

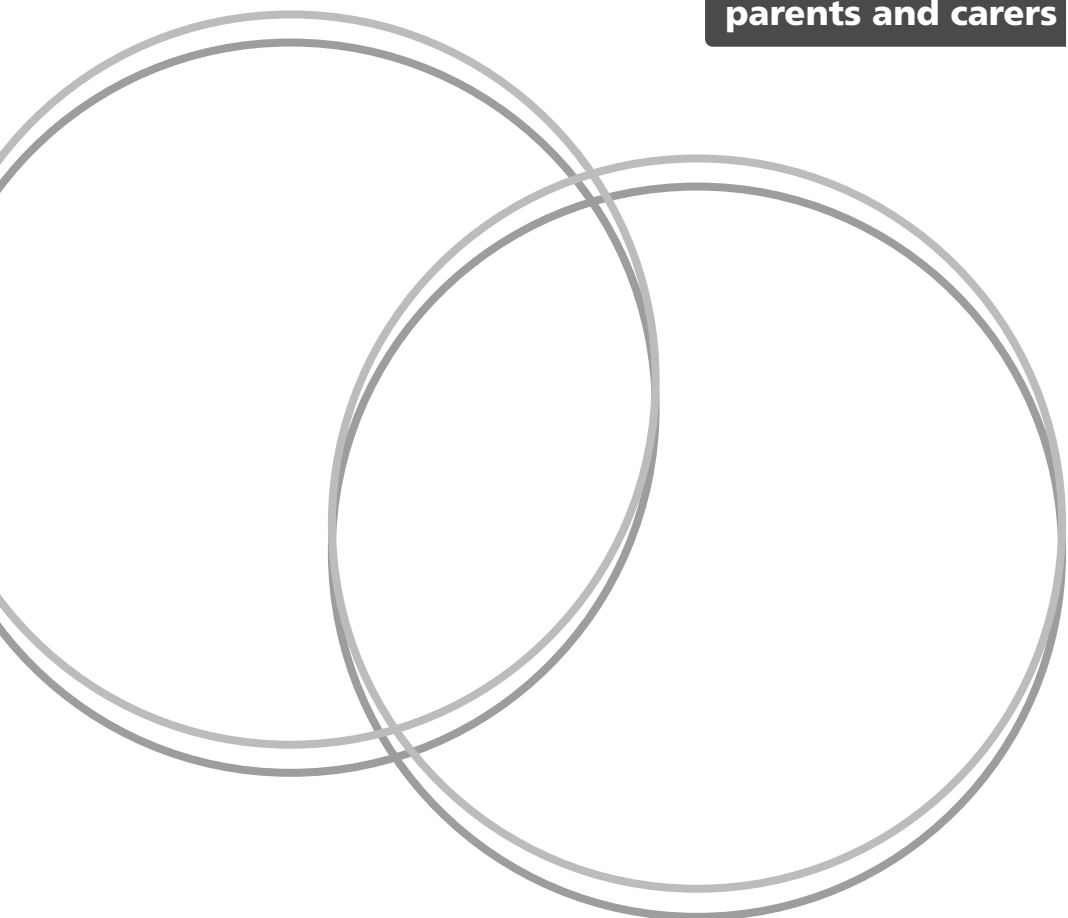


Oxford University Hospitals
NHS Foundation Trust

Paediatric Pre Operative Assessment Clinics

Paediatric Orthopaedic Surgery

**Information for
parents and carers**



**Children's Outpatient Department,
Nuffield Orthopaedic Centre**

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 you and your child, to discuss and plan any requirements you may need for when they are able 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 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.

It is good idea to prepare your child, as it can help them to feel less worried or nervous about their operation.

You can find a useful video on the OUH website here:
<https://www.ouh.nhs.uk/children/videos.aspx>

Who will you see at the POAC?

You will definitely see:

- the consultant or registrar, to discuss the procedure and sign the consent form
- the junior doctor, 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 needs pre-operatively and to take details such as their allergies 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 to help them 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
- see a play specialist
- like to have a tour of the Children's Hospital. If they or you would like to do this, please ask your nurse or play specialist.

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.

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 above 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 on the list and also have X-rays, visit the orthotics department and have a blood test, 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 Assistants to Surgeons:

Tel: 01865 737 872 (Option 4)

For information about all other appointments:

Tel: 01865 737 872 (Option 5)

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

Tel: 01865 737 872 (Option 6)

Paediatric Orthopaedic Nurse Specialist:

Tel: 01865 234 992

Paediatric Orthopaedic Occupational Therapist:

Tel: 01865 234 001

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Craig Walsh
September 2021
Review: September 2024
Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



Making a difference across our hospitals

charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

