



Eddie Echo and Me!



At Evelina London



When you arrive you will meet
a very special bear called...

Eddie Echo

Eddie will help you to find out
all you want to know about
having your heart operation.



pharmacist

nurse

play specialist

ward clerk

senior nursing assistant



physiotherapist

doctor

nurse

I'm your new
friend Eddie,
let's play!

You will meet our friendly doctors, nurses, and many other people. They are here to help you have a happy time with us, and to look after you.





You will be coming to
stay on camel ward, with
lots of other children.



We have places for you to eat, places to play...
...There's even a

BIG helter skelter slide!

WHOOSH!



Eddie loves the 'Whoosing' feeling when
he slides all the way down, it's so much fun!
There are more toys to play with on camel ward...

**Eddie's favourite place on the ward...
...is the playroom!**



Eddie loves to paint and bake cakes.

**When you need to rest in bed,
there are lots of DVD's to watch,
story books to read and crafts
to make.**

**You can play and have fun with a play
specialist and with your family and friends.**

**Staying on
the ward.**




Your family and friends can visit you everyday, and someone close to you can stay with you all the time when you are in hospital.



At night time everyone goes to sleep, except for the nurses who stay awake to look after everyone. Mummy, Daddy or someone special is allowed to stay with you at night. They get to sleep right next to you on a pull down bed for grown ups.

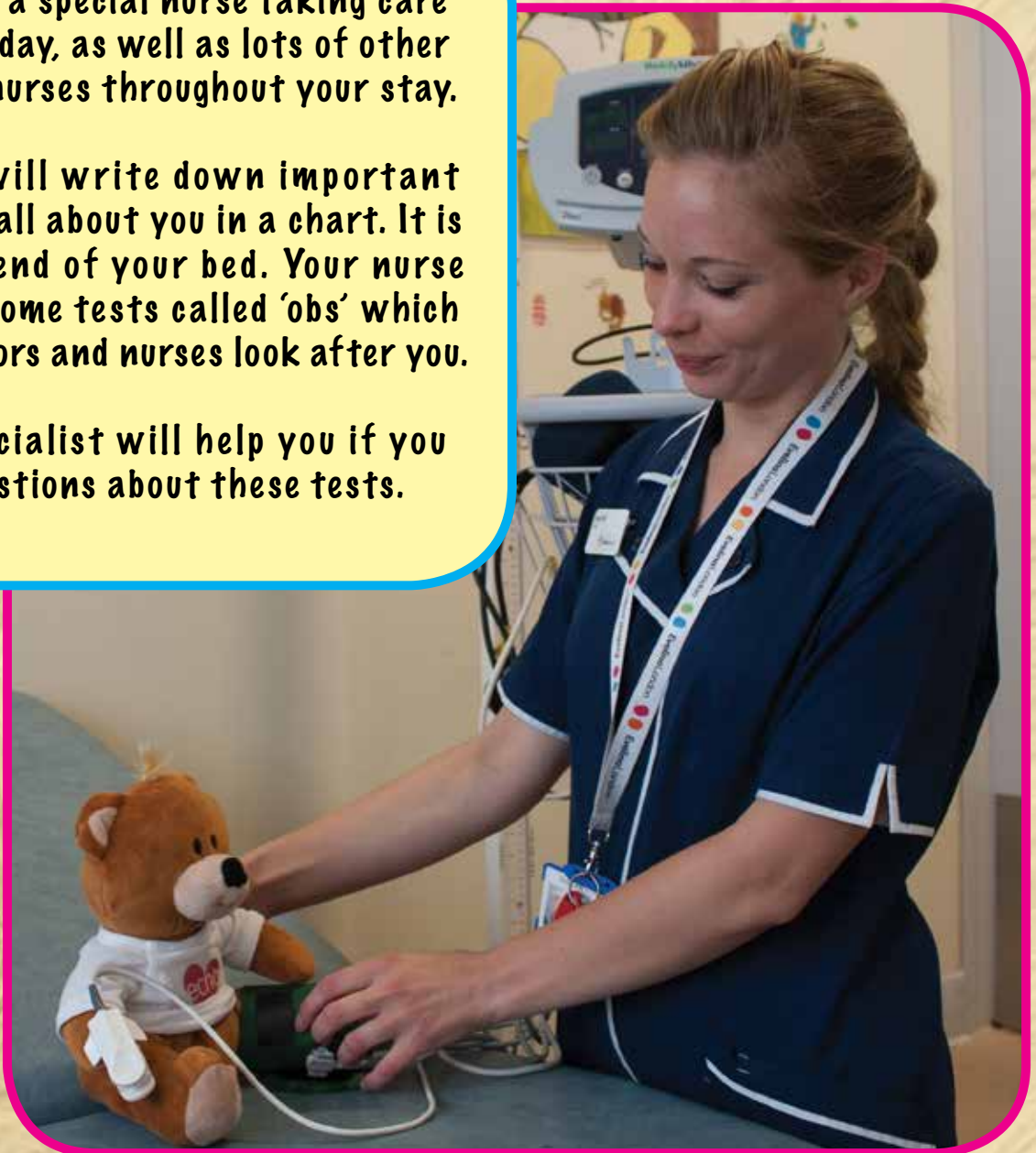




You will have a special nurse taking care of you every day, as well as lots of other doctors and nurses throughout your stay.

Your nurse will write down important information all about you in a chart. It is kept at the end of your bed. Your nurse will also do some tests called 'obs' which help the doctors and nurses look after you.

The play specialist will help you if you have any questions about these tests.



In a heartbeat,
in a heartbeat,
in a heart beat ooohhh!



Your nurse will take your temperature, with something called a tempadot under your arm to check that you are not too hot. While the nurse is doing this, we can sing your favourite song together.

Your nurse will also check your heart with a stethoscope to hear how fast it is beating. Just like when you listen to music through headphones.



Doctors can tell a lot about how your body is working by having a look at a tiny bit of your blood. First you will have a special white cream on your arms or the back of your hands, which makes it go all numb for a bit, ..so that you will hardly feel anything, and then the doctor can choose the best place to use a tiny butterfly needle to do the test. Just keep nice and still, and it will be over very soon.

You can then choose a fun plaster and sticker!

Well done!



**Eddie likes to look at something fun during this test!
Here he is busily counting bubbles and doesn't even
realise the doctor has done the test!**



Having an ECHO.

An Echo is a way of the doctors taking a picture of your heart. It is sometimes known as 'jelly on the belly'. The doctor will put a bit of gel (Jelly) on your chest, which helps a special camera to see and hear your heart beating. You can see this picture on a TV in the room.



The gel can feel a bit cold but not as cold as ice cream!

Eddie's top tip: Try and keep nice and still so that the doctors can get a good picture! It doesn't take long and you can even choose your favourite DVD to watch!

Having an ECG.



I like this one,
it makes my
fur tickle!

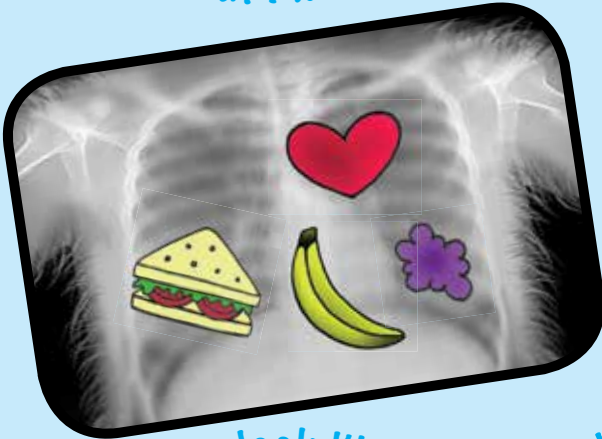
Sticky pads are put on your chest with leads that go to a machine. This makes a drawing of your heartbeat on a piece of paper. It doesn't take very long, and you can play whilst you are keeping nice and still. Eddie likes to play 'Incy Wincy Spider' whilst he is having his ECG.



Eddie has drawn a picture of his heartbeat...
...he even enjoys sliding down the long lines.

Having an X-ray.

I wonder what I will...



...look like in my X-ray!



An X-ray is like having your picture taken with a big camera! This makes a picture of what it looks like inside your body!



*Sometimes the best way doctors can help your heart...
...is with an operation.*

You are given a special gown to wear ready to go to the operating theatre for your operation.

You will meet a doctor called an anaesthetist who will help you fall asleep for your operation and wake you up as soon as the operation is over. The anaesthetist will help you put on a mask and breathe in some 'sleepy air' which will help you fall asleep. You might have some 'sleepy white medicine' through a tiny tube in your hand (called a cannula).



I wonder what I'm going to dream about?




When you wake up, your doctor will have finished the operation, and Mummy or Daddy or someone else very special will be there to say hello and take you back to the ward.




After your operation, some boys and girls stay on Forest ward for one or two nights to have a proper rest. It is very peaceful and quiet on this ward and it has nice snugly covers to help you rest. Eddie loves it when his play specialist reads to him.

Very soon you will be back on Camel ward, and can go back to play in the play room when you want to. Your nurses will keep on looking after you and doing your 'obs'.




You might have a special white 'dressing' that covers the scar on your chest to keep it nice and clean and help it heal. You may also have a little tube, called a 'chest drain'. It is called this as it helps drain fluids from around your chest to help your heart to recover after your operation. As soon as your 'drain' has got rid of all the fluids, the nurse will be able to take this out.



After your operation you can get out of bed and visit the playroom, you can still do some fun things even if you have a chest drain.





After a few days the nurse will put a new dressing on your chest to keep it clean, and then after a few more days, you can take your 'dressing' off as your skin will have healed nicely.



You will see a 'scar' which some boys and girls call their 'zipper'. It can look pink to start off with, but over the next few weeks the colour begins to fade to your skin colour.



**Time to
go home!**

Bye Eddie!

Soon you will be planning to go home. The doctors and nurses will be very pleased you are feeling better. They will be happy for you to pop back and say hello to them whenever you come back to Evelina London for a check up. Eddie is always very happy to see the new friends he has made at the hospital.



**Thanks to the families
and Evelina staff
who helped to
make this book.**

**Thanks to ECHO for
supporting and sponsoring
this book.**

**Thanks to the children
for being the stars
of this book.**



A message from Echo...

Echo supports families of children and young people with a heart condition who are under the care of Evelina London Children's Hospital. We provide information, guidance and support to all involved in the child's care.

Echo works very closely with the professionals at Evelina London. We provide a vital patient voice to influence how the Trust develops and improves paediatric cardiology services, ensuring that the ethos of "Family Centred Care" is upheld.



www.echo-evelina.org.uk

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