

Welcome to 1NW: Pediatrics

1NW is a 22-bed inpatient care unit and 14-station Day Hospital. We care for pediatric patients with many different medical diagnoses. Our pediatric unit promotes family-centered care. We encourage parents and guardians to be involved in planning and carrying out your child's care.

General Unit Information

Nursing Care

A primary team of nurses will be assigned to work with you and your care team to plan and provide your child's care as a research study participant. Please feel free to speak with your nurse and/or care team with any questions or concerns about your child's care.

Visiting hours

Visitors: 9 a.m. - 9 p.m.

Visitors

Visitors should stop by the main nurses' station before visiting. To prevent the spread of germs, visitors must wash their hands entering and after leaving patients' rooms. Visitors with cold or flu symptoms such as a cough or runny nose should not visit the Clinical Center.

Visitors under 18 years old must be accompanied by an adult .

Patients leaving the Unit

Patients are expected to sign out at the nurses' station before leaving the unit for scheduled appointments or other activities. Your doctor may grant pass privileges for your child to leave the Clinical Center for a specified period of time. Please provide phone numbers where we can reach you in case of emergency.

Smoking

NIH is a smoke-free campus. Please voice any concerns about smoking to your care team.

Rooming in with your child

Most rooms on 1NW accommodate two patients. One parent may room in with each child. For the safety and well-being of your child, we require that a parent/guardian room in during your child's admission.

With your help, we will try to make your child's routine as normal as possible while staying at the Clinical Center. As a parent/guardian, you are responsible for supervising your child at all times.

- ▶ We provide a bed for parents to use at night. For safety reasons, patients must sleep in their assigned beds.
- ▶ 1NW supplies clean linens and towels for you and your child. Soiled linens should be placed in one of the soiled laundry hampers available on the unit.
- ▶ If siblings or family members wish to stay in the area during your child's hospitalization, please make these arrangements prior to the admission with your social worker. Siblings cannot room in with the patient/parent/guardian.
- ▶ Bathrooms in patient rooms should be used by patients only. Public restrooms are available throughout the Clinical Center for visitors.
- ▶ The Children's Inn provides shower facilities for patients' parents, so you do not have to have a room at the Children's Inn to use the shower facilities.

Bed Time

We strongly encourage that lights and television be turned off no later than 11 p.m. Please consider your child's roommate and other patients at night.

Confidentiality

Health care team members respect your child's privacy. Medical information is only shared amongst your child's health-care team.

Tests/Procedures/Consent

Your health care team will explain all tests and procedures to you and your child before they take place. We encourage you and your child to ask questions.

To keep patient rooms and the playroom "safe territory", we try to do uncomfortable procedures only in the treatment room. You may stay with your child during most procedures.

A parent or legally appointed guardian must give consent for all tests/procedures for every admission.

Safety

When you arrive on the unit, we will give you information about safety guidelines, which we enforce to protect you and your child.

Safety rules

1. Do not remove identification bracelets, allergy bracelets, or transfusion bracelets.
2. Medications cannot be left in patient rooms. All medications brought from home must be given to your nurse upon admission.

3. Patients must wear foot wear (shoes or socks with grips on the bottom) when out of bed.
4. Running or rough play is not permitted.
5. Crib rails must be raised fully whenever a baby or child is in the crib.
6. Patient beds should stay in the lowest position at all times with at least two side-rails up.
7. Beds should not be moved. There should be space on both sides of the bed for the nurse to provide patient care.
8. There are two refrigerators for patient food on 1NW. Please label food items with your name and dates. To ensure food safety, food must be disposed of after 3 days.

Meals

Meals are on a room service system and are available only for patients. Meals may be ordered 6:30 a.m. to 6:30 p.m. Your child will receive a menu upon admission.

If your child follows a special diet, you may not be able to use room service. If this is the case, a dietitian will speak with your child during admission.

Please do not put any medical equipment (such as medicine cups, syringes, gauze, bandages) on patient meal trays. Ask your nurse about how to dispose of these items properly.

We provide these infant formulas:

- ▶ Routine formulas – Similac Low Iron, Similac with Iron, SMA

- ▶ Soy Protein Formula – Isomil, Prosobee
- ▶ Hydrolyzate Formulas – Nutramigen, Pregestimil

Telephones

The 1NW main phone number is 301-451-0345. To place long distance calls within the United States, use any black phone in the unit hallway or the phones in your room. You must press 9-1-number.

Laundry

We provide a laundry room for patient and family use. Please ask 1NW staff about using the laundry room.

Mail

We encourage family members and friends to send care packages, gifts, and cards while your child is hospitalized.

Your child's address at the Clinical Center:

Patient Name
 NIH Clinical Center
 Unit 1 NW, room ____
 10 Center Drive, MSC 1000
 Bethesda, MD 20892

Please ask senders to write "Patient Mail" on the envelope or package.

Other NIH Resources

Recreation therapy

Patients and families may always use the 1NW playroom. The playroom is staffed by volunteers and Certified Recreation Therapists.

These therapists meet the unique needs of children and adolescents by working with them one to one and in groups. They provide play and recreation activities suitable for the child's age and development.

Specialized services include medical play, pre-operative teaching, relaxation training, exercise, animal-assisted therapy, art, music and massage therapy, creative expression, and Starbright World.

Supervised play is offered in the 1SW off unit playroom for pediatric patients and visitors. Please refer to the patient activities calendar, which lists activities and hours for events and hospital facilities such as the gym, weight room, and relaxation room.

Safety Note: Children ages 13 and younger must be supervised by an adult at all times in the playrooms. Food and drinks are not allowed in the playrooms. After playtime, please help your child put toys away and clean up after activities.

NIH Children's School

The NIH Children's School is staffed by certified teachers from the Home and Hospital Instruction Office of the Montgomery County Public School System. For more information about the NIH Children's School, visit:

www.cc.nih.gov/participate/pdf/childrensschool.pdf

Spiritual Ministry

The Clinical Center has a main chapel and auxiliary chapel on the 7th floor. Both chapels are generally available to patients and families 24/7 for private prayer and mediation. The main chapel holds regular services on the following schedule:

- ▶ Catholic Mass: Sunday to Friday 11:15 a.m., Saturday: 4 p.m.
- ▶ Islamic Jumah: Friday 2 p.m.
- ▶ Jewish: Monday to Thursday 2 p.m. Mincha Minyan

- ▶ Protestant Worship: Sunday 10 a.m.
- ▶ Non-denominational
 - Reflection group: Thursday 12:30 p.m.;
 - Meditation 3:30 p.m.

Clinical Center clergy routinely visit patients and their families. Please request spiritual ministry services through your nurse or care team.

Other services

Cafeterias, vending machines, coffee shop, snack bar

▶ Cafeterias

Locations: Magnuson Center: B1 level, 2nd floor

Hours: Hours differ for each. Please check at the nurses' station for hours.

▶ Vending machine locations:

Hatfield Center: Outside the 3 SW IC; 3rd, 5th, 7th floors

Magnuson Center: Outside 2nd floor cafeteria

▶ Coffee shop

Location: 1st floor Hatfield Center.

▶ Snack bar

Location: Magnuson Center, B1 level

Hours: Monday to Friday from 7 a.m. to 4 p.m. You can also buy books, toiletries, and other items there.

This information is prepared specifically for persons taking part in clinical research at the National Institutes of Health Clinical Center and may not apply to patients elsewhere. If you have questions about the information presented here, talk to a member of your health care team.

Products/resources named serve as examples and do not imply endorsement by NIH. The fact that a certain product/resource is not named does not imply that such product/resource is unsatisfactory.

National Institutes of Health Clinical Center
Bethesda, MD 20892

Questions about the Clinical Center?
<http://www.cc.nih.gov/comments.shtml>

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