



PEDIATRIC INTENSIVE CARE

Getting to know the PICU

About your child's room

Call button: The button to call for help is on the TV remote control. This is plugged into the center equipment tower. Please press the call button if you need help or have questions or concerns.

WIFI: Choose OHSU Guest from your device's list of available networks. Accept the terms of use. You do not need a password.

TV and GetWell Network: From the home screen of your TV, you can select TV channels, movies, games, relaxation and meditation tracks and more through our GetWell Network.

- To access the internet, select "Surf the internet" from the TV home screen and use the Bluetooth keyboard in the room.
- To watch educational videos from your child's nurse, select "Watch videos picked just for me" from the TV home screen.

If you are nursing

Please put a hospital label on any breast milk you pump at the hospital. The label should include your child's name and the date and time you pumped it.

Storage: We have a small fridge and freezer just for storing breast milk. Do not store breast milk in the family fridge or freezer. Please give breast milk to your nurse to store safely, or take extra breast milk home.

Cleaning and supplies: We can give you a pump kit, bottles for storing milk and cleaning supplies. Please use the sink in your child's room to clean breast pump equipment. Do not use the shared sinks.

Who takes care of your child?

Many different people take care of your child in the pediatric ICU. Here are the medical terms for each type of caregiver and what they do.

Care team: The entire group of health care professionals you see. They are trained to care for children who are critically sick or hurt.

Registered nurse: The nurse who comes to your child's bedside, takes care of them and manages their care. The nurse is the first person to go to with questions and concerns.

Respiratory therapist: A health care professional who helps care for your child's lungs and breathing.

Pediatric intensive care doctor: The doctor supervising your child's care in the ICU. They specialize in caring for children with critical illness or injury.

Resident or fellow physician: A licensed doctor who is receiving specialty training. Your child's intensive care doctor supervises this doctor.

Nurse practitioner: A nurse with advanced training.

ICU technician: An assistant who helps with your child's care and monitoring. Your child's nurse supervises this member of the care team.

Hospital unit coordinator: The clerk at the front desk, often called a HUC ("huck"). The HUC can help you with non-medical needs or questions.

Other people caring for your child may include:

- Social workers
- Lactation nurses, who specialize in helping with breastfeeding
- Nutrition specialists
- Speech therapists, occupational therapists and physical therapists
- Child life specialists
- School teachers
- Case managers, who help arrange your care from the hospital to your home
- Chaplains

Around the pediatric ICU

Waiting room: Located down the hall, outside the unit.

Please supervise any children who are in the waiting room with you. Please do not:

- Sleep in the waiting room
- Use the waiting room if your child is in isolation

Nutrition room: Located in the middle of the unit. You are welcome to use the appliances and help yourself to any food or drinks that are not labeled for a patient. Also, please:

- Put your name and the date on any items you put in the family fridge.
- Avoid this room if your child is in isolation. Just ask for help if you need food or a drink or want to put something in the fridge.

Bathrooms: You may use the bathroom in your child's room. There are also bathrooms by the waiting room.

Showers: Located down the hall outside the unit. Please ask at the front desk for a key, towels and toiletries.

Lactation room: Located at the back of the unit.

- You can sign up to use the room and get the room key at the front desk. We can give you a pump kit if you need one.
- Please do not use the lactation room if your child is in isolation. We can give you a pump and privacy screen to use in your child's room.

Laundry room: Located on the 9th floor and open during the day. The front desk can give you laundry detergent.

Meditation room: Located on the 10th floor, room 10301. You can also find a sanctuary for people of any faith on the 9th floor of OHSU Hospital. It is across from the surgery waiting room.

What to expect in the Pediatric ICU

Monitoring: We use equipment to keep track of your child's health in the ICU. Here are some things to know.

- Your child's care team can see information from all the equipment, even if they are not in the room.
- The equipment has alarms to tell us if your child's condition changes or the equipment needs attention. But normal activity, like crying or moving, can also set off the alarms.
- We pay attention to all alarms. If an alarm is not critical, we might turn it off from outside of your child's room.

Rounds: Your child's doctor usually visits between 7:30–11 a.m. and 9–11 p.m. Here are some things to know.

- You are welcome to ask questions and talk with us about your child's condition and care, the goals for treatment and any questions or concerns.
- At other times, your nurse will talk directly with the doctor if your child's needs or condition change. If you have questions or concerns, please ask your nurse.

Sleep and rest: It can be difficult to get enough sleep and rest in the busy ICU environment. Here are some ways we try to help you and your child.

- We do our best to keep from interrupting your child. We cannot turn off important alarms or leave your child alone if they need care. But, we do want to help you and your child be as comfortable as possible. Please let us know what we can do to help you or your child get better rest.
- We want you to take time to care for your own personal and physical needs. This might mean taking a walk, getting something to eat or going home to sleep or get fresh clothes. Being here is important, but we do not expect you to stay with your child around the clock.

Nursing care in the Pediatric ICU

Your child will have nursing care around the clock. They will have one nurse during the day, 7 a.m. to 7 p.m., and a different nurse at night, 7 p.m. to 7 a.m. Important things to know are:

- Your child's nurse may be taking care of 2 children in the ICU. So they may not always be at your child's bedside. If your child's nurse is not available right away, another nurse or team member will help you or respond to alarms.

- Your child's nurse will come to their room as often as needed for your child's specific circumstances. You will see them at least every 1 to 2 hours to check your child's condition.
- When the daytime and night nurses change, they will come to your child's room and talk about how things are going. The nurse who has been caring for your child will tell the new nurse about your child's condition and care plan. They will also check your child's IV medicines and medical equipment. If this disturbs you or your child, the nurses can do it outside of the room.
- If your child is in the ICU for a long time, they may have the same nurses take care of them regularly. Please ask if you would like more information about this.

Ways to help your child's nurse

"About Me" poster: Please help us learn about your child by doing an "About Me" poster for them. Knowing what your child does and likes helps us take care of them.

Daily schedule: Please help us make a daily schedule for your child that lets us know what time they usually do things. This includes waking up, eating, getting medication or having therapy, napping, taking a bath, sleeping and anything else.