

Inpatient Pediatrics

Ward 4B



Naval Medical Center Portsmouth

620 John Paul Jones Circle

Portsmouth, VA 23708

Ward Phone: 953-4494

Hospital Main: 953-5000

General Information

- We are an 18-bed multi-service unit.
- Smoking is not permitted anywhere on hospital grounds!
- Do not give your child medications brought from home. Your child will receive the medications supplied by the hospital. Special arrangements will be made if we do not carry the medication.
- If your spouse is aboard a ship or on deployment and has not been notified of your child's hospitalization, the Red Cross may be notified to send a message. Call 953-5435.
- A duty Chaplain is available 24 hours a day and can be contacted at your request.
- The Fischer House may be available for families whose duty station is more than 50 miles from NMCP and the length of stay for the patient is greater than 3 days. Reservations can be coordinated through the duty chaplain. Please let your nurse know if these arrangements need to be made.
- We have a Parent Lounge with computers with internet access. The ward also has wireless internet.

Visiting Hours

- Parents are encouraged to stay with their child during their hospitalization; however one parent is permitted overnight when a fold-out chair-bed is available. Please do not sit or sleep on patient beds, as these are for patient use only.
- Visiting hours are from 1000-2000 (10am to 8pm) daily. The number of visitors allowed at one time is determined by the patient's condition and number of patients assigned to each room.
- Patients may not leave the ward unless accompanied by a parent or legal guardian and permission is obtained from the medical and nursing staff prior to leaving the ward.
- Siblings are welcome during visiting hours, provided they are up-to-date on their immunizations and have not been exposed to any illnesses within the last 10 days. Siblings are to be under the direct supervision of the parent/guardian at all times.
- Quiet time begins at 2100 (9pm), please observe quiet time. All TVs, radios, etc should be turned off or to the very lowest setting. Patients and visitors are requested to take this time for rest.

Safety

- Emergency call buttons are located at every bedside and in the bathrooms. The nursing staff will orient you to the room.
- SIDE RAILS MUST BE UP (in the full position) at all times unless you or a staff member are standing directly beside your child at the bedside with your child in full view. The bed should remain in the lowest position unless a procedure is being done.
- Children (2) years old and younger will be placed in a crib.
- Please do not sleep in the bed or chair with your child for safety reasons! If you normally lie down with your child to help them get to sleep, please assist your child then move to the chair-bed.
 - Children will be transported to procedures via crib, gurney, wheel chair, or stroller. Safety belts will be used and secured at all times. Children cannot be carried off the unit by parents and/or staff.
- Slippers or shoes must be worn by patients and parents/visitors at all times when out of bed.
- No running in the ward spaces. Please do not allow children to stand on the bed or chairs.
- If you bring personal items, they should be stored in the bedside tables or closet and labeled with the patient's name. Please take all valuables home.
- Due to a potential choking hazard and potential latex allergies, only Mylar balloons are allowed on the unit. No rubber latex balloons, please.

Television / Playroom

- Televisions are available at each bedside free-of-charge.
 - The playroom is open from 0800-2000 (8am-8pm) daily.
- Patients under the age of 12 must have an adult present in the playroom at all times. Visiting siblings are welcome to join the patient in the playroom under the same supervision.
- Parents are responsible for the behavior of their children, including the responsibility for keeping the playroom and patient room neat. We are all responsible for maintaining a safe environment for the children. Toys are cleaned by staff daily. If a toy becomes soiled please place it in the container labeled "dirty toys" for staff to clean.
- The Child Life Room/Program may have activities which your child may participate in, such as holiday parties and craft time with volunteers.

Meals

- Meal trays are delivered for the patients at approximately 0700, 1130, 1630. We have snacks and drinks for patient consumption in our nutrition room.
- An alternate menu is available for patients with an extended stay (>2 weeks) and/or those who have poor appetites or high energy needs. Please ask staff for this menu if needed.
- A refrigerator in the nutrition room is available for storing small quantities of food. Airtight containers labeled with the patient's name and date is required for infection control reasons. Any unlabeled containers will be discarded.
- Please inform the staff of the amount of food and drink given to your child so it may be properly documented.
- Parents/Visitors may find food at:
 - ❑ Galley (Breakfast 0600-0800, Lunch 1100-1300, Dinner 1600-1800)
 - ❑ Taco Bell, Pizza Hut, Subway, KFC (M-F 0800-2200, Sat-Sun 1000-1600)
 - ❑ The Dancing Goat Café (Mon-Fri 0600-1400)
 - ❑ Navy Exchange (Mon-Fri 0700 – 1900, Sat-Sun 1000-1600)