

# Keeping Your Child Safe at BC Children's Hospital and Sunny Hill Health Centre for Children



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Our goal at BC Children's Hospital and Sunny Hill Health Centre for Children is to provide the best possible care for your child. You and your family are our partners. To help us keep your child safe, we need you to do these things:

- Wash your hands, and be sure all others do so as well. Please ask others if they have washed their hands.
- Keep your child's identification (ID) band on at all times.
- Follow the "safe sleep" practices described in this handout.
- Do not turn off alarms on your child's IV or any other piece of equipment.
- Keep the area on both sides of your child's crib or bed open to allow quick access for staff to reach your child, equipment, and the computer.
- Patients must not leave the unit without first checking with the nurse.
- Ask a staff member if you have questions or concerns.

## How and when should I wash my hands?

Germs are carried by everyone, especially where people are sick. To prevent germs from harming your child, wash your hands with soap and warm water, or use the alcohol foam hand sanitizers found in each room and around the hospital. Hand hygiene is required:

- when you enter and leave your child's room.
- before and after you prepare food, eat, or feed your child.
- before and after you use the bathroom or change a diaper.

## Why is an ID band needed?

All patients must wear an ID band. It contains important information including your child's name, birth date, sex, and medical record number. Even if staff know your child, they will always double-check the ID band to ensure your child receives the correct medicines, tests, and treatments.

Children with medicine and/or food allergies wear additional red bands.

## What are safe sleep practices?

Follow these practices unless the doctor gives other instructions because of your child's medical condition. Children and parents often don't sleep well during illness and stress. Both of these situations apply when your child is in the hospital. Help us use safe sleep practices.

- All children should sleep on a firm mattress covered by a fitted sheet.
- All children who fall asleep outside of their bed should be returned to their bed to sleep. Please do this before you get tired and are ready to go to sleep.
- Keep soft materials, large quilts, toys, and other objects out of the bed during naps and at night.
- Keep side rails up and latched whenever your child is in bed, unless you are providing care.

## For infants younger than 1 year

- Put on their back to sleep. Babies who roll over can be allowed to do so. You do not need to roll them back.
- Keep the head of the crib flat.
- If using a blanket, put baby's feet at the foot of

the bed to prevent slipping under it. Cover with a light, crib-size blanket only to the armpits, tucking it in at the bottom and sides.

- If you swaddle your baby with a blanket, wrap it no higher than the armpits.
- A pacifier is okay when settling to sleep. When it falls out after your baby is asleep, leave it out.

### **Healthy children birth to 2 years of age or less than 35 inches (89 cm)**

- Need to sleep in cribs, with side rails up.
- In the hospital, if at risk of falling out of the crib, a bubble top cover may be used.

### **Children with special needs**

Some children need more safety precautions from falls. Depending on your child's age, size and special needs, a bubble top crib or mesh bed may be used in the hospital.

### **Bed sharing**

Children younger than 2 years should not sleep with anyone else due to the risk of suffocation. This risk is even higher for children in the hospital. If bed sharing does occur while your child is in the hospital:

- side rails must be up.
- a pulse oximeter will be used to monitor your child's breathing.

### **Why do we need to use side rails?**

Chances of falling out of bed increase when children are sick, taking medicine, or are in an unfamiliar place and in an unknown bed. Securely latched side rails play a key role in keeping your child safe. Ask a staff member to show you how the rails and latch work. Keep side rails up and make sure they are latched. No exceptions!

If your child needs help to go to the bathroom, use the nurse call button.

If your child can be out of bed, please watch closely.

### **If my child's monitor is beeping, what should I do?**

Most medical equipment has an alarm, which helps staff make sure your child is safe. When the alarm sounds, it lets staff know that something needs to be checked. It is important to let the alarm beep; do not turn it off. If your child's nurse does not respond quickly, push the nurse call button.

### **Questions?**

If you have any concerns or questions about your child's care, please ask a staff member.

Remember, we are partners in your child's care.

The booklet, "20 Tips To Help You To Be a Part of the Healthcare Team" includes more information about your rights as a parent and how you can help things run smoothly. Ask your nurse for a copy or visit the Family Resource Library.

For more information, visit the BC Children's Hospital Family Resource Library.

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