

Recommended literature list to support preparing a child coming into hospital for an anaesthetic

'I Don't Want to Go to Hospital' by Tony Ross

Recommended age 2-4 years

Paperback, 32 pages Approx £7

Collins, ISBN 0007109571

Available from Oxfordshire Libraries

A basic, simple story about a visit to hospital. The little princess has got something up her nose, but she refuses to go to hospital. The Queen and the Prime Minister try to persuade her to go, but she runs off and hides. When the King finally finds her, she HAS to go. Once the lump comes out and the little princess returns, she is just as difficult as before – because she wants to go back to hospital. There she was treated like a princess!

'Going to the Hospital' by Sue King

Recommended age 2-5 years

Hardback, 30 pages Approx £4

Parragon, ISBN 9781445440699

Ben is having his tonsils out. This simple story talks about what to take with you to hospital, and about not being allowed to eat on the morning of the operation. It familiarises the child with medical equipment such as thermometer and sats machine. Ben meets a friend in hospital who has had his tonsils out. The book allows the child to guide Ben through a maze to the operating room, and talks about having special cream and an injection to go to sleep. It shows Ben staying overnight and highlights that mum can sleep next to him. This book is both accurate, informative, reassuring and beautifully interactive, with activities and stickers for the child to enjoy on every page. Highly recommended.

'First Time – Hospital' by Jess Stockham

Recommended age 2-5 years

Paperback, 23 pages Approx £5

Child's Play, ISBN 9781846433368

Available from Oxfordshire Libraries

This is a general book about coming into a hospital A&E department as well as staying on a ward and having an operation. It covers hurting your arm, leg or head and having an X-ray and a cast put on. It shows a bed space and illustrates having blood pressure and temperature taken. It shows a playroom. It talks about having an operation and a blood test. The book is aimed at young children and uses simple conversational text and lively illustrations. It is accurate and reassuring and is a great book to use to introduce a child to the hospital environment.

'Going to the Hospital' by Usborne First Experiences

Recommended age 3-5 years

Paperback, 16 pages Approx £4

Usborne, ISBN 0746066589

Available from Oxfordshire Libraries

This book is also available as a sticker book, 16 pages + 8 pages stickers,
ISBN 9780746099124 Approx £5

This lovely, simple story follows Ben's visit to hospital and his operation to fix his sore ears. The friendly, fun illustrations show a hospital ward where Ben makes friends and the tests that happen before his surgery. It also covers going to theatre, going to sleep with anaesthetic gas, recovering after and how he feels. The book concludes with Ben's earache all gone and him going home.

This book talks about having anaesthetic gas to go to sleep, but in addition to this, a cannula (thin plastic tube) and anaesthetic medicine is sometimes used. The anaesthetist will assess which is suitable for your child. (A cannula and anaesthetic medicine is the preferred method and local anaesthetic 'magic cream' will be applied to the area to numb the skin ready for the cannula).

'My First Visit to Hospital' by Rebecca Hunter

Recommended age 4-8 years

Paperback, 21 pages Approx £6

Available from Oxfordshire Libraries

Evans, ISBN 9780237538552

Jonathan needs grommets in his ears. In bright photographs and simple sentences using large print we see his day surgery. It discusses feeling hungry before the operation. It demonstrates the admission process i.e. being weighed, taking temperature, name bands, meeting the doctor. It talks about the numbing cream and shows being taken to theatre. It talks about having an injection to go to sleep and illustrates his post-operative recovery and his going home. The book is clear, accurate and reassuring. There is an index and page of advice to parents and teachers.

'The Big Day! Going to Hospital' by Nicola Barber

Recommended age 5-8 years

Paperback, 24 pages Approx £15

Available from Oxfordshire Libraries

Wayland, ISBN 9780750266871

This is a general book about feeling unwell, and going to the hospital. It talks about who you may meet, staying overnight or longer and what you can take with you. It describes a ward and playroom areas. It has a section on 'finding out what's wrong' which shows an X-ray, and a page on having an operation. The book is clear, accurate and reassuring.

'Talking it Through – Hospital' by Althea

Recommended age 5-10 years

Paperback, 32 pages Approx £8

Happy Cat Books, ISBN 1899248498

The book covers a variety of children who are in hospital for different treatments and talks about different hospital workers e.g. Doctors and Play Specialists. It also follows Kate who is in to have her tonsils out. It explains what fun she has in the playroom with the others and covers elements such as magic cream, tiny tube for anaesthetic, gas induction and recovery period.

Note for parents

This book briefly mentions a child who has had cancer. It is done in a positive light, but we felt this should be highlighted in advance, in case this is a sensitive subject for some families

Recommended websites

www.ouh.nhs.uk/children/

Here you can view our preparation film. Click on the link **[Video on YouTube: Having an operation in Oxford Children's Hospital with YiPpEe.](#)** The film runs through the routine of what will happen on the day of admission. It shows a ward area as well as the anaesthetic and recovery rooms. It explains to your child how they will go to sleep for their operation and helps familiarise them with some of the equipment they may come across

www.youtube.com

A little deep sleep by Bristol Royal Hospital for Children

An animated guide to anaesthetics. This film is for children who are having an operation. It covers fasting, numbing cream, meeting the team. It beautifully demonstrates having the gas or the cannula to go to sleep for the anaesthetic, and describes how you are looked after and monitored during the operation. It shows the recovery room and goes through post-operation routine. An accurate, informative and engaging animation for children to watch.

www.youtube.com

Magic milk and squidgy masks by Royal Berkshire NHS Foundation Trust

An up-to-date, accurate seven minute film about the routine of coming into hospital. This film describes the ward area, anaesthetic and recovery room, with child appropriate explanations about how the anaesthetic is administered. Following the film is another three minute film advising parents of appropriate pain relief and how best to administer this.

www.bbc.co.uk/iplayer/cbeebies

Search **Dr Ranj, Get Well Soon Hospital**, series 2 episode 9 – operation. A basic guide to having an operation. Demonstrates going to sleep for an operation with gas. Familiar to children, very reassuring.

www.gosh.nhs.uk

The child first and always by Great Ormond Street Hospital

This is a fun and informative website which is divided into two sections; children and teenagers. Here they can read about their condition and read real stories from children who have been in hospital. They can watch a film about coming into hospital, and meet some of the medical staff.

www.rcoa.ac.uk/patientinfo

The Royal College of Anaesthetists (2014) Fourth Edition

An informative website about anaesthetics. There is a page on the website with anaesthesia information for Children and Young People where you can find three leaflets for different ages, to download or print, explaining about having an anaesthetic:

- **Rees Bear has an anaesthetic** is a story for younger children.
- **Davy the Detective** is a comic book story for slightly older children.
- **General Anaesthesia** is a leaflet for teenagers and young adults.

There is also a leaflet called **Your Child's General Anaesthetic** which explains to parents what to expect when your child comes into hospital to have an operation or investigation under general anaesthetic.

Children's Day Care Ward telephone number: 01865 234148/9

Mondays to Fridays 7.30am - 7.45pm

Last updated June 2018: for more information please visit www.ouh.nhs.uk