

# Welcome to the Children's Intensive Care Unit (CICU)

## Children's Intensive Care Unit

Information for Patients/Carers

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### Introduction

Welcome to the Children's Intensive Care Unit (CICU) at Leicester Royal Infirmary.

We know that you might have lots of emotions at this time. This leaflet will try to answer any questions you may have. It will also let you know about the facilities we have.

We are here to help you and your child. Feel free to ask any questions that you may have or about anything you do not understand.

### What is Paediatric Intensive Care?

This is for children who need intensive care. This can be for many different reasons. Some children may stay on intensive care for planned reasons like after surgery. Other children need a longer stay or a higher level of critical care. Every child's needs are different. Some children will need more monitoring, machines and equipment than others.

The team will support and update you on what is happening your child throughout their stay.



**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

## What happens when my child arrives at CICU?

When you arrive, you will be shown to the parents' waiting area. This is while the team finishes settling and caring for your child. A staff member will bring you over when you are able to see your child. They will answer your questions.

We kindly ask that phones are kept on silent and that conversations are kept quiet. This to help create a calm and healing environment on the unit.



## Who will be looking after my child?

A team of specially trained professionals will take care of your child day and night. They are trained to take care for children with heart problems and other complex medical conditions.

Each staff member brings different skills. They all share information and make decisions together about your child's care. They will work together listening carefully to you and the needs of your child.

Every shift your child will have a nurse to care for them. Please speak to your bedside nurse or the nurse in charge if you have any concerns. These nurses wear a red 'nurse in charge' badge.



## Ward round

There is a daily medical ward round. This is when the medical staff meet and review your child's care. They talk about the treatment plan for the day. Parents are welcome to be at the bedside during ward round. Sometimes staff use medical language. You can ask questions if you want to understand more.

You can fill out a 'carer communication sheet' if you are not there to ask questions. You can write any questions you have for the team. You can find these in the bedspace within the parent communication folder.

We will talk about any complex or difficult things in privacy in a 'parents room'. Most children in intensive care get better. But some are very poorly and sadly, might not survive. We would always keep you up to date about your child's condition and care.



## Visiting hours

- Parents/ carers can visit their child 24 hours a day.
- You are allowed only 2 visitors at the bed space at a time.
- Bedtime is at 10pm. This is to keep a day and night routine for the patients.
- There are times where the ward is closed to all visitors. During this time there will be a screen pulled across the corridor. This is routine for all admissions, procedures and staff changeover. This happens every morning (7.30am) and evening (7:30pm). We ask you to leave the bedside. This is the time for you to take care of your needs. It also gives you time to step away from the ward and make use of the parents lounge. A staff member will let you know when the unit is open again.
- We need to keep the risk of infection small. You must wash your hands and use hand sanitiser before and after visiting and being in contact with your child. Please leave outdoor coats on the hangers in the entrance to the unit.
- To stop cross infection please do not enter other cubicles or bed spaces. If you or any visitors are feeling unwell please check with staff before visiting. You must wear facemasks when the hospital safety rules says to.



## Emotional wellbeing and support

A stay in intensive care can be stressful for both children and their families. It is normal to feel worried. A specialist psychology service is available for patients and parents/carers in CICU. Please speak to a member of the team if you need more information.

The hospital Chaplaincy team give pastoral, spiritual and religious care to patients, visitors and staff. This is for all religions, beliefs including those with non-religious beliefs. Prayer rooms are available on-site.

You may have dreams or memories of the experience that feel difficult to cope with. This is even after leaving the hospital. If you or your child are finding it hard to move past these feelings, support is available. Please speak to your GP, local mental health services ([www.nhs.uk/mental-health/](http://www.nhs.uk/mental-health/)) for advice and help. You are not alone and there are people who can support you.



## Car parking

There are a number of car parks at Leicester Royal Infirmary. Saver tickets are available at reduced prices for patients/ prime carers from the Car Park Office. For more information please scan the following QR code or search on <https://yourhealth.leicestershospitals.nhs.uk/> for leaflet number 401.



## Staying over at the hospital

There are rooms for parents/carers to stay in over night. These rooms are limited. These rooms are only given based on needs. All rooms have sleeping facilities, with a shower and kitchen available on a neighbouring ward. You cannot book a room. We will be organising this on the day of admission.



Tea and coffee is available on the unit, there is a suggested donation of 20p per cup.

The rooms for parents/carers are also used as a breastfeeding room, breastfeeding equipment is available upon request. Please ask a member of staff for support with this if needed.

## Contact details

Children's Intensive Care Unit (CICU), Leicester Royal Infirmary: **0116 258 6302** or **0116 258 5349**

If you have any questions, write them down here:

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على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [uhl-tr.equalitymailbox@nhs.net](mailto:uhl-tr.equalitymailbox@nhs.net)

