

Patient & Family Resource

NH Cystic Fibrosis Center

~Pediatric/Adolescent Inpatient Unit-Hospital Stay~

-What to Expect: Your child will be admitted to the Pediatric & Adolescent Inpatient Unit at Dartmouth-Hitchcock Medical Center (DHMC) in Lebanon, NH for management of their CF exacerbation. They will be followed closely by the CF team in Lebanon.

***For FAQ's about your upcoming hospital stay, please visit the CHaD website:**

http://www.chadkids.org/your-visit/frequently-asked-questions-about-your-visit.html#first-tabs2*

-What To Bring:

- **Modulator Therapies** - Make sure you bring your pills if you take Trikafta, Symdeko, Orkambi and Kalydeco
- **Chest Physiotherapy Vest**-Please bring your child's vest from home. Respiratory Therapists (RTs) will come to the room 3 times each day to assist with airway clearance.
- **Food/Snacks**-Each room has a small refrigerator and space to store favorite food/snacks. *Meals are delivered to each room by calling and ordering from the cafeteria menu. There are also food places located on the 3rd floor Mall.*
- **Pancreatic Enzymes**-Most of your child's medications will be ordered through the DHMC pharmacy and the nurses will administer them on the floor. This process does take some time, so we recommend bringing enzymes so your child can eat during the first few hours of your admission.
- **Patient Preferred Vitamins or Nutritional Supplements**-Most of the medications will be provided, however, if your child has a specific form of medication they prefer, such as gummy vitamins, or a nutritional supplement with a specific flavor, the pharmacy or kitchen may not supply this. You can bring in your child's home supply to be used in the hospital. The pharmacist will just need to attach a verification label on the medication first.
- **Comfortable Clothes, sneakers/shoes, PJ's, slippers**-Your child will be allowed to wear their own clothes during the hospital stay.
- **Special toys, books, movies, games, arts & crafts to decorate your room.**
- **Favorite blanket, stuffed animals, or pillows**-Hospital bedding is provided, however, please feel free to bring anything that is special/comforting to your child.

- **Notebook (optional)**-If you wish to keep notes on schedule and timing of treatments, plan of care, or any questions etc.

-CF Precautions during Hospital Stay:

- **Patient Precautions**-Your child will be allowed to leave his/her room wearing a mask and using good hand hygiene. *This is subject to change if there are multiple patients with CF who are admitted on the same floor. If there are multiple patients, you are allowed to sign them out **to go off the floor in-between treatment times.***
- **Hospital Staff Precautions**-Any staff members who enter your child's room will be wearing a gown and gloves for infection control. They will also be cleaning any equipment they bring in and out of the room.

-IV Medication Protocol:

- **PICC Line**-Your child may have a Peripherally Inserted Central Catheter (PICC) line placed to help them receive IV antibiotics and have blood draws. A PICC line is a long and thin IV that is inserted above the elbow of the arm and can last for a few weeks. The CF team will provide more information about this and coordinate the best process for getting this placed for your child.

-Glucose monitoring:

- Some children and adults have a unique form of diabetes called Cystic Fibrosis Related Diabetes (CFRD). Some people with CFRD do not have any symptoms. Glucose (sugar) monitoring will be done in the morning (fasting) and 2 hours after every meal for 48 hours (2 days). If this testing has been normal, then it will be stopped for the rest of admission. If there are any concerns, further testing will be done.

Hospital Address:

Dartmouth-Hitchcock Medical Center
1 Medical Center Drive
Lebanon, NH 03766
Pediatric & Adolescent Inpatient Unit
Located on 5 East Floor, Patient Towers