

## Parking

Parking within the hospital is pay and display or pay on foot. Please ask about parking options on your first day or before you renew your parking ticket.

## Noise

Unfortunately, we can be busy at times with admissions or other sick children, therefore the unit may be noisy and well lit from time to time. We would ask for your patience in this matter.

## Please note:

**Flowers are not permitted in the unit as some children suffer with hay fever, also we have limited space and many electrical machines.**

## Contact numbers

Children's HDU (01604) 545836  
Paddington ward (01604) 545519  
Hospital switchboard (01604) 634700

Incoming calls will be answered and transferred to the parent's room to allow you to talk.

There is a pay phone in the parent's room for your use.

## Useful websites

[www.nhs.uk](http://www.nhs.uk)

[www.northamptongeneral.nhs.uk](http://www.northamptongeneral.nhs.uk)

## Other information

For the benefit of our patients, visitors and staff, Northampton General Hospital operates a smoke-free policy. This means that smoking is not allowed anywhere on the trust site, this includes all buildings, grounds and car parks.

Leaflets, information, friendly advice and support on giving up smoking and on nicotine replacement therapy are available from the local Stop Smoking helpline on 0845 601 3116, the free national helpline on 0800 169069, e-mail: [smokefree@npct.northants.nhs.uk](mailto:smokefree@npct.northants.nhs.uk) and local pharmacies.

Car parking at Northampton General Hospital is extremely limited and it is essential to arrive early, allowing ample time for parking. Alternatively, you may find it more convenient to arrange to be dropped off and collected.

This information can be provided in other languages and formats upon request including Braille, audio cassette and CD. Please contact (01604) 544516 or the Patient Advice & Liaison Service (PALS) on (01604) 545784, e-mail: [Pals@ngh.nhs.uk](mailto:Pals@ngh.nhs.uk)

Northampton General Hospital NHS Trust, Cliftonville,  
Northampton NN1 5BD.

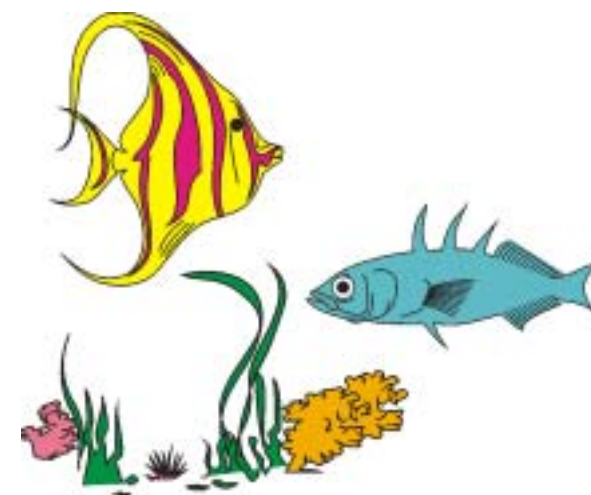
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# Welcome to the Children's High Dependency Unit (HDU)



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## Introduction

We hope the following information will be helpful to you. If you have any questions, please do not hesitate to contact a member of the nursing staff.

## Answers to questions you may want to ask

### Where is the children's HDU?

The HDU is based on Paddington ward and has three beds for children between the ages of 0-18 years.

### Why is my child here?

Your child is being nursed here so that the nurses and doctors can closely monitor them. They may need to stay for just a few hours, or several days depending on their illness.

### What happens?

There is a nurse working within the HDU caring for your child at all times. Doctors will treat your child and perform regular ward rounds to review their condition and talk to you, they can also be called when necessary.

To help us give the best care we may also use machines which can continuously monitor your child's heart rate, blood pressure and oxygen levels, the nurse will be able to explain this to you.

Your child may also need to have machines that can give fluid and medication. These are sometimes called drips.

### Can I stay?

You can stay with your child and will be offered a chair by their bedside. At night we can offer a bed on the main ward so you are never far away.

### Rest and routine

Where possible we will try to keep to your child's usual routines like bedtime and meal times. Of course this also depends on your child's condition, and any treatment needed.

It is important that your child is allowed to rest so we ask that visitors other than parents be aware of this. Please discuss this with the nurse.

### What will my child need?

Your child will need a change of clothes/nappies, personal wash items and of course their important/special cuddly toys. If your child is admitted as an emergency don't worry as we will be happy to help out until things can be brought in.

In order to allow us to work well and as storage space is limited, we do ask that you limit the amount of belongings you bring in to the hospital whilst your child is in the HDU.

### What is there for my child?

We have plenty to occupy your child as they begin to feel better. We have a selection of videos/DVDs but please bring in a favourite. Our play specialists are an important part of our team, offering preparation and distraction for procedures as well as activities suitable for your child. The TV will be switched off at night.

### Leaving my child

We understand that you will be worried and anxious and may feel you do not wish to leave your child at all, however, it is important that you take regular breaks for rest and refreshment.

### Where can I get a drink?

Rest and refreshments can be taken in the parent's room on the main ward. There is a TV, large fridge and a microwave for your use. Sandwiches are available for resident parents at lunch and supper time.

**Please note: You must not carry hot drinks into the HDU.**

### Privacy

We may at times have to ask that you leave the HDU. This may be to allow us to treat another child or to allow for their privacy. This does not happen often and is usually not for a long period. At nurse and doctor hand over you will be asked to leave whilst other children are being seen.