



# Paediatric Intensive Care Unit

Dear Parent/Caregivers,

This brochure aims to provide you with information on the special treatment given to your child while he/she is admitted to the Paediatric Intensive Care Unit (PICU). We aspire to provide your child with quality medical care. We are here to support you and your family through this stressful and challenging period.

## Introduction

The PICU is a ward where your child is provided with highly specialised care by a team of doctors, nurses and other paramedical staff who are trained and experienced in caring for children who are critically ill.

## Some Equipment Used in the PICU

### 1. Bedside Monitoring Unit

This monitors your child's vital signs. Please do not be alarmed to see fluctuations in the numbers displayed on the monitor and the sounds emitted from it. These fluctuations can be normal and the monitor will alert the nurses and doctors if there is a problem.



### 2. Ventilator

The ventilator machine (when necessary) helps your child breathe via a tube called endotracheal tube which is placed into your child's airway either through the mouth or the nose. With the tube in place, it is not possible for your child's voice to be heard. This is temporary and once the tube is removed, your child will be able to speak. In most instances, your child will receive medication to keep him/her calm and pain-free.



The ventilator will be required until your child has been assessed to be able to breathe unassisted. After the tube is removed, there may be some hoarseness of voice and discomfort felt in the throat but this will improve in a couple of days.

### **3. Urinary Catheter**

The urinary catheter is a tube which drains the urine from your child's bladder. This allows an accurate measurement of the urine output which aids in the monitoring of your child's condition.

### **4. Invasive Lines**

The intra-arterial line (IA line) allows continuous monitoring of your child's blood pressure. Frequent blood test monitoring is common in critically ill children. This line allows for frequent blood sampling without the need for repeated needle pricks, making the process less painful for your child. The line is usually inserted into one of the arteries of the wrist or foot. In younger children, it may be inserted in the groin.

The central venous pressure line (CVP line) allows the safe administration of resuscitative medications and intravenous fluid to your child. It is necessary if your child requires medications to maintain optimal blood pressure or if he/she requires intravenous nutrition. It also allows us to monitor your child's fluid status more accurately with other forms of monitoring. This catheter is inserted in the neck or groin.

### **5. Feeding Tube**

This is a thin, soft tube inserted through the mouth or nostril, passing through the feeding pipe (the oesophagus) and ending at the stomach. It is used to provide fluids, medications, and/or milk to your child when normal feeding by mouth is not possible. Sometimes, the end of the tube is left opened into a bag to allow air and fluid to drain out when feeding is not commenced.

### **6. Infection Control**

All visitors are advised to wash their hands before and after touching the patients. They are also advised to always wear a mask. This is to minimise the risk of passing infections on to others. To optimise infection control, we seek the cooperation of all visitors to visit only their relatives.

### **7. Procedures and Investigations**

Procedures and investigations are commonly done for critically-ill children. Some basic care procedures include sponging, cleaning, and feeding the patient. Parents/caregivers are encouraged to be by the patient's bedside and participate actively in these procedures.

Other procedures include blood-taking, line insertions and suctioning. If you wish to stay by the bedside, please inform the PICU team. We will review and assess how we can accommodate each family's request. For more invasive procedures, such as insertions of invasive lines and tubes, parents/caregivers will be requested to wait outside the room due to infection control concerns.

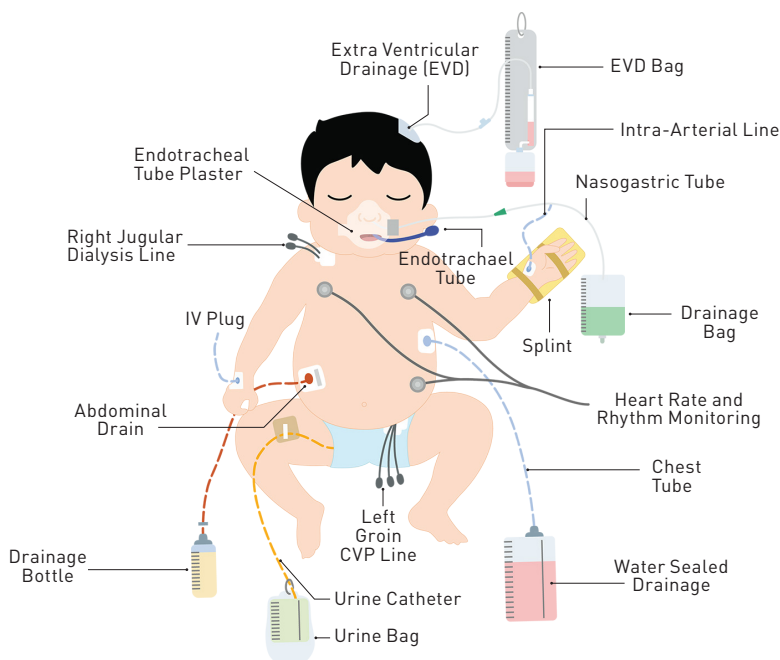
## 8. Staffing and Patient Assignment

There are three nursing shifts in PICU. Sometimes, the nurses assigned to care for your child may be busy attending to another patient. We seek your understanding in these situations. Please approach any available staff nurse if urgent assistance is required.

## 9. Other Devices

- Bedside laptops are to be used by medical professionals only
- Rovers are mobile devices used by nurses for medication administration and documentation (e.g. charting, photo-taking)

# What A Child May Have in the PICU



# Other Information

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Parents/caregivers are encouraged to be present during the morning ward rounds between 9am to 11am. During this time, the care team provides an update about your child's condition and you are welcome to raise any concerns that you have. The care team may sometimes be delayed if they are attending to an emergency. If you are unable to be present during the morning ward rounds, you can refer to the communications board in the room which will reflect the overall care plan. You can also post your questions or indicate a suitable time for us to contact you on the board.

When you visit your child, you can also check with the staff in PICU for a brief update on your child's condition.

## 1. Visiting Hours

Hospital visiting hours are from 12pm to 8pm daily. Two visitors are allowed at any one time during the visiting hours.

For patients in the PICU, two registered caregivers are allowed to be with your child outside of the hospital visiting hours.

If you are staying overnight, you are encouraged to rest in the Ronald McDonald House™ and make intermittent trips to visit your child.

## 2. Visiting Restrictions

Children 12 years and below, or those who are immunocompromised, will be denied entry except under special circumstances. Visitors who are unwell will not be allowed to enter PICU for our patients' safety.

## 3. Entry into PICU

Entry into PICU is controlled manually by the PICU staff. We seek your cooperation and patience to wait for the door to be opened once the bell is rung. Sometimes, the nurses may be busy attending to patients and will respond as soon as they can.

#### 4. Visitor Management System

The PICU is located at Ward 46, Level 4, NUH Main Building. All visitors entering the ward are required to register at the Visitor Management System (VMS) counter located at Main Building, Level 1, Zone G, beside Kopitiam.

#### 5. Flowers

Please do not bring fresh flowers into the PICU as they may harbour microorganisms.

#### 6. Photography and Recording Devices (Audio and Video)

Photography, audio and video recording are strictly not allowed within the hospital premises. This is to respect the privacy of our patients, visitors and staff. NUH reserves the right to request that such recordings be deleted. We appreciate your co-operation and understanding.

You are welcome to ask our nurses and doctors any questions regarding your child. We aim to make every effort to provide you with the support necessary throughout your child's stay in our PICU. Your child is our priority and we will do our best to ensure his/her needs are met and that he/she is comfortable.



## About the National University Centre for Women and Children

National University Centre for Women and Children (NUWoC) is a national university specialist centre that aims to empower women, children and their families to lead healthier lives. We provide comprehensive medical and surgical services ranging from pre-conception to child and maternal health.

NUWoC comprises the Department of Obstetrics & Gynaecology (O&G) and Khoo Teck Puat – National University Children's Medical Institute (KTP-NUCMI) of National University Hospital. It focuses on the right-siting of appropriate services in the community and builds complementary services in National University Health System's (NUHS) centres of excellence – Ng Teng Fong General Hospital and Alexandra Hospital.

Through a generous gift from the Estate of Khoo Teck Puat, KTP-NUCMI established an integrated outpatient facility with medical, diagnostic and rehabilitation services for children. We are also the only public specialist centre in Singapore that offers paediatric kidney and liver transplant programmes.

For more information about us, visit [www.nuh.com.sg/NUWoC](http://www.nuh.com.sg/NUWoC)

### Children's Emergency (24-hr)

Location NUH Main Building, Zone F, Level 1  
Contact +65 6772 5000

### KTP-NUCMI

Location NUH Main Building, Zone E, Level 2  
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)  
Operating Hours 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)  
General Enquiry +65 6772 5736  
Appointment Line +65 6908 2222  
Email [ktpnucmi\\_appt@nuhs.edu.sg](mailto:ktpnucmi_appt@nuhs.edu.sg)

### 9a Viva-University Children's Cancer Centre

Location NUH Medical Centre, Zone B, Level 9  
Operating Hours 8am – 5.30pm (Mon to Fri)  
Appointment Line +65 6772 5030  
Email [cbccappt@nuhs.edu.sg](mailto:cbccappt@nuhs.edu.sg)

### NUH Children's Urgent Care Clinic @ Bukit Panjang

Location Junction 10, #01-22  
Operating Hours 9am – 11pm daily (including public holidays)  
General Enquiry +65 6219 1538  
Email [childreucc@nuhs.edu.sg](mailto:childreucc@nuhs.edu.sg)

### NUH Child Development Unit @ JMC

Location Jurong Medical Centre, Level 2  
Operating Hours 8.30am – 5.30pm (Mon to Fri)  
Appointment Line +65 6665 2530 / 2531  
Email [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg)

### NUH Child Development Unit @ Keat Hong

Location Keat Hong Community Club, #03-01  
Operating Hours 8.30am – 5.30pm (Mon to Fri)  
Appointment Line +65 6769 4537/4637  
Email [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg)

### Clinic A22 NUWoC Children's Clinic @ NTFGH

Location Ng Teng Fong General Hospital  
Tower A – NTFGH Clinics, Level 2  
Operating Hours 8.30am – 5.30pm (Mon to Fri)  
Appointment Line +65 6908 2222  
Email [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

## National University Hospital

5 Lower Kent Ridge Road, Singapore 119074

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

OneNUHS Appointments: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

[www.nuh.com.sg](http://www.nuh.com.sg)



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