

Parents are a key part of their child's health care. Use this guide to help.

At Cook Children's, you are a valuable member of your child's health care team. You are welcome to call anytime for information on your child at 682-885-6586. We want to include you in the care of your child as much as possible during your child's stay in the Cardiac Intensive Care Unit (CICU). Don't be afraid to ask us questions. That's one of the best ways we can help you learn more about what's happening with your child's care.

Visitation

As a parent, you're not a guest. We encourage you to stay with your child as much as possible. All parents wear a silver armband so that you and your guests are distinguished. Should you have a guest visit you, please follow these guidelines.

Support guests

Because support from your family and friends is important, we encourage you to choose six family members or friends for your "support list."

- This list can't change. The same six people will remain on your list throughout your stay.
- Support guests may visit your child when you are not here.
- They must show a photo ID before entering.
- Support guests may not bring other people in with them.
- Support guests may not receive information about your child.

Your child's siblings

We encourage regular visits from brothers and sisters.

- Siblings are allowed to visit from 8 a.m. to 9 p.m.
- All visiting children must be healthy; we will check each child for signs of a possible illness or infection.
- Children cannot stay overnight in the patient room or waiting area.
- It is important to prepare your child for the many different sights and sounds in our unit.
- A Child Life specialist can help prepare your child for this visit.

Guidelines for all guests

- Guests may visit between 8 to 11 a.m., 1 to 6 p.m., and 8 to 9 p.m.
- All guests must wash their hands upon entering your child's room. All guests must be 18 years of age.
- Only two guests may visit with you and your child at a time.

- Guests may be asked to limit the visit time based on a child's condition.
- All guests entering your child's room must be healthy.
- We may ask your guests to leave if they are sick.
- We may also ask your guests to leave if the noise or activity is too much for your child.
- Visitation times and rules may change during the flu/cold season

Clergy members do not count as guests.

Pictures, videos and recordings

- For the safety of your baby, families and their visitors aren't permitted to photograph or record patient care activities.
- Families may take photographs, videos and/or recordings of their baby for personal use as long as they do not interfere with or include patient care activities.
- We ask that you not use a flash when taking pictures because this can bother your baby.
- If you want a staff person in a picture, you must first ask him/her if this is OK.

Family resources

- [Social workers](#) can help make sure your family is getting the resources you read while in the CICU. They help to make sure you have everything you need to safely take care of your baby at home.
- [Case managers](#) can help you make the best plan for going home and can help find companies to meet any medical needs your baby may have when you are ready to go home.
- [Child life specialists](#) can work with parents, siblings and other family members to help explain what's going to happen during your baby's CICU stay.
- [Mended Little Hearts](#) is a support group for parents of children with congenital heart defects. Parents can talk one-on-one with each other and share their experiences, concerns and questions.
- [Chaplains](#) are available to give spiritual guidance and emotional support to people of all faiths as well as those who practice no particular faith
- [Nurse Managers](#) can provide an additional layer of support for parents with additional concerns or questions. Each unit has an assigned nurse manager

During your child's stay

Bedside shift report

We invite you to join us during our bedside shift change reports at 6:30 a.m. and 6:30 p.m.

- Only parents can attend the bedside report.
- Guests will be asked to leave.
- Your nurse will share information about your child's condition.

- We will develop a plan of care for the next 12 hours.
- Sharing your thoughts and concerns during this time is very important to us.
- You're welcome to participate in discussions among all the doctors on your child's care team.
- Your child's medical team will visit Mon., Tues., Thurs. and Fri at approximately 9 a.m.

There may be occasional instances where the entire unit is closed for parents and guests due to a procedure being performed.

Behavior

- We ask parents to always show respect for our staff and other families
- Please do not swear or use foul gestures
- Please do not participate in any type of sexual activity.
- Please do not wear see-through, low-cut or revealing clothes.
- Please silence your phone and mute any game sounds.

No food in your child's room

Food makes it easy for germs to grow and spread.

- Drinks with a lid are allowed in your child's room.
- You mustn't eat in your child's room.
- Please do not store any food in your child's room.
- The family lounge is located in the unit for food storage. Please see the storage guidelines posted in the lounge.

Staying with your child overnight

We encourage parents to stay overnight with their children. However, with our overhead lights, frequent checks and equipment sounds, it may be difficult for some parents to sleep. Your child's nurse will explain how we can work together to provide the best rest.

The sofa bed in your room sleeps one person.

- A second person may use the reclining chair.
- Ask your nurse for linens.
- In the morning, please change your sofa back into a couch.

Each room is Wi-Fi ready

You may use your laptop computer

- Because this is a children's medical center, some websites have been restricted.
- Please remember, we cannot be responsible for any damage or theft.

Showers

We have one shower located in the Cardiac Intensive Care Unit.

- Always be fully dressed before leaving the shower room and going into the parents' lounge.
- One person in the shower at a time.
- Please bring your soap and shampoo.
- Fresh towels are provided.
- Place dirty towels in the linen hamper inside the parent shower area.
- Please remember to wear flip-flops or shower shoes.

Patient and family safety

Safety is always our number one concern at Cook Children's. The following guidelines help us provide a safer environment for you and your child.

Locked doors

The Cardiac Intensive Care Unit is a locked unit. We check and approve everyone entering the unit.

- Do not hold the door open for other parents or guests.
- Only your guests may walk in with you.
- Do not allow anyone else to walk in behind you.

Storing valuables

During visits, you can keep your purses, bags, coats, etc., under the bed.

- Please do not leave valuables unattended.
- The Cardiac Intensive Care Unit is not responsible for any lost or stolen items.

Floor safety

- Keep the floor in your room cleared of clothing, bags, etc.
- Wear hard-soled shoes or slippers at all times.
- Wear flip-flops or shower shoes in the shower area.

Requesting information about your child

You may call the Cardiac Intensive Care Unit at 682-885-6586 and request information about your child over the phone. You will use your child's birth date as a code when you call to check on your child

Infection control

Hand-washing

Good hand-washing is the first line of defense against the spread of many illnesses. Please remember to wash your hands each time you come into your child's room and ask all guests to wash their hands first.

When should you wash your hands?

- Every time you enter your child's room.
- Before and after eating food.
- After using the toilet
- After changing diapers.
- After blowing your nose, coughing or sneezing.
- After touching your phone.
- After touching garbage.

How do you wash your hands?

- Wet your hands with clean running water and apply soap.
- Rub your hands together, lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, under your nails and up to your elbows.
- Continue rubbing your hands for at least three minutes.
- Rinse your hands well under running water.
- Dry your hands using a clean towel.

Hand gel

Hand gel is available in your child's room.

- Use hand gel each time before touching your child.
- Remind everyone to gel their hands before they touch your child.

For breastfeeding moms

Providing breast milk is one of the most important things you can do for your baby. Cook Children's has made it easy for moms to breastfeed by including hospital-grade electric pumps in your baby's room. During your Cardiac Intensive Care Unit stay, there may be a need for the doctor to increase the calories of your milk. We can add these calories by using a pasteurized human milk additive. Our milk techs prepare the feeds for your baby in our on-site milk storage center and deliver it to your baby's room daily.

We also have full-time lactation consultants on staff available to:

- Explain the benefits of breastfeeding.
- Discuss different ways we can help you and your family adjust to breastfeeding.
- Provide help, encouragement and support if you have problems with breast-feeding or pumping.

Food trays are provided for breast-feeding moms upon request

Amenities

The below amenities are available at a cost

- Camelot Court offers families a variety of delicious foods in a fun atmosphere. From yummy Chick-fil-A® favorites to brick oven pizza, there are many choices for all appetites.
- Cook Children's Build-A-Bear Workshop® is a great place for kids to make a new furry friend to hang out with in the medical center, or at home.
- Starbucks® allows visitors to take a break with their favorite beverage.
- The Zooty Fruity® frozen yogurt shop offers sweet treats for families.
- Mirror, Mirror Salon offers a variety of hair and nail services to our patient families.
- Cook Children's Pharmacy makes it easy and convenient to manage your baby's prescriptions when preparing to go home.

Free amenities

- Pirate Cove Indoor Playground is where children ages 12 years of age and younger can have a great time playing indoors without having to worry about the weather.
- Our Child Life Zone houses a teen room, recording studio, patient library and family business center.
- Our outdoor playground offers playground equipment, a basketball court, checkers and chess.

Parking

7th Avenue Garage
801 7th Ave.
Fort Worth, TX 76104

The Cook Children's CICU is located on the second floor of the main building. Patient families may park free and visitors pay \$1 per hour. Emergency parking is at Terrell and 6th Ave.

682-885-6586 phone