

# Information for young people about your planned admission to hospital

Lots of planned operations and investigations have not been able to go ahead recently because of COVID-19. This may have meant that you have been waiting for your operation or investigation much longer than you usually would have been. You may need your operation to help you feel better or to prevent your condition getting worse.

It is important that you have your operation or investigation. Now that the numbers of people with COVID-19 is much lower, we feel that is **safe enough** to go ahead with your operation. However, it is equally **important that you and your parent/carer feel it is safe to come to hospital**. For this reason, a number of measures have been put in place to minimise the risk of transmission of COVID-19 in hospital.

During your hospital stay, all staff will follow special measures including wearing masks. Sometimes they may wear visors, gloves, hoods or surgical gowns. These are to help to protect all visitors and staff.

**We recommend preparing yourself for the doctors, nurses and other people working in the hospital wearing masks so that you are not surprised when you come to hospital.**

## Before your hospital visit

You will be screened for COVID-19 in two ways:

- 1. Pre-assessment** – a few days before admission **and** on the day of admission: you and your parent or carer will be asked questions about whether any of you have symptoms of COVID-19, or any other illness. If you or a member of your family have symptoms of COVID-19, or any other illness, in the days leading up to your operation, your operation may be postponed.
- 2. COVID-19 swab** - all children and young people undergoing planned surgery will have a nose and throat swab to look for COVID-19 at least once in the few days leading up to their operation. If you are found to be positive, your operation may be postponed, unless it is urgently and you are not unwell. If your swab is negative in some situations a second swab may be needed closer to the time of the procedure.

Pre-operative isolation – you and your family will not routinely be asked to isolate before your operation, unless told otherwise by the hospital.

The adults you know are more likely than you to be infected with COVID-19. For this reason, strict measures have been put in place to reduce the spread of infection between adults in hospitals. When you are in hospital, your parent/carer will be expected to:

- Wear a face covering when away from your bedside
- Observing social distancing
- Undertake regular hand washing, including when entering and leaving wards.

You will not be expected to wear a face covering but you are welcome to do so if you want to.

## Who can stay with you during your operation?

- **When you are in and out of hospital in one day (day case):**

One parent or carer will be able to stay in hospital with you the whole time. They can be there until you go to sleep and will be there very soon after you wake up from your operation.

- **When you need to stay in hospital after your operation:**

Only one parent/carer can stay with you at any one time but the person that is staying can change (for example your mum during the day and your dad at night). If your parents/carers live in two different households, then only one will be allowed to stay with you unless your admission is prolonged. Only in exceptional circumstances will two people (for example your mum AND dad) be allowed to stay with you at the same time.

If you develop symptoms of COVID-19 at any point (high temperature, new continuous cough or loss or change to your sense of smell or taste), you will be moved to a single room, if you're not in one already and have a nose/throat swab taken for COVID-19.

You and your family will not be expected to isolate at home after your operation, although complying with social distancing recommendations will be expected.