Family handbook

Pediatric Intensive Care Unit/
Pediatric Cardiac Intensive Care Unit

UC Davis
Children’s Hospital
The state-of-the-art pediatric intensive care unit/pediatric cardiac intensive care unit (PICU/PCICU) at UC Davis Children’s Hospital offers care for the most critically ill and injured children. Here, pediatric critical care physicians partner with medical and surgical specialists and specially trained nurses and respiratory therapists to provide care for more than 1,500 infants, children and adolescents each year with conditions including severe trauma, congenital heart disease, respiratory failure and severe infections. The unit has a 2-to-1 patient-to-nurse ratio, and critical care medicine physicians are on-site 24 hours a day, seven days a week.

We understand that it can be a stressful and emotional experience when your child is in the hospital. We hope this booklet will answer some of your questions and help you understand what to expect during your child’s hospitalization.

Our philosophy of care recognizes that you are an important member of your child’s health care team, and we welcome and respect the contributions that parents and family make to the well-being of our patients. We will answer your questions to the best of our ability, and are here to help you and your family during this difficult time.
Members of the PICU/PCICU team

Physicians
Each patient is assigned a physician ultimately responsible for their care, known as the patient’s attending physician. The attending physician also provides oversight and guidance to fellows, residents and medical students, who may assist the attending physicians in caring for your child. Your child also may be cared for by more than one team of physicians (for example, if your child was in an accident, the trauma surgeon, as well as the PICU/PCICU physician, may care for your child).

Nurses
Children at UC Davis Children’s Hospital are assigned a primary nurse who is responsible for coordinating their care. Your child’s nurse provides moment-to-moment care and works closely with your child’s physicians. Nurses in the PICU/PCICU have completed specialized training and possess the clinical skills to support critically ill and injured children.
Respiratory therapists
Respiratory therapists provide specialized care and support for children with conditions that may cause difficulty breathing (such as asthma, cardiopulmonary disease and certain neurological disorders) or those at risk of respiratory infection.

Child life specialists
Specialists with the Child Life and Creative Arts Therapy department, along with music and art therapists, provide bedside play and procedural support, age-appropriate coping strategies and accompaniment during medical interventions to help children minimize the anxiety of hospitalization, strengthen their coping skills and continue their typical growth and development.

Social workers
Pediatric social services representatives are available to assist your child or your family in coping with hospitalization, providing referrals to community resources and special programs designed to meet your child’s needs. Please contact your social worker or child’s nurse if you require support.

Pharmacists
Pharmacists in our dedicated pediatric pharmacy ensure that medications prescribed and dispensed to all pediatric patients are safe, effective, and in a form that is friendly for children (such as flavored liquids instead of tablets).

Registered dieticians
A registered dietician will follow your child’s nutrition needs closely and develop a personalized nutrition plan for your child to support their recovery.

Unit clerks
Unit clerks help order tests, coordinate patient transfers and keep the PICU/PCICU running smoothly. They are located at the front desk and are available to assist you if you have any questions or concerns.

Chaplains
Spiritual support may be an important part of your child’s recovery and provide comfort to you and your family. Our pastoral services are available as needed and offer culturally and spiritually appropriate care to all patients, staff and visitors, 24 hours a day, with dignity and respect.
Unit information

Security
For the security of our patients, the PICU/PCICU is locked. To enter, press the intercom on the wall outside the main entrance and a staff member will assist you. The PICU/PCICU also employs a state-of-the-art pediatric Hugs® tag system for additional security for our infant patients.

Infection prevention
Everyone who enters and exits your child’s room must wash their hands or use antimicrobial foam. If your child is in isolation, all visitors must follow prescribed isolation precautions.

What to bring to the hospital
Your child may bring stuffed animals, cards, letters, posters, photographs, DVDs and music to the hospital, as long as these personal items don’t clutter their room and limit access to your child for patient care.

What not to bring to the hospital
Latex and rubber balloons are not allowed as they can cause life-threatening allergic reactions and are a choking hazard, though Mylar balloons are allowed. Please do not bring valuable or irreplaceable items. Flowers and plants are not allowed in intensive care patient rooms.

Bedside accommodations
Each room includes a convertible couch that can accommodate one adult. Parents may be eligible for low-cost accommodations at the Kiwanis Family House or Ronald McDonald House, both of which are located on the health system campus. Please ask your nurse or social worker for information.

Family waiting room
The waiting room outside the unit is available daily from 6 a.m. to 9 p.m. and is only for patient family use. It includes a television, children’s play area, vending machines, ice and water dispenser and microwave. Children must be supervised by an adult at all times while in the waiting room. Sleeping in the waiting room is not permitted.
Telephones
Each patient room is equipped with a direct-dial telephone. Because cellular devices may interfere with medical equipment, and therefore may affect patient care, cell phone and smart phone users must stay a minimum of three feet away from all medical devices and patients connected to them. Cell phones must be fully powered off in rooms where a ventilator or anesthesia machine is in use, in rooms with medical imaging equipment, and in any locations where signs or staff indicate restrictions are in place.

Restrooms
Visitor restrooms are outside the waiting room to the right. Family members may use patient room restrooms on a case-by-case basis; please talk to your nurse before using the restroom in your child’s room. A shower for family member use is also available.

Cafeteria
Visitors are welcome to eat in the Pavilion Cafe, located in the first floor main lobby area. Breakfast is served from 6 to 10:30 a.m.; lunch from 10:30 a.m. to 2:30 p.m.; and dinner from 4 to 8 p.m. Limited self-service is available at other times, including the late-night cafe hours of 11 p.m. to 12 a.m. and 1 to 4 a.m. Please do not bring food or drink to your child’s room if they cannot eat or drink. The hospital provides food for patients only.

Parking
The parking structure entrance is located on X Street near the main entrance to the hospital. Discounted five-day or one-month parking passes may be purchased from the parking attendant. We do not validate parking.

Mail
Your child will enjoy receiving mail from family and friends. Mail may be addressed to:

Child’s Name
c/o UC Davis Children’s Hospital
Davis 10 PICU/PCICU
2315 Stockton Blvd.
Sacramento, CA 95817
PICU/PCICU map

Your child is in room number:
Visitation guidelines

We strive to ensure the health, safety and privacy of our patients and recognize that family involvement during hospitalization is important to their well-being and healing. Please ask to speak with your child’s bedside nurse or unit clerk if you have any questions about the following visitation guidelines.

- Patient information is only given to parents. Please designate a family spokesperson who can share information with other family members and friends. Parents may call the PICU/PCICU at 916-734-2994 any time to learn how their child is doing.

- Parents may visit at any time. While we support unrestricted visitation, there may be times when we limit the number of bedside visitors for the child’s welfare. The number of visitors allowed may change at any time and may differ from patient to patient depending on the child’s needs as determined by their health-care team. Additionally, access to the unit may be restricted at times. Use the intercom to request entry to the unit and, if asked to wait, please be patient.

- Parents or a designated adult may sleep at their child’s bedside. Couches in patient rooms convert to one-person beds. Safety precautions prohibit family members from sleeping on the floor in patient rooms. Visitors may not lay in patient beds.

- With some exceptions, parents may remain with their child during emergencies or scheduled procedures. We will attempt to assign a staff member to support parents who choose to stay with their child in these circumstances.

- Please use the family waiting room to visit with loved ones. Do not visit in the hallways outside your child’s room or the unit entrance. The inner hallways of the unit are for staff only.

- Siblings or children who visit must be supervised by a responsible adult at all times, both in patient rooms and the family waiting room. Please determine the best times for sibling visits by checking with your child’s nurse. The nurse will screen children for signs of illness before visits.

*Exceptions to these guidelines may be made on a case-by-case basis after consideration of the patient’s welfare and safety and when agreed upon by the unit attending physician and the charge nurse.*