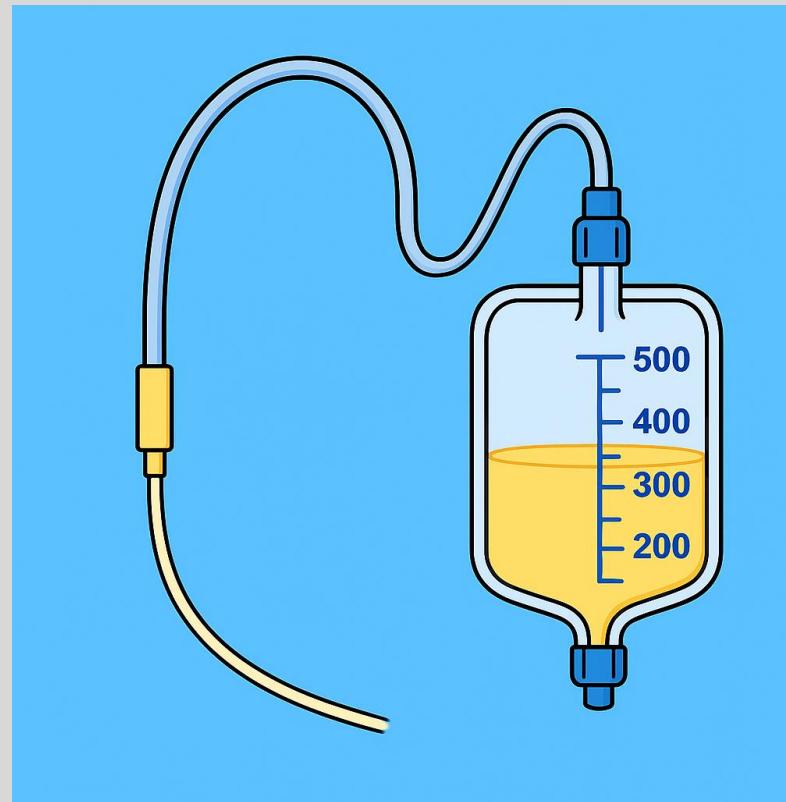
When you wake up from surgery, you will have many tubes in your body that will help your body heal. These tubes will be there for a little while after your surgery. It's helpful to know about them so you're not surprised.



You will have tubes on each side of your chest that help drain extra fluid that your body doesn't need. You can still play, get out of your bed, and walk around when you have these tubes. Sometimes these tubes are called drains.



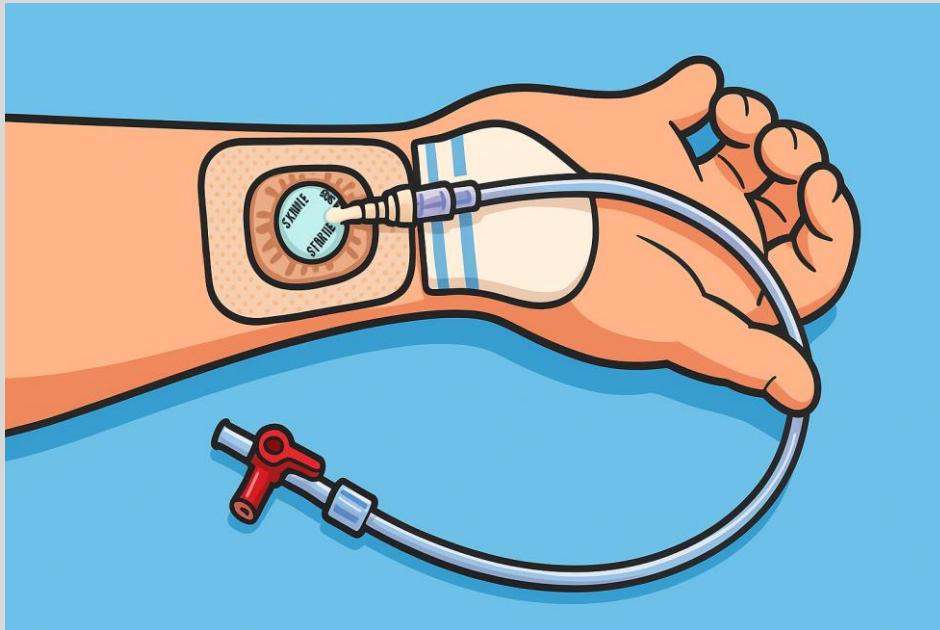
A soft tube called a catheter will be placed in your bladder during surgery. This drains your pee into a bag, so you don't have to get up and go to the bathroom. When you can walk to the bathroom, the tube will be taken out.



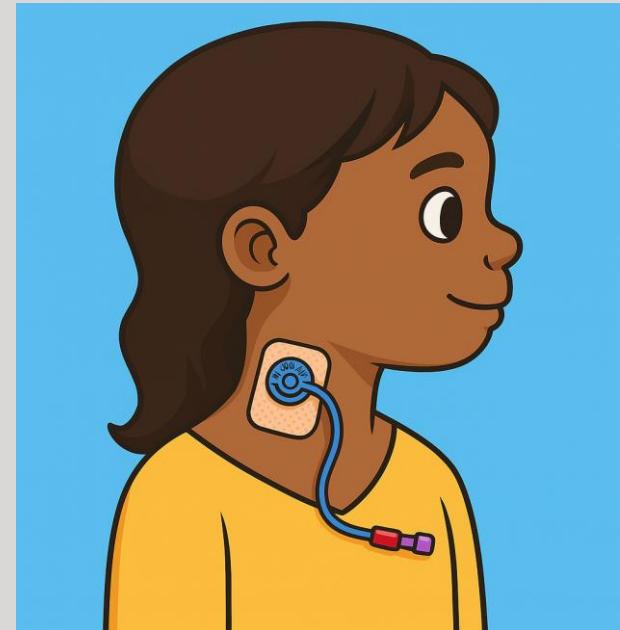
You will have a tube called an arterial line, which is like an IV, but is placed at your wrist.

You will also have another tube called a central line with a bandage by your neck.

These tubes will be connected to an IV pump that make it easy for the medical staff to give you medicine and fluid that will help you feel better.



Arterial line



Central venous line



IV pump

You will have to stay a few nights in the hospital after your surgery. When you no longer need to be in the PICU, you will be moved to your new room on the 4th floor. This room will have a bathroom with a shower and a bed for your grown-up.



While you are in the hospital, you will be able order food that will be delivered to your room. Your grown-ups can bring food from home and store it in your room or in the refrigerator in the lounge. There are also 3 cafes in the hospital that serve food.



Kite Café located in the Randall Lobby  
Open Monday –Friday 6 am-2:30 pm



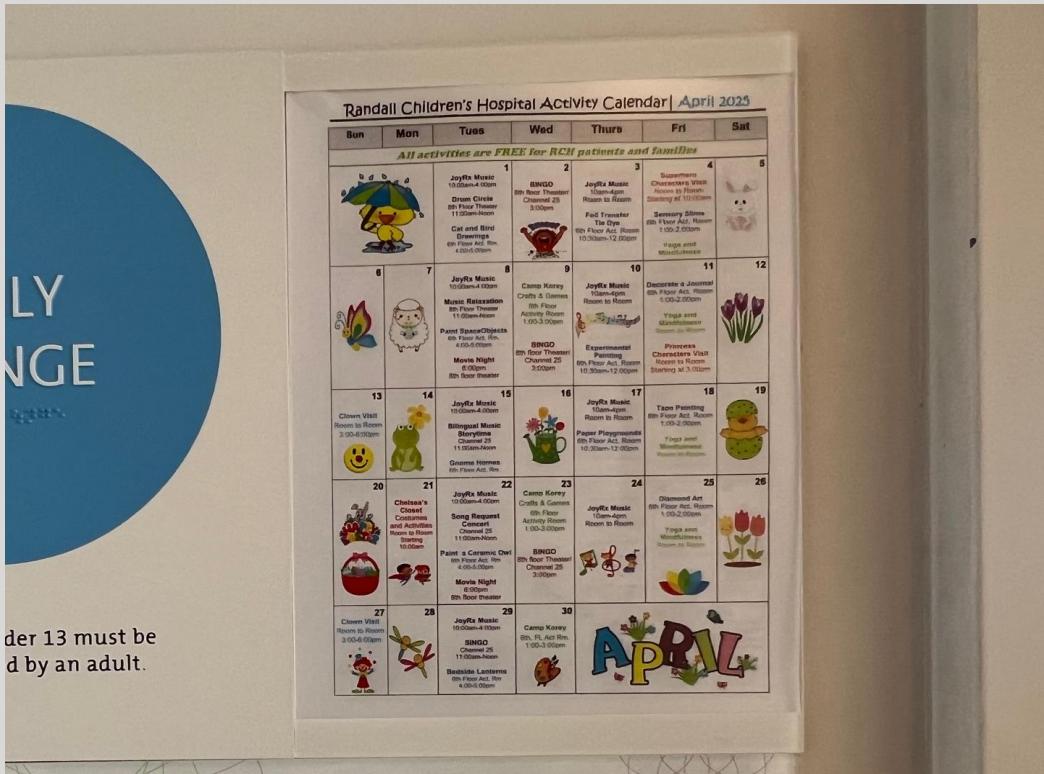
Heartbeat Café located in the Emanuel Atrium  
Open daily 5:30 am to 2 am



Courtyard Café in Emanuel East  
Open Monday- Friday 6 am- 2 pm

*Hours may vary based on staff availability*

Look for an activity calendar in your room or at the nurse's station. There are lots of things for patients to do in the hospital. Activities include things like BINGO, arts and crafts and music activities.



## The fourth-floor playroom

When you feel well enough to get out of bed and walk around, there are many places that you can visit at Randall.



The PICU Family Lounge has a small kitchen with a microwave, sink, ice dispenser and refrigerator.



The Jackson Hill Wellness Center is located on the 4<sup>th</sup> floor. It has cardio and weight machines as well as free weights. Grown-ups can get a pass for this room.



On the 7th floor there is a classroom. If you are here more than 5 days during the school year, certified teachers from the Portland Public School district can help you with your homework.



The Lantern Lounge on the 4th floor has space for you and your family to relax and spend time together.



Hospital Bingo occurs most Wednesdays in the Theater on the 8th Floor.



The 7th floor Teen Room has foosball, pop-a-shot, video games consoles and a pinball machine. Patients 10 years and older **can** visit here with their grown ups.



The Third Floor Garden is in the Randall tower. It's a great way to get outside without leaving the hospital.



The Children's Garden is located on the main floor of the Emanuel building. There are many trees and plants to look at and benches to sit on.

Lots of kids ask, “When do I get to go home?” Even the hospital team doesn’t always know right away. You can go home when your body is ready. This means:

- Your tubes are out
- Your pain is well controlled, and you can walk, eat and play comfortably
- You are eating and drinking like normal



When the doctor says its time, you can go home!