

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

## Discharge Advice for Parents

Name of child: \_\_\_\_\_

Date: \_\_\_\_\_



### How to comment on your treatment

We aim to provide the best possible service and staff will be happy to answer your questions. However, if you have any concerns you can also contact the Patient Experience Service on 0800 917 6039 or E-mail [portsmouthhospitals.patientexperience@porthosp.nhs.uk](mailto:portsmouthhospitals.patientexperience@porthosp.nhs.uk)

The Paediatric Unit  
Queen Alexandra Hospital, Cosham  
Tel: (023) 9228 3344

Author: Staff on Children's Assessment Unit  
Produced: November 2011  
Review: November 2013  
Ref: CAU/03  
Medical Illustration ref: 11/3623  
© Portsmouth Hospitals NHS Trust

Produced by  
Medical Photography  
& Illustration  
[mpandi@porthosp.nhs.uk](mailto:mpandi@porthosp.nhs.uk) **mp+i**

### Specialist Support

If you require this leaflet in another language, large print or another format, please contact the Health Information Centre Tel: (023) 9228 6757, who will advise you.



Problem: .....

Consultant name: .....

Medication: .....

Open Access until ..... (date and time)

Your child's planned hospital follow up:

none planned  ward review  out patient clinic

Date time and place if available: .....

Specific things to look out for are:

.....  
.....  
.....  
.....

If your child develops these symptoms, please seek urgent medical advice (see "What to do if you're worried" below).

### General advice

If your child's condition does not improve and you remain concerned and worried or they can't take their treatment, you might want to seek medical help (see "What to do if you're worried" below). There are some symptoms which would usually be worth taking seriously in any illness:

- Struggling to breathe
- Pale, mottled or blue colour
- Unable to wake up, being very drowsy or confused.
- Neck stiffness
- A fit (if never had one before)
- Rash that does not disappear with pressure
- Dark green vomit
- High temperatures for 5 days
- Dehydration (dry mouth, sunken eyes, nappy dry or not passed urine for more than 6 hours)

### What to do if you are worried?

If you child becomes suddenly and seriously ill, dial 999

Otherwise if you have been seen in the Paediatric Emergency Department you can return anytime without an appointment 24 hrs/day, 7 days /week

If you have been seen in the Children's Assessment Unit and provided you are still within the Open Access time you can telephone (023) 9228 3344 to discuss your child's condition and arrange to be seen again, if required.

After open access time, please call your GP or out of hours service.

If you live in Portsmouth, you might also have been given information about the Children's Outreach And Support Team (COAST), who might be able to help.