

Children's Outpatient Department, Nuffield Orthopaedic Centre

# Pre-Operative Assessment Clinic

## Paediatric Orthopaedic Surgery

Information for parents and carers

### What is the 'POAC'

POAC stands for Pre-Operative Assessment Clinic. This clinic is held at the Nuffield Orthopaedic Centre (NOC) in the Children's Outpatient Department. The surgery itself will still be at the Children's Hospital on the John Radcliffe Hospital site.

The purpose of the POAC is for us to meet with your child and their family, to discuss and plan any requirements you may need for when they come to go home. Your child's discharge planning starts from the moment you come to this appointment.

The POAC is an opportunity for us to get lots of information about your child, before you all come in for their operation. You will also have the chance to get as much information as you may want from us in return. Some of the information we will give to you will include the risks and benefits of the surgery and anaesthetics, as well as how to prepare for bringing your child into hospital.

Included within this sheet is a 'Literature List' that shows books and websites which are available for children, to let them know what to expect when they come into hospital. It is a good idea to prepare your child, as it can help them to feel less worried or nervous about their operation.

### Who will we see at the POAC?

#### **You will definitely see:**

- the consultant or registrar, to discuss the procedure and sign the consent form
- the junior doctor (Senior House Officer), to check your child's health and possibly take a blood test (only if necessary). This may be done by the nurse specialist.
- a nurse, to discuss your child's nursing care and to take details such as their height and weight.

#### **You will probably see:**

- the nurse specialist; if you do not see this person, you will receive their contact details so that you can ask them questions at any later stage before or after the surgery
- an Occupational Therapist, to discuss whether you might need any equipment at home and whether your child might need help to move around after surgery.

#### **Your child might also:**

- have some X-rays taken
- be measured for a brace in the Orthotics department (this is in the Tebbit Centre opposite the main NOC building)
- see a physiotherapist
- like to have a tour of the Children's Hospital. If they or you would like to do this, please ask your nurse to contact the Play Specialist. We will try to arrange a convenient time for you all to visit. This may be on the same day as the POAC appointment, but depends on how busy the department is when you come.

## How long will the POAC take?

We recommend that you allow **approximately 3 to 4 hours** for this appointment. If you have other children you may want to consider arranging for them to be looked after by someone else for the day, so that they do not get bored. They are welcome in the department, however, if this isn't possible.

If your child's surgery is to be carried out as a day case (where they aren't likely to need to stay in hospital overnight), you may only see a few people from the previous lists. In this case you may only need to set aside an hour for the appointment.

If you and your child need to see everyone listed at the beginning of the leaflet and also have X-rays, Orthotics appointments and a tour, this could take significantly longer. We won't know exactly how long it will all take, as this depends on how busy each department is.

Sometimes you may need to wait to see the next person or to visit other departments. We will let you know if you are going to have to wait for a particularly long time. We would encourage you to break up the longer delays with lunch or coffee!

## Things to bring with you

### **Please bring:**

- **all medications** that your child is on regularly, or one of their prescriptions (so that their medicines can be put onto a drug chart ready for the day of the operation)
- light refreshments (snacks and drinks)
- entertainment such as books, electronic games/tablets, small toys and comforters
- nappies and wipes, if your child needs them
- loose coins/change for the car park machines.

## Contact details

### **Personal Assistant to Surgeons:**

Tel: 01865 737 872 (Option 4)

### **For information about appointments:**

Tel: 01865 737 872 (Option 2)

### **For letters about your child's admission, surgery dates and fasting instructions:**

Tel: 01865 737 872 (Option 1)

### **Paediatric Orthopaedic Nurse Specialist:**

Tel: 01865 234 992

### **Hospital Occupational Therapist:**

Tel: 01865 234 001

# Preparing your child for their operation

## Literature List

*This is a short list of some books and websites that we have found helpful when preparing children for coming into hospital.*

### **'I Don't Want To Go To Hospital' by Tony Ross**

Recommended age 2-3 years

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 home, she is just as difficult as before – but now because she wants to go back to hospital. There she was treated like a Princess!

### **'Going to the Hospital' by Usborne First Experiences**

Recommended age 3-5 years

Available from Oxfordshire libraries

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 has the tests that happen before his surgery. It also covers going to theatre, going to sleep with anaesthetic gas, recovering afterwards 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 we may also use an injection through a small tube into your child's hand/arm. This is called a cannula.)

### **'My First Visit to Hospital' by Rebecca Hunter**

Recommended age 3-5 years

Available from Oxfordshire libraries

Jonathan must go to hospital to have grommets in his ears. In bright photographs and simple, large print sentences we see his day surgery. We see all the admission procedures, meeting the doctor, being taken to theatre, his post-operative recovery and going home. Everything is very clear and positive and there is an index and page of advice for parents and teachers.

### **'Talking it Through – Hospital' by Althea**

Recommended age 5-10 years

The book covers a variety of children who are in hospital for different treatments, such as Kate, who is in to have her tonsils out. It talks about different hospital workers such as Doctors and Play Specialists. It explains what fun the children have in the playroom with the others and covers elements such as Magic cream, the tiny tube for anaesthetic, going to sleep with a face mask and recovery after the operation.

### **Note for parents/carers**

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

### **Oxfordshire University Hospital Trust**

<http://www.ouh.nhs.uk/news/videos/my-operation/default.aspx>

Here you can view our preparation video, which runs through the routine of what will happen on the day of admission. It shows you each 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.

### **The Royal College of Anaesthetists**

**Website:** [www.rcoa.ac.uk](http://www.rcoa.ac.uk)

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 that explain 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 you can view called 'Your Child's General Anaesthetic', which explains what to expect when your child comes into hospital to have an operation or investigation under general anaesthetic.

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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## Your feedback

Tell us what you think of this information sheet. After you have been to your POAC...

1. What is missing? What could we add to it that you wish you had known?

2. What did you find most useful about it?

*Please tear off this section and hand it in at the end of your POAC appointment.  
Thank you for your time, we hope this leaflet has been of use to you.*

**For staff use:** Please pass this slip to the Paediatric Orthopaedic Nurse Specialist

Please complete and return this sheet