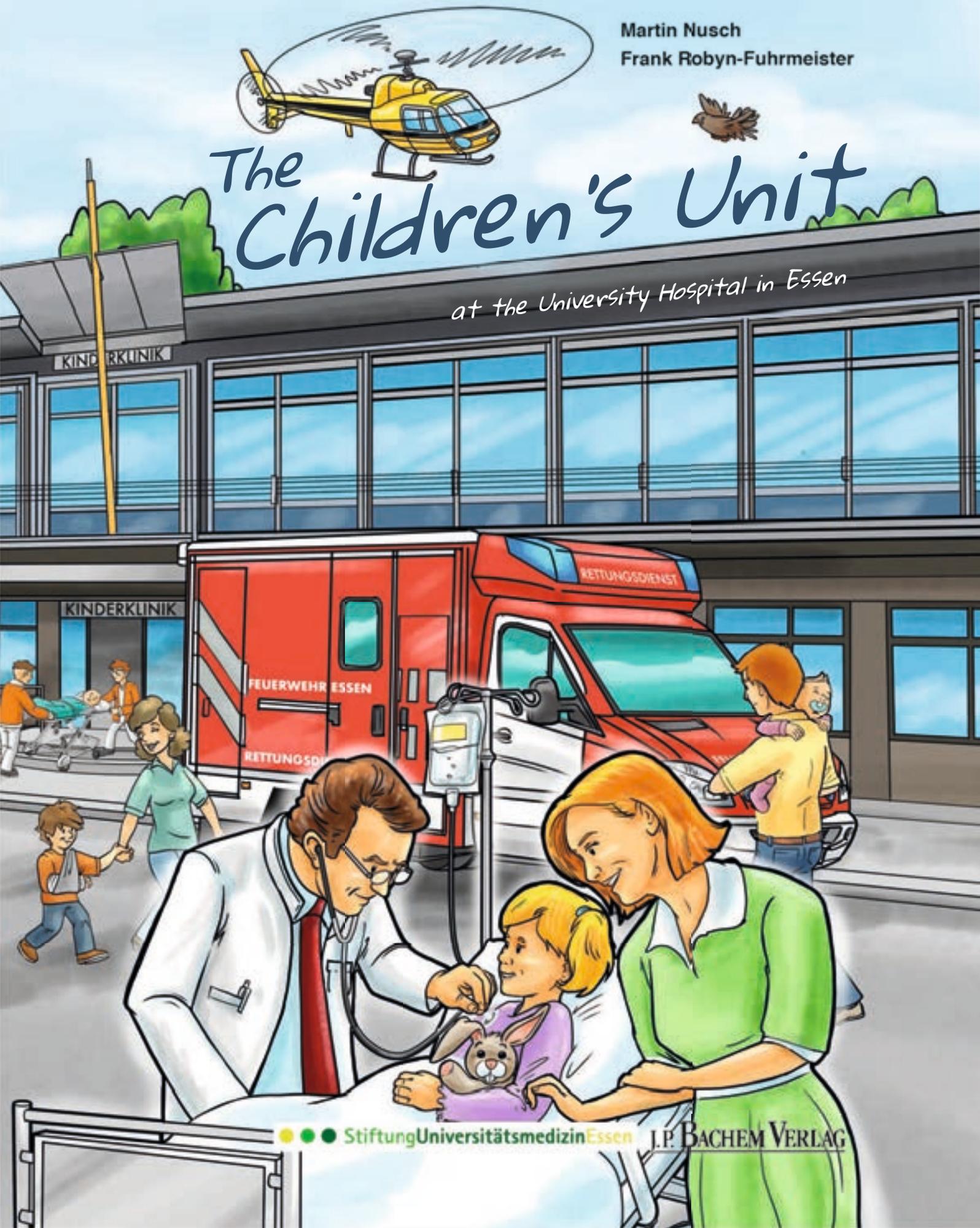
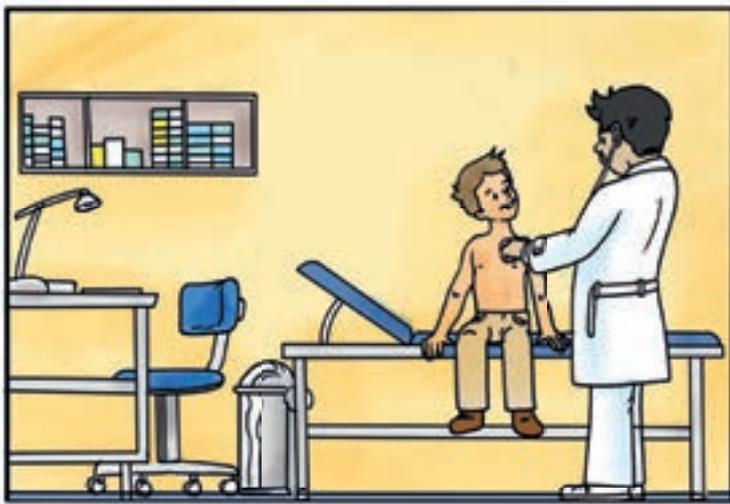


Martin Nusch
Frank Robyn-Fuhrmeister

The Children's Unit

at the University Hospital in Essen







Dear children,

Recently I met a little girl called Siba in the hospital, and I immediately wanted to help her. She was all alone and very sad. When they are in hospital, little (and big) people are at their most vulnerable and are dependent on others for help. I desperately wanted to help, and I wanted to do something that would make it easier for children who are ill and have to stay in hospital for a longer period to deal with the time they spend there. And then I found this children's book which had been written especially for our younger patients.

This project, which is run by the Stiftung Universitätsmedizin Essen (Foundation for the University Hospital in Essen), immediately appealed to me. I would like to tell you briefly what it is all about. The book shows you how everything works in a hospital. It explains in very simple language the various examinations and the daily routine of the hospital. Which doctor does what? What are 'doctor's rounds'? What is an operation? ... and lots of other fascinating things.

This book, which was written with the help of a lot of people in the children's unit in Essen, can be translated into many different languages so that you can all understand and read it.

Wherever you come from, the book will be there for you. Later on, the book can be distributed to other hospitals too. If you want to do so, and if you can already read, you could read it out loud to your friends or visitors. And I think it's really great that you can also look at the drawings in the book and read the stories on the computer. In any event, it can be a companion for you, and can help you out when you are feeling bored ...

I have children too, by the way, so I know what I am talking about. As the mother of five children who have all grown up now, I have also spent time at the doctor's and in hospital. Unfortunately, this book didn't exist at that time. This makes me even more determined to be a little part of something that will be there for you when help is needed.

Get better soon, be brave.

Best wishes,

Babette Albrecht

P.S. When Siba was allowed to go home again, she took the book with her. Her doctors and nurses wrote messages to her on the inside cover, wishing her a speedy recovery. What a great idea!

by Martin Nusch

with Illustrationen by Frank Robyn-Fuhrmeister

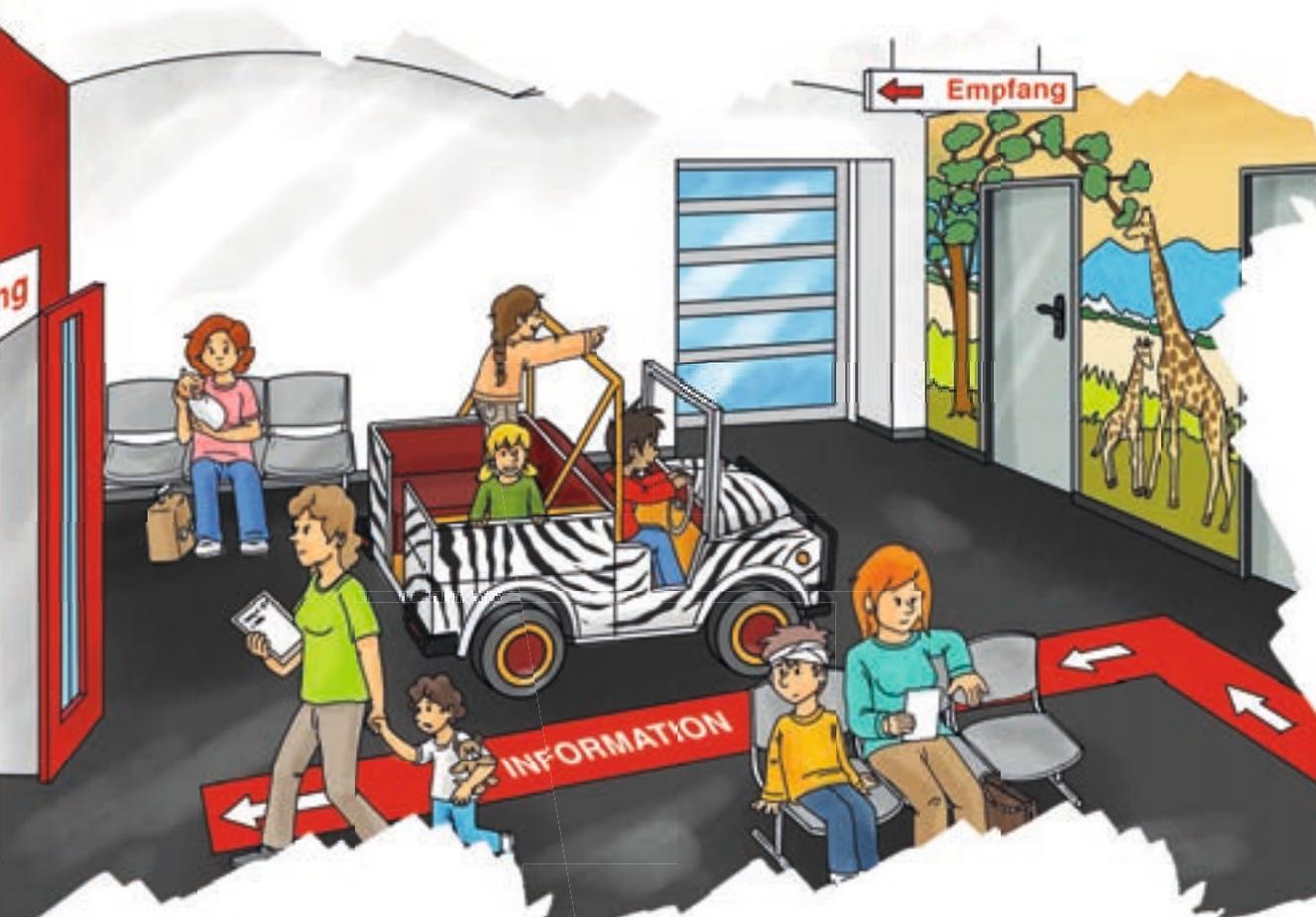
The Children's Unit

at the University Hospital



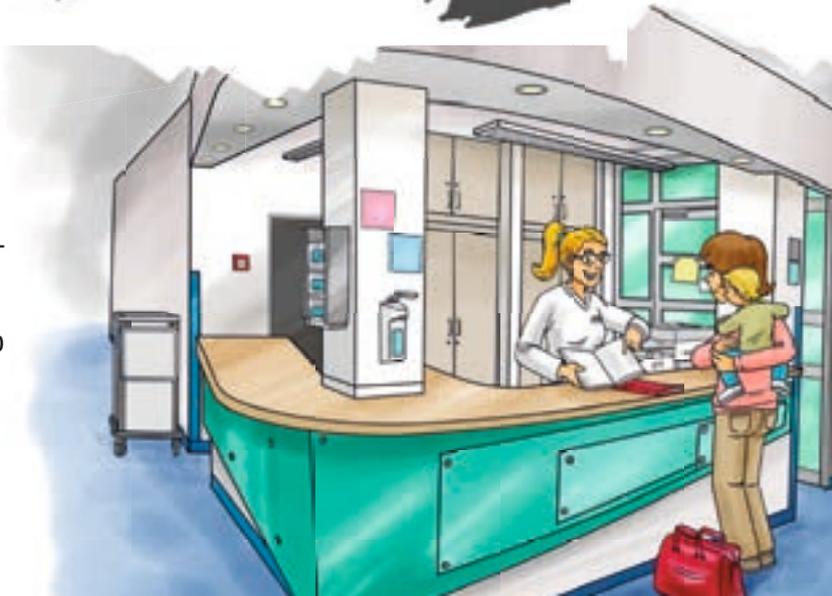
Getting to the hospital

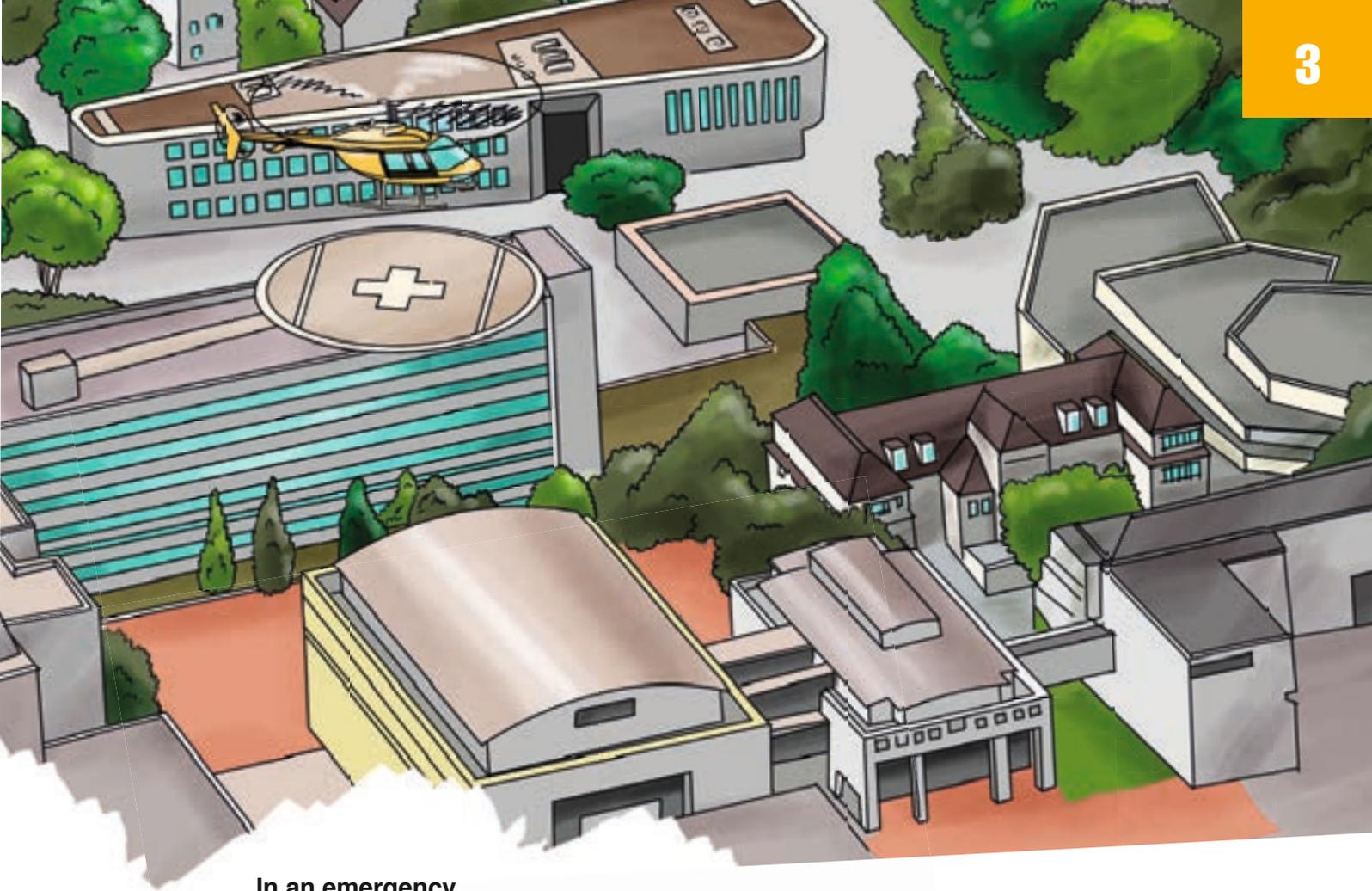
The University Hospital in Essen is a big hospital with many different departments. In this book, we want to tell you all about the children's unit, which is also a part of this hospital. There are two ways to get here – by booking yourself in or by ambulance. Most patients simply walk through the main entrance door of the building and follow the thick red arrows on the floor until they get to the reception desk. Here you will find a friendly person who knows their way around. You explain to them what is wrong, and they will tell you which department in the hospital will be best able to help you.



By appointment

In some cases, you will already know beforehand when you need to go to the hospital; for example, if you are going to have an operation. In this case, we can make plans together – your parents will have registered with us in advance and then we can arrange an appointment to suit you. If you are going to stay here for a few days, then you will pack your suitcase before coming, with your clothes and all the things that are important to you – a little bit like going on holiday.





In an emergency

Sometimes things have to move much faster. If this is the case, an ambulance might bring you into hospital. If the blue light on the top of the ambulance is flashing, then all the other cars have to let the ambulance pass. An even faster way is by helicopter. The hospital even has its own landing pad for helicopters! In the hospital, emergencies are always treated first – but you can't just push to the front of the queue for no good reason. If the doctors say it's urgent, then it is urgent.

112: THIS IS THE EMERGENCY TELEPHONE NUMBER TO CALL IF AN ACCIDENT HAPPENS.

Please tell us:

Where it happened?

What has happened?

How many people are injured?

What injuries can you see?

And:

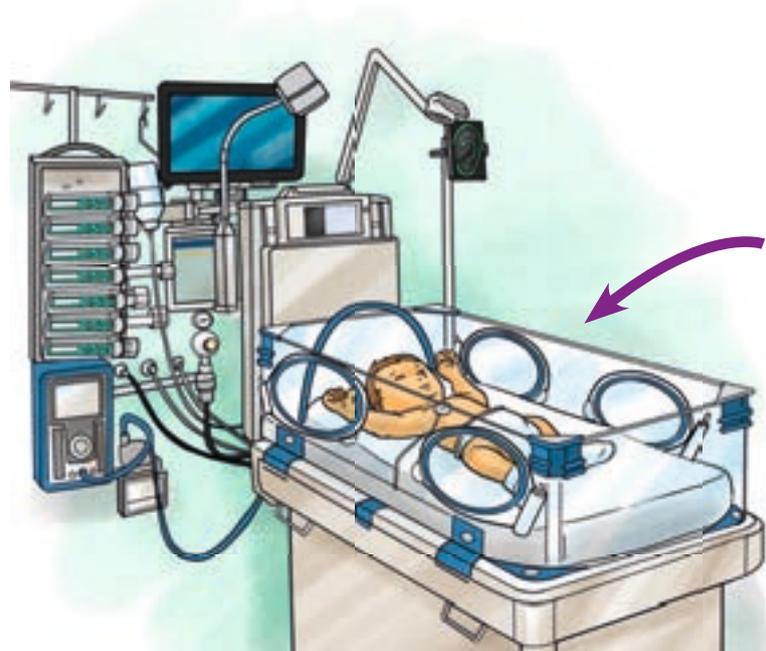
Wait to see whether the emergency services have any further questions!

These are the five key questions. When they have been answered, help will be sent as fast as possible!

This way please

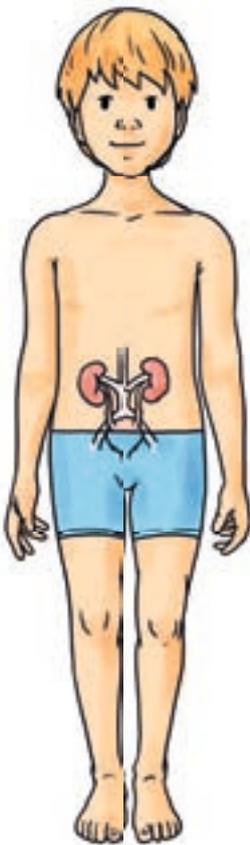
Help for everyone

Children and young people from 0 to 18 years of age come to us for help. Clearly, they all have different illnesses and problems. We want to help them all as best as we can, which is why we have divided up all our experts. To follow, we would like to present to you all the different areas of the children's unit.



The very youngest

Little babies born too early need help. Especially when they have been born a lot earlier than the normal nine months. These 'premature' babies are still very small and some of their organs are not yet functioning properly. In the hospital, the babies can grow bigger and stronger in a safe environment. Premature babies are not put in normal cots, but instead in what we call 'incubators'. To make sure that the little ones feel nice and cosy, it is always lovely and warm in these little boxes. On the monitor, the doctors and nurses can see at a glance whether everything is okay.



VITALLY IMPORTANT

In our hospital, we give some people new organs. Kidneys, for example, can be provided by a relative. Another possibility is that a stranger suddenly dies. If this person was carrying an organ donor card, then their organs can be given to a patient who urgently needs new ones – for example, a liver. It is removed from the person who has died and placed in a box with lots of ice. Then things have to move fast – we need to get everything ready for the operation. At the same time, the box is on its way here, if necessary by plane. Then we put the organ into the patient's body. This means that they can continue living thanks to another person.



A camera in your tummy

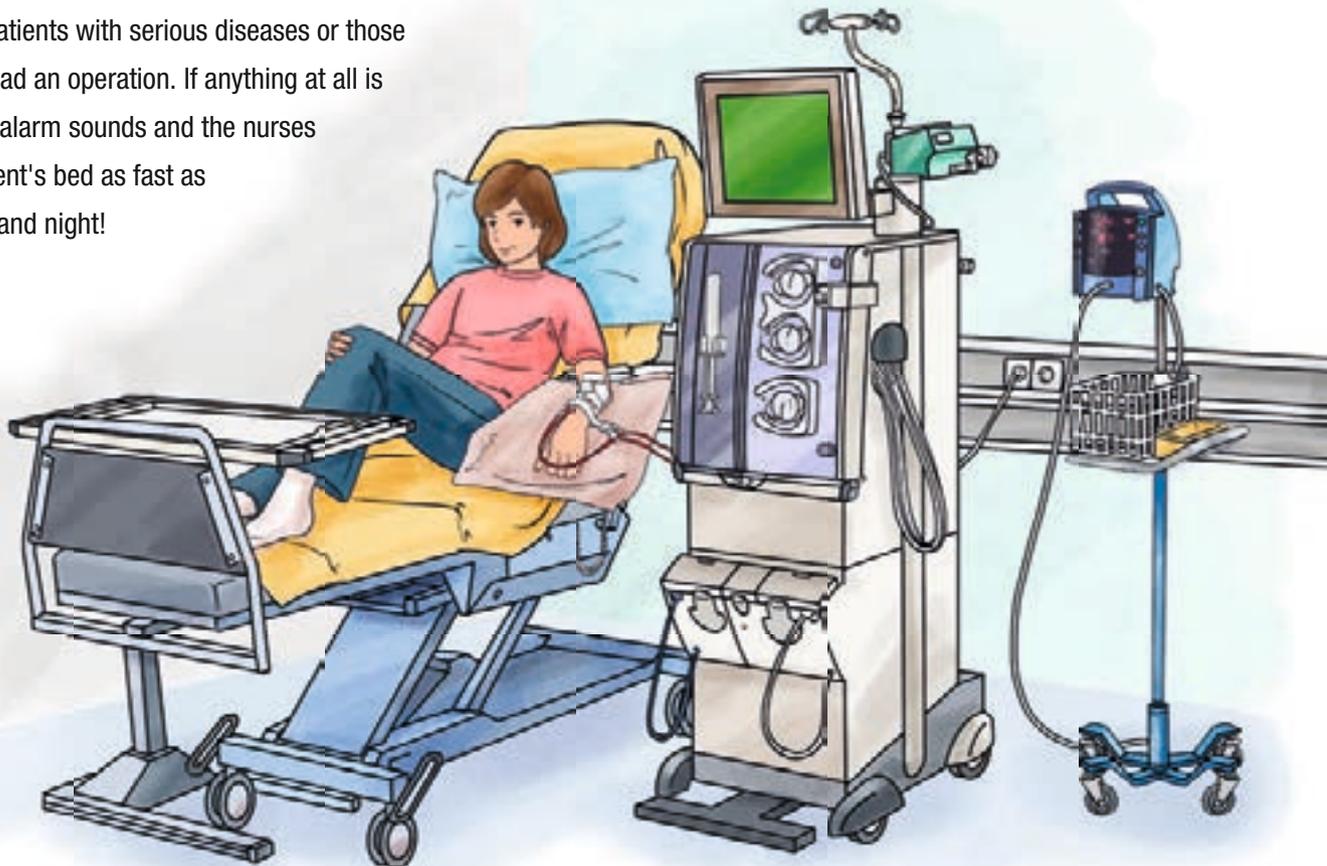
One area of medicine that has an especially complicated name is gastroenterology. It deals with the stomach and intestines. Because these organs are not visible from the outside, researchers have invented a special piece of equipment – the endoscope. It is a tiny camera on the end of a long tube. Doctors can put this through your mouth to see your stomach!

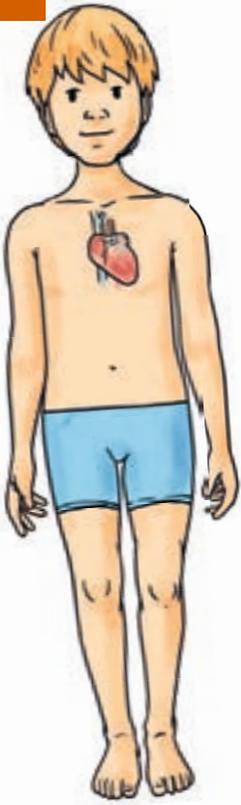
Damaged organs

When organs are not working the way they are supposed to, the body has a problem. For example, the kidneys are very important. They clean the blood and filter out poisonous substances. If the process isn't working properly, the children's unit can help by carrying out a dialysis. The patient's blood is passed through a tube into a machine, where it is cleaned. The down-side to this is that the sick children have to come to us every couple of days – some of them from far away. Only very few hospitals have dialysis specialists for children. Also, the process takes four hours each time. It's quite tiring, even though we have very comfortable chairs to lie on. Sometimes the kidneys and other organs can be replaced with new ones. A doctor performs an operation to remove the damaged kidney and puts a healthy one in its place. We call this a transplant.

Around the clock

Intensive Care uses a lot of technical equipment to measure everything from your heartbeat to your breathing. This is necessary for patients with serious diseases or those who have just had an operation. If anything at all is wrong, then an alarm sounds and the nurses rush to the patient's bed as fast as lightning – day and night!





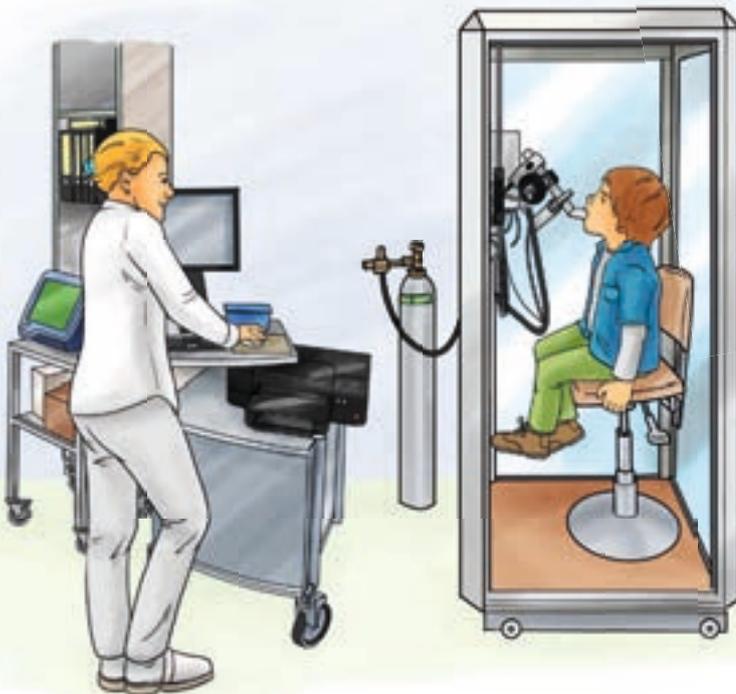
Even more specialists

Heartbeat

In the children's unit, we can measure exactly how your heart is beating and whether it is pumping your blood properly through your arteries. If there is a problem, we can give it a helping hand. Sometimes people are born with heart defects. The earlier this is noticed and fixed, the better.

Serious illnesses

Some forms of cancer are among the nastiest diseases which people can get. An important department in our children's unit is therefore Oncology, where we take care of children who have cancer. One of the options for treatment is called chemotherapy. This involves the doctor giving the patient some very strong medication. It can result in their hair falling out. That's why you sometimes see children here with either a bald head or woolly hats walking around.

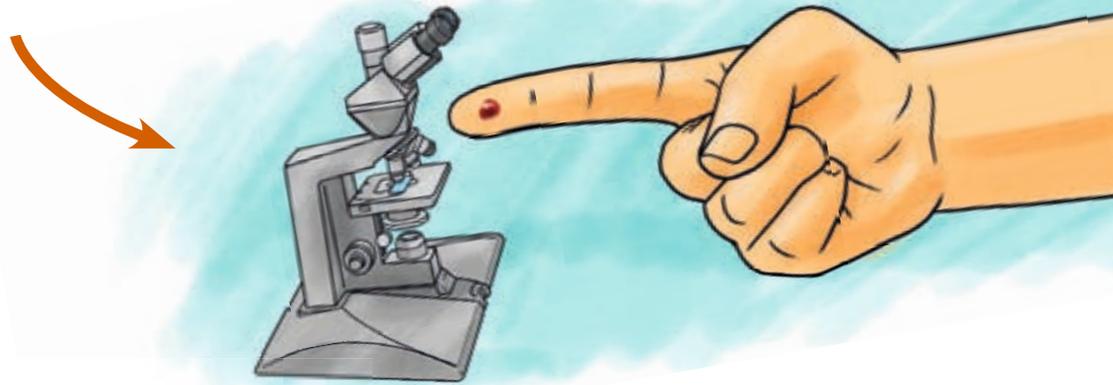


Breathe in deeply

Take a deep breath in – and then breathe out again! Using a special device in a small glass chamber, we can examine the functioning of your lungs. If you are finding it difficult to breathe, maybe because you have an allergy or asthma, your body doesn't get enough oxygen. Once we have found out what the problem is, we can then find the right solution for you.

Blood test

Blood is the means of transport in our body. It brings the body's cells all the substances they need – and takes away the rubbish at the same time. That's why blood is great for examinations – if you give us a few drops of blood in what we call our 'fingerprick laboratory', we can find out under the microscope which cells you have too many of or not enough of in your body.



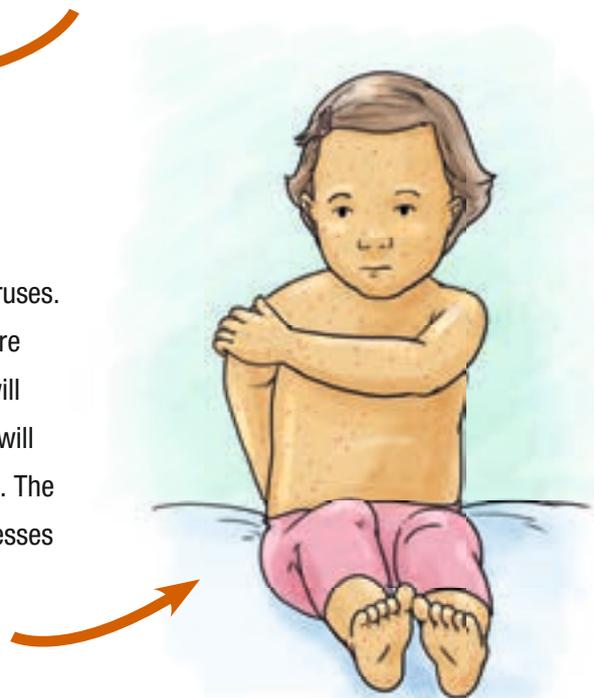
Tummy ache?

A terrible tummy ache on the lower right-hand side – that could be your appendix. If this happens, you should come into the children's unit quickly. If necessary, the appendix can be removed in an operation. The body can function perfectly well without it! You can also get a tummy ache from eating too much cake. In this case, it should go away on its own. If not, then the pains might have come from a gastro-intestinal infection. Medication can help with this, as well as a few days of rest – and no cake for the time being!

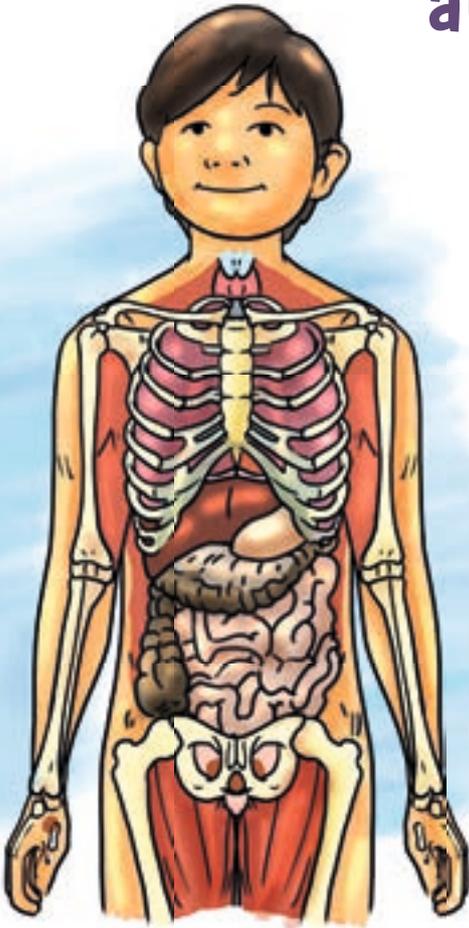


Spots like the Sams

Illnesses can also be caused by a range of different viruses. For example, some of the typical childhood illnesses are chicken pox or measles. If you get one of these, you will have spots on your skin, a high temperature, and you will feel unwell. These illnesses are also highly contagious. The good thing is – most of the people don't get these illnesses because they have been vaccinated against them. It is important that you are vaccinated too!



How illnesses come about and how we treat them



How your body works

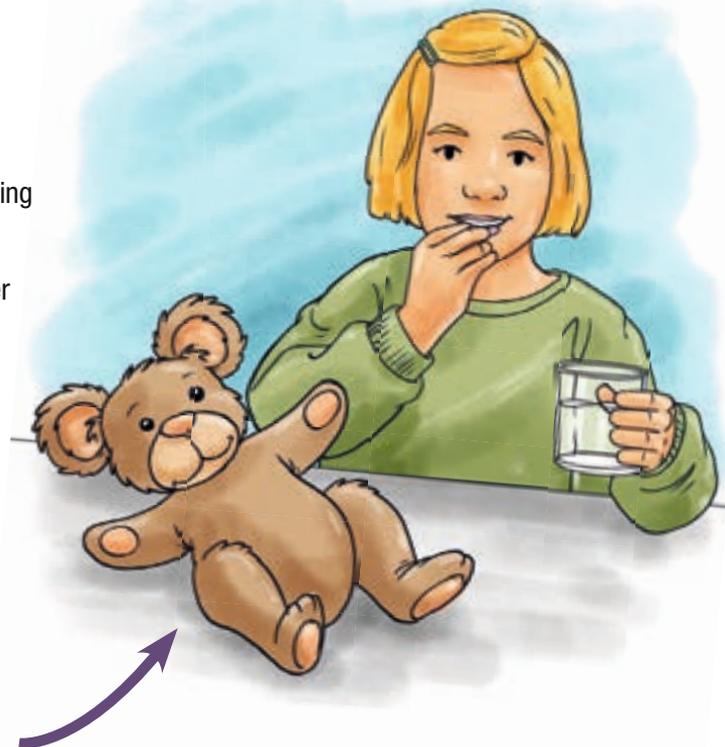
Our body is a complicated work of art. Many different organs have to work together. The lungs take oxygen from the air that our cells need. The heart pumps blood through the arteries. All substances are transported throughout the body in the blood. It is the job of the kidneys to filter out poisons from the blood. The stomach and intestines break down our food. Our bones, joints and muscles give us the ability to move. Nerve and brain cells allow us to move, feel, think and remember things. The immune system fights against bacteria which could harm us. We need our eyes and ears to see and hear and, without our mouths, we wouldn't be able to eat any birthday cake. And that is by no means everything! The skin is an organ too.

Amazing achievements

Our body can repair many injuries itself. It regulates its temperature on its own – whether we are lying on the beach in summer or stomping through the cold snow. We are able to touch tiny little things very carefully or carry around really heavy objects ... actually it's a wonder that it all works most of the time. But sometimes it is too much after all. Then our body needs a little help.

No need to be frightened of medicine

Medicines replace substances which are missing in the body – or they make a direct attack on troublemakers like viruses and bacteria. By the way – most of them don't taste that bad!



A little needle prick

When you are cured of something before you have even become ill, we call this vaccination. It's as if you are purposely infected with an illness – but the germs are killed beforehand or weakened, so that they can no longer harm you. Through this process, your immune system learns about these germs. And if you were to actually get this illness one day, your body would immediately react, and you would stay healthy.



Smart accessories

Doctors use plasters and bandages to treat wounds and broken bones. If you have broken your arm, for example, it can be kept completely still inside a plaster cast. This means that the break has time to get better in peace.

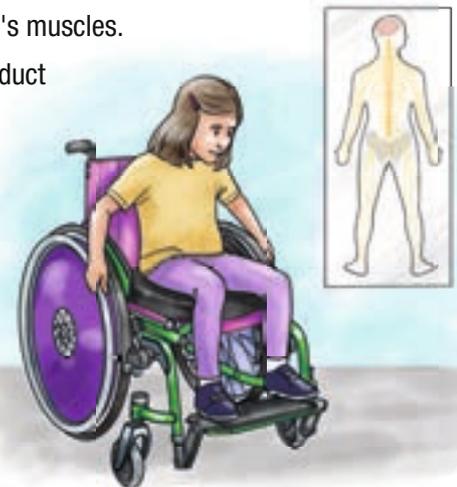


In the workshop

An operation is a proper repair job. In an operation, the doctors can cure or exchange parts of the body or remove things which should not actually be there.

Live wire

In the children's neurology department, they deal with everything that has to do with nerves and muscles. Nerves control the reactions and movements of your body's muscles. You can think of them as being like wires that conduct electricity. If the wire is interrupted or the muscle is not well, then the electricity doesn't arrive where it should. If the nerves to the legs don't work properly or the muscles are too weak, then a child cannot walk and has to use a wheelchair to get around.



Growing big and strong

A lot of things in your body are controlled by hormones, including how fast you grow. Some children stop growing too soon, because they are missing certain hormones. Normally the body is supposed to make them itself. If it doesn't do that, our doctors can help the patients with special medication.

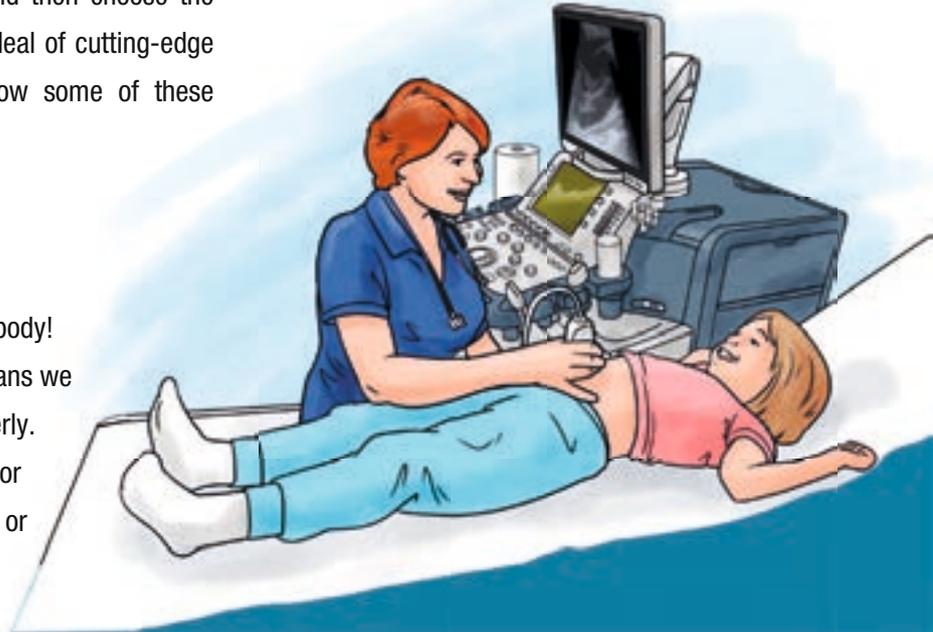
Getting the picture

Fleet of equipment

In order to be able to recognise illnesses and then choose the right methods of treatment, we use a great deal of cutting-edge equipment. I am sure you will already know some of these devices!

3D cinema

An ultra-sound device allows us to look inside your body! And we can do that live and whilst moving. This means we can see whether a particular organ is working properly. The great thing is that it doesn't hurt at all. The doctor simply moves a plastic device across your skin – he or she can then see the organs beneath it on a screen.



Lit up inside

With X-ray devices, we can light up the inside of the body – to see whether a bone is broken, for example. Wilhelm Conrad Röntgen discovered how to do this over 100 years ago.

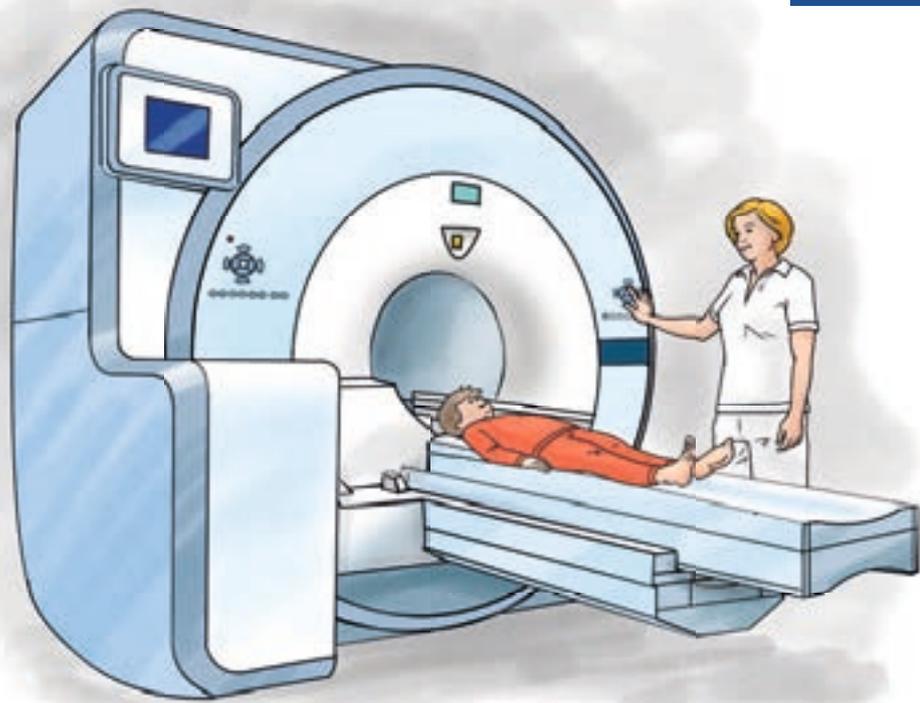


With a brave heart

“ECG” is the short form for “Electrocardiogram”. This involves little wires are placed onto your skin that measure precisely how your heart muscles are moving. The computer draws this as a zig-zag line on a piece of paper. By looking at this line, your doctor can tell whether your heart is healthy.

Into the tube!

It is perhaps not particularly comfortable in an MRI tube. But don't worry, the examination doesn't last very long. And, in exchange, the MRI can show us a precise picture of what things look like inside your body. It is not only able to give us a picture of bones, but also organs and muscle tissue too.



A look deep inside

A heart catheter is a very thin wire. So thin that it fits through an artery. The doctor will prick a tiny hole in your arm – like when you are having an injection. The fine wire goes in through this hole. Then we can see on the monitor what is happening in your arteries and even in your heart.

Simply electrifying

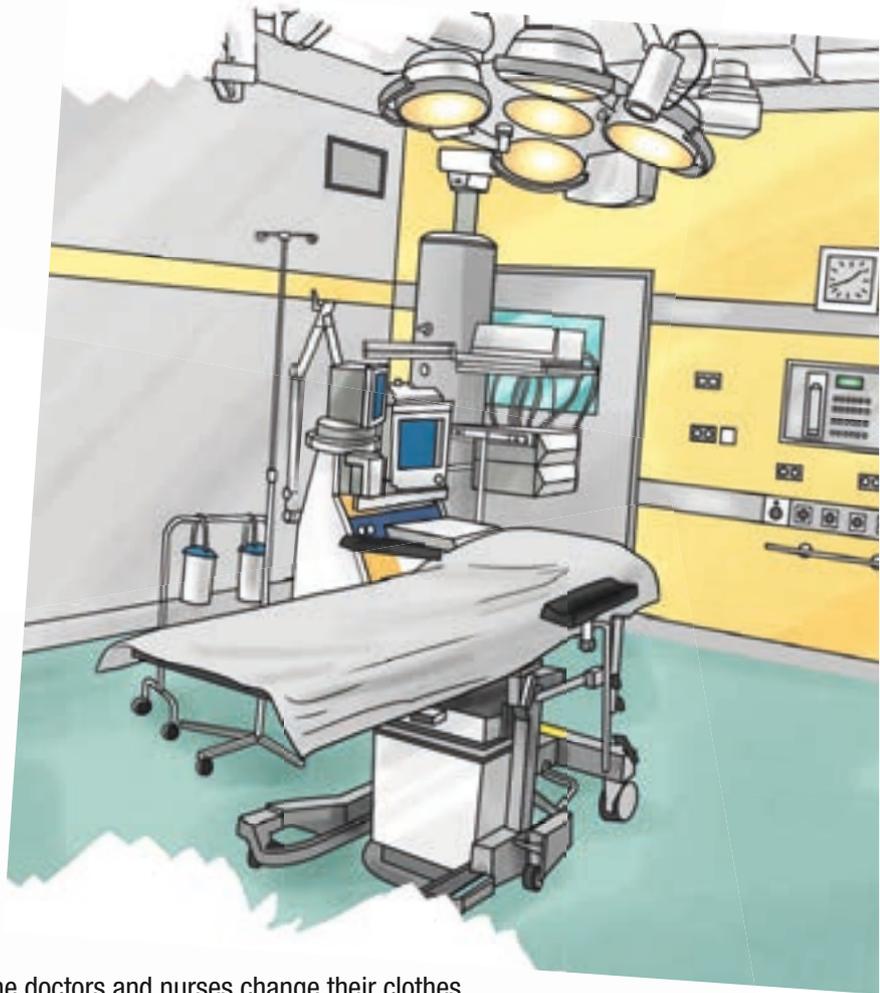
"EEG" is the short form for the far-too-long word, "Electroencephalogram". With this procedure, we lay wires across your head and can use these to measure the electrical impulses which are constantly travelling around in your brain.



What happens in an operation.

Special rooms

There are special rooms in the hospital for operations – the operating theatres. Sometimes they are just known as "theatres". The doctors who work there are called surgeons. There are particularly strict rules in the operating theatres, especially when it comes to cleanliness.



Special clothing

Before starting an operation, the doctors and nurses change their clothes. They exchange their everyday clothes for special clothing to make sure that no dirt from outside gets into the operating theatre. They then all wash their hands thoroughly and disinfect them too. Finally, they put on a pair of rubber gloves. This is to ensure that no germs can get into the open wounds.



Sleep well!

When you have an operation, we don't want you to feel any pain. That's why we have anaesthesia. Either just the particular part of the body will be anaesthetised, or you can sleep deeply through the whole operation. A special kind of doctor, called an anaesthetist, gives you something to make you fall asleep very quickly. During the actual operation, we keep a careful eye on the anaesthesia to make sure it is working properly and that you are okay. When you wake up, the nurses will have brought you into another room. Your parents will be waiting for you there and you can take your time to come round.



Why cleanliness is important

Keeping clean

When we pay particular attention to cleanliness, we call this hygiene. This is not only important in the operating theatre, but in fact everywhere in the hospital. That's because many illnesses are transmitted via tiny pathogens like bacteria or viruses which you cannot even see. And that's the reason why the employees in the hospital also disinfect their hands in addition to normal handwashing. They have a special substance for this which they spray on their hands. After this, only about ten out of one million bacteria would still be able to survive. You can get even cleaner than that – with sterilisation, absolutely all bacteria are killed off. This is done, for example, with the instruments used in the operating theatre. The easiest method of doing this is with very hot water. For this, we have a special kind of dishwasher in the hospital.



Don't forget to wash your hands!

In a hospital, many different illnesses are brought together which could also be infectious. Added to this, our patients are often weak and are therefore more likely to catch illnesses. You can help us to prevent the germs from spreading further. The simplest way is by washing your hands thoroughly. At many points in the children's unit, you will also see spray devices for your hands – they give you a dose of disinfectant on your skin which you then have to rub in well. Remember to explain this to your visitors too!



Brightly coloured

Have you already seen the brightly coloured cleaning cloths which we use here? The various different colours don't just look bright and cheerful, they also help us with our hygiene. Each colour stands for a particular purpose – the blue cloths can be used to wipe down the tables in your room, but the red cloths are only for the toilets.

Your room

In pairs

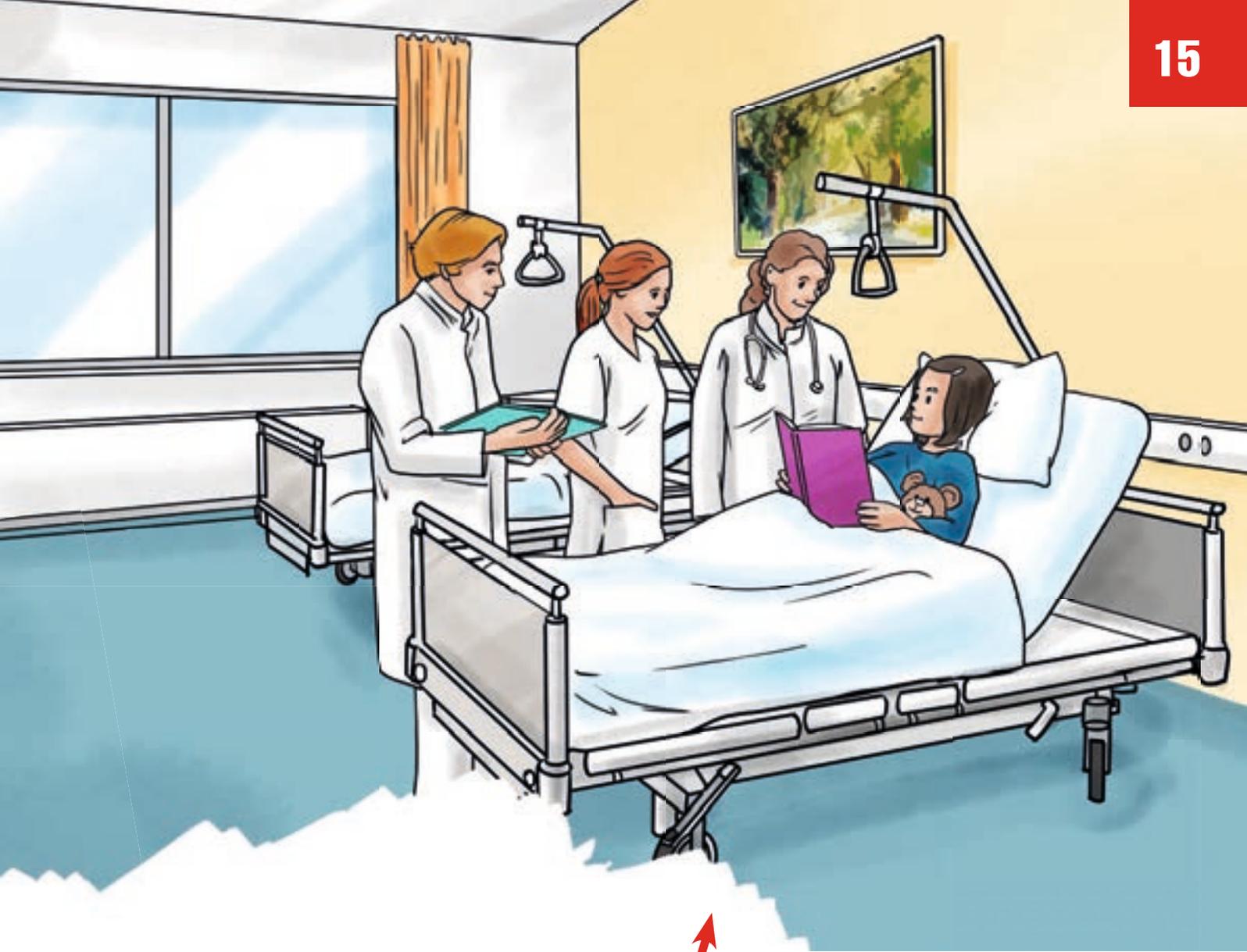
If it is decided, after your visit to the doctor, that you are going to be staying with us for a while, then you will be given your own bed in the children's unit. Usually two children share a room. Your names will be put on the door in big letters. The rooms in one corridor all belong to one ward. That's what we call the departments in the hospital which deal with similar types of illness.



Like a hotel

Hospital beds look different from normal beds. They can do a lot more too – for example, they have wheels. If necessary, the nurses can wheel you to an examination while you are still in your bed. Some parts of the mattress have electrical controls to move them up and down. Next to the bed, there is a side table. Your food is served on here. There are also drawers and compartments where you can put your things. On the wall of the room, there are lots of sockets, cable connections and buttons. These are there so that we can connect up any piece of equipment that might be needed.





Keeping a close eye on you

Nurses come to see the patients regularly. They ask whether everything is okay and bring you medicine or food. The doctors come to see you every now and then too. We call this a doctor's round.

You have visitors!

There are normally chairs in your room for parents, friends and relatives. Your visitors may use these if they want to have a sit down to tell you what they have been up to. Perhaps one of your friends will bring you some homework to do from school.

Sometimes we even put up a fold-away bed in the patient's room. Your Mum or Dad can sleep in it. Although in fact we really need all the space in our children's unit for the patients, so this is only done as an exception.



No chance of getting bored!

Fun and games

Of course, you will eventually get bored if you are just lying or sitting in bed all day long – even with a TV and Wi-Fi. That's why we have special play rooms on the wards. You can meet up with other children there to play. The table football is usually especially busy.



Four-legged visitors

When children have to stay here for a long time, they sometimes get sad. They miss their friends, their parents and their pets. When this happens, we can sometimes fetch a very special member of staff. His name is Hannibal and he is a black Labrador. He is particularly good at dealing with little children and he is very patient. At the moment, we are doing research to find out whether a therapy dog like him can make the time in hospital easier for children.



Laughter is the best medicine

Two friendly clowns often come to visit the children's unit. They give special performances just for our patients. The hospital clowns perform in the playrooms or in the corridors. If there are any children who can't get out of bed, then they come to visit them in their rooms.

Wide range

In our media library, you will find a wide range of audio books and audio plays. You can listen to them in bed with headphones on, for example. We also have Wi-Fi in our wards.



Enjoy the sun

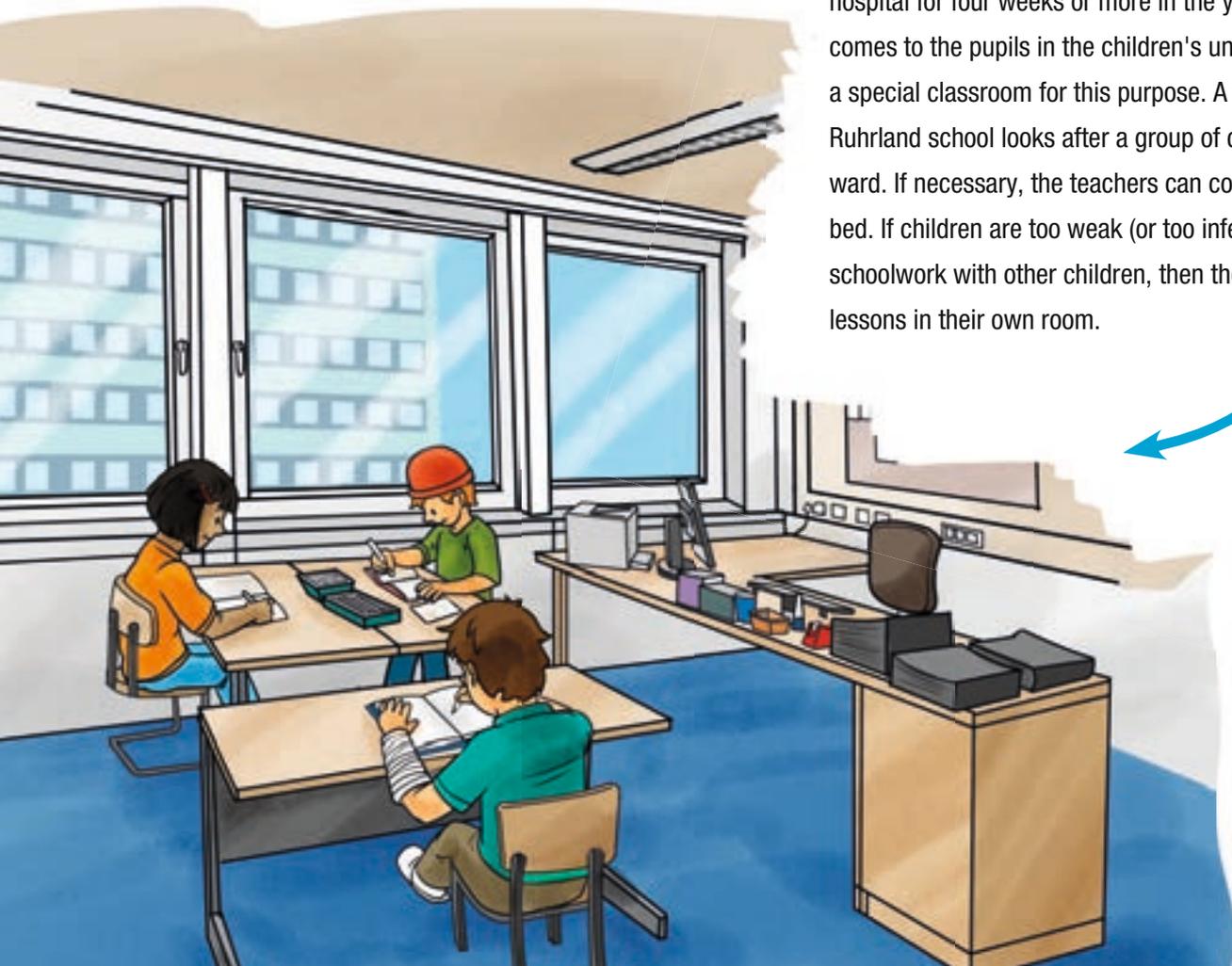
In good weather, the balcony is a great place to spend time. There is lots of space here in the fresh air without having to walk far from your room.

A classroom in the hospital

You may not believe it at first, but a good way of fighting boredom can also be school lessons! Of course, children who are only in hospital for one or two days don't have to do any schoolwork. But it's different for patients who are staying here for a longer period. Some might need weeks or even months to get completely better. It would be silly if they had to try and catch up with everything afterwards.

Continued learning

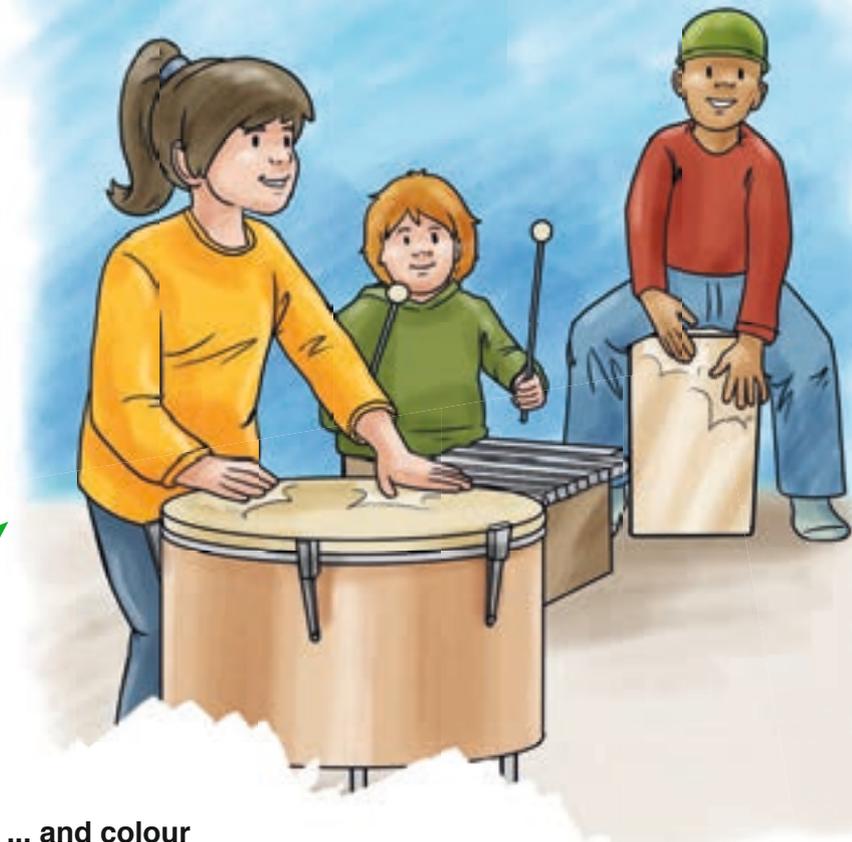
When it seems as though you are going to be staying in hospital for four weeks or more in the year, then the school comes to the pupils in the children's unit – we have set up a special classroom for this purpose. A teacher from the Ruhrland school looks after a group of children on the ward. If necessary, the teachers can come right to your bed. If children are too weak (or too infectious) to do schoolwork with other children, then they can have their lessons in their own room.



Drumming, banging, messing around

with sound ...

Music can help you get healthy again. That's why we have a range of different instruments in the children's unit, like drums and singing bowls. You can use these to get rid of any pent-up feelings or to play some nice music with other children. By the way, we sometimes make music on the premature babies' ward. A music therapist plays music for the tiny babies, sometimes together with their parents or brothers and sisters.



... and colour

The art workshop on the hospital premises is a very special place. It is a little wooden house with its own terrace. Inside, you will find paint, brushes and paper – everything you could need for painting and being creative. When the weather is good, you can sit outside on the little terrace next to the workshop. Sometimes we even have a barbecue here in the summer. The wall next to the terrace has been painted by the artists (the patients) and is regularly repainted. Maybe you have already seen the works of art which have been hung up on the walls in the children's unit. Many of them were created here. Perhaps we might even be able to hang up one of your pictures?



When you need to talk

It's not always just a matter of having fun in hospital. Maybe you are in pain or you are feeling lonely. You can of course turn to the nurses. There are also other people who work in the children's unit who are there specifically to listen to you. You can trust them when you are feeling down.



National sport

One thing is clear – this area is the most football crazy in the whole of Germany! But our patients are fans of lots of different teams. This is quite obvious when there are table football tournaments and you can see it in the different football shirts which many of our patients wear. And of course, there is a very special atmosphere here when well-known players from the region pay us a visit. We have regular autograph sessions in the children's unit.

Help for parents

When a child is ill, the child's parents are worried. They are scared that the illness might get worse and they don't know whether they are doing things right. We have set up some special rooms for them to be able to talk about these issues. In these rooms, parents can sit down together with people who have plenty of experience of similar cases and who can give them good advice – or perhaps just let them talk.

EVERY DONATION HELPS

Donations make it possible for us to provide great things like the hospital clowns or our art and music therapy! Account for donations:

DE 0937 0205 0005 0005 0005

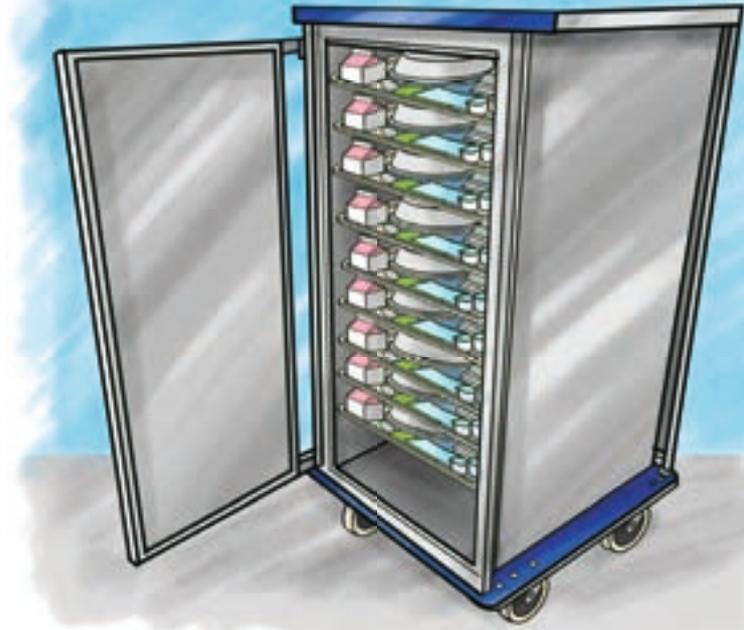
BIC BFSWDE33

● ● ● Stiftung Universitätsmedizin Essen

Behind the scenes

Dinner is ready!

The nurses bring the meals into the patient's rooms. But they don't do the cooking themselves – they have plenty of other things to do after all. The meals are prepared in our large kitchens where the food for all the wards is prepared. It arrives on trays, a bit like on planes when you take a long-haul flight. The cook puts a lid on the plate, so that the food stays nice and hot. The trays are brought to the rooms on large trolleys. Every day there is a new menu. If you have an allergy or are only able to eat certain things because of an illness, then you can also get special food. The kitchens make a total of 2,000 meals every day!

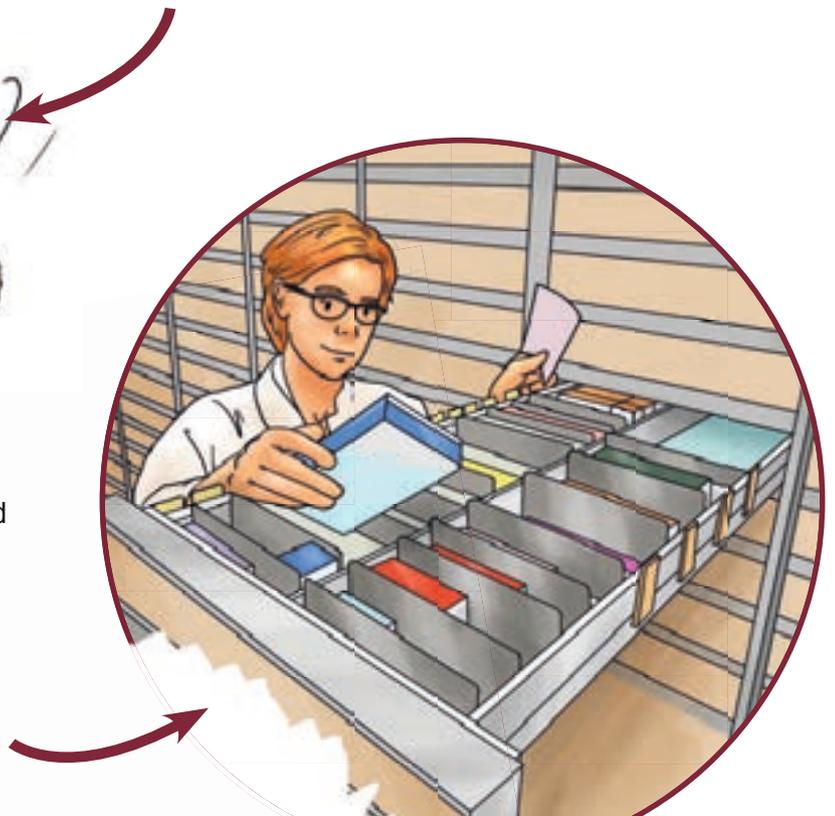


Real letters

In the children's unit, the postman comes into the rooms. If a postcard or a letter arrives in the hospital for you, our post room will direct it to the ward and the nurses will bring it to you.

Port of call for medicine

People who are ill often need medicine. This medicine can't just be bought in a supermarket but comes instead from a pharmacy. Because the patients in hospital can't just go off for a walk on their own, we have our own pharmacy on site. They deliver everything that we need, right to the ward.



From A to B

Funny little trains of trolleys clatter across the premises of the hospital. They are all blue. Have you already seen one? These little trains are our transport system, for everything from food to towels and even rubbish. Unfortunately, patients are not allowed to travel on them. For them, we have our own shuttle bus!



In the lab

Urine samples or the few drops of blood which we took in the fingerprick laboratory all go to our main laboratory. There, the samples are examined under the microscope.

Administration

Of course, in a hospital as big as this, you also need people who organise everything. The professional organisers from the administration department sit in offices and take care of purchasing, payments and everything else that the doctors need support with.

Sawing and hammering

Something you didn't expect in the hospital – there is also a carpentry workshop where beds and shelves are repaired. Apart from that, we also have our own printing department, where the forms for the administration department are produced.



Professions in the hospital

Doctors

Doctors wear either white or blue clothing. Most of them have a specialist area, such as kidney or lung disease. We have specialists of all kinds working in the children's unit. Doctors who wear green clothing are surgeons. They work in the operating theatres.



Nursing staff

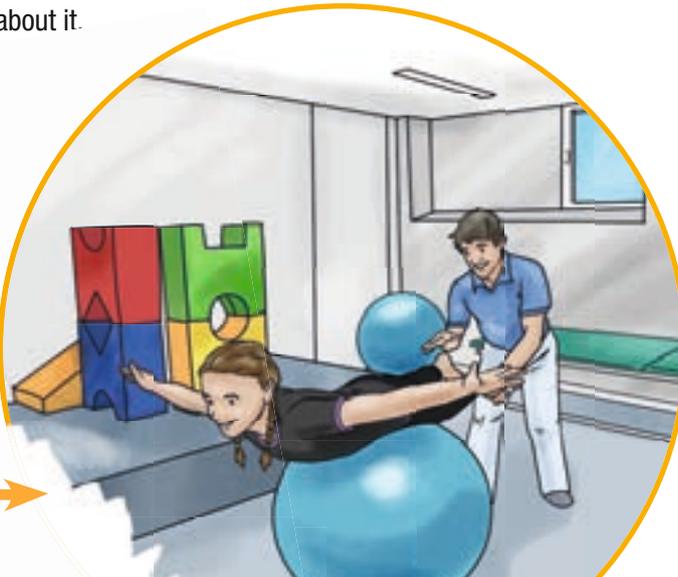
Nurses take care of the patients right around the clock. They have sound medical knowledge and also bring your food to you. If you have any questions or worries, these are the first people to turn to.

Researchers

In the field of medicine, there is always something new going on. Better research is done on illnesses, new medication is invented. Researchers and students from the university work in the children's unit alongside the doctors. In this way, they can learn from you and from the other patients about what happens when you have a particular illness – and what can be done about it.

Physiotherapists

If you have an injury, it may put you out of action for a long time. For example, if you break a leg. When the cast is finally removed, our physiotherapists will help to get you moving again by giving you special exercises to do.



Cleaning staff

On the page about hygiene, we explained already how important cleanliness is. Can you remember everything we said? Because we mustn't miss any dirt at all, you will also see cleaning staff constantly at work somewhere in the hospital.

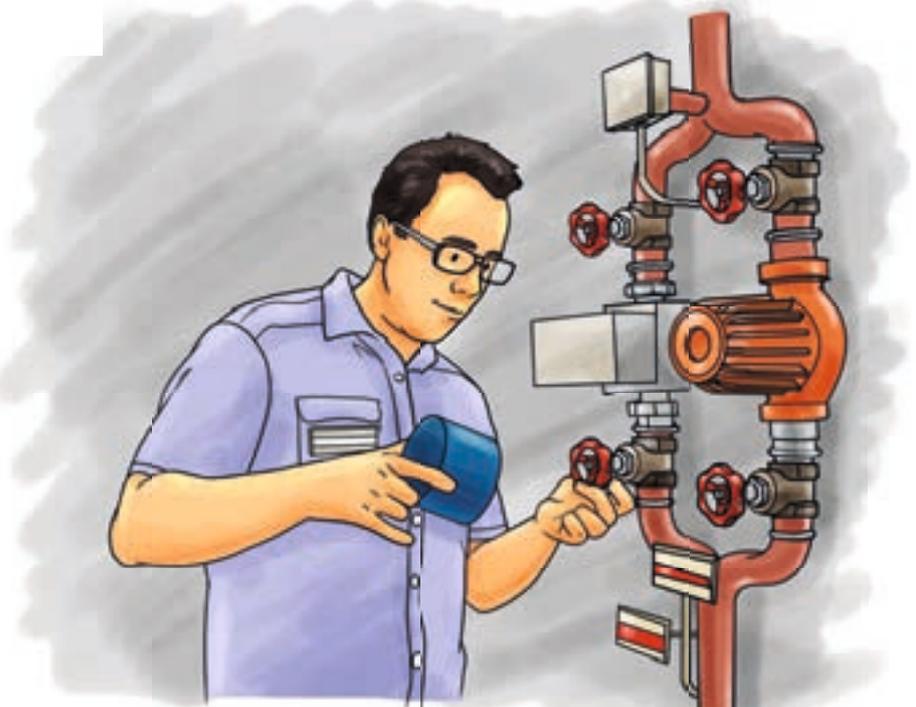


Computer specialists

Nothing in the children's unit would work without computers. From our menus through to the measurement programmes in the lab, everything runs via computer. And of course, the chip card on your health insurance card is also read by a computer. There are so many pieces of equipment and different programmes – it's a good thing we have specialists who keep it all running!

Technicians

To make sure that the equipment in the hospital lasts a long time, it is regularly serviced. This means that someone takes a look to see whether the equipment perhaps need to be oiled or have adjustments made. If need be, the technicians can also carry out repairs.





How to become a doctor

Degree in Medicine

If you want to cure illnesses, you have to learn all about them. You can do this with books and lectures at the university. Just as important, however, is talking to patients. Our children's unit is part of the University Hospital. This means that we always have students helping out here who are training to become doctors. The students help with the work on the wards. They wear a white coat, just like the fully qualified doctors. So that they are able to recognise all the different illnesses later on in their careers, groups of them will sometimes come to see you in your bed. A doctor will show them the things they need to look out for in the patient.



Like being at the theatre

In our children's unit, we even have our own 'theatre'! The students have to learn how to ask questions to find out what is wrong with their patient. For this, there is a special simulation room. Simulation means pretending to do something. In this room, actors come to the students and tell them about illnesses which they have thought up beforehand. So that it comes across as being more real, they even use make up – lots of red spots on their skin to look like chicken pox, for example.



Practice for more serious situations

In the Teaching and Learning centre, the students can even set up simulated accidents in a studio in the basement. For example, on a large wall, a film is shown which makes everyone feel like they are deep in the forest – and then someone plays the role of an injured forestry worker. Now they are joined by the students who want to become emergency doctors. A camera is used to film the way they deal with the situation, and afterwards they can watch the film to find out what they could have done better.



Listen carefully!

Not far from the children's unit is the large lecture theatre in the Teaching and Learning centre. Try to picture the room as being like a huge classroom. Here, the students listen to lectures given by their professors and learn all about the human body and the illnesses it can develop.



The hospital of the future

Everything new!

At the moment, we are in the process of building a completely new children's unit – right next to the old one.

So far you can only see a couple of diggers and cranes, but in a few years' time we will be moving in! You can see here what it is going to look like. The new building will be beautifully designed and, of course, much more modern than the old one. Every patient's room there will have its own bathroom; there will be more day rooms for patients and visitors – and it will be equipped with lots of exciting technology too.



Completely automatic

One example of the technology in the new children's unit is the automatic bed cleaning system.

When a patient leaves the hospital, their bed can be given to a new person. But of course, we clean it thoroughly first. At the moment, this is done by hand – soon it will be done automatically. The system works a little bit like an automatic carwash. The difference – with the carwash, you can stay seated in the car while it drive through. But not with the beds, otherwise you would be completely soaked afterwards!



Multi-talented

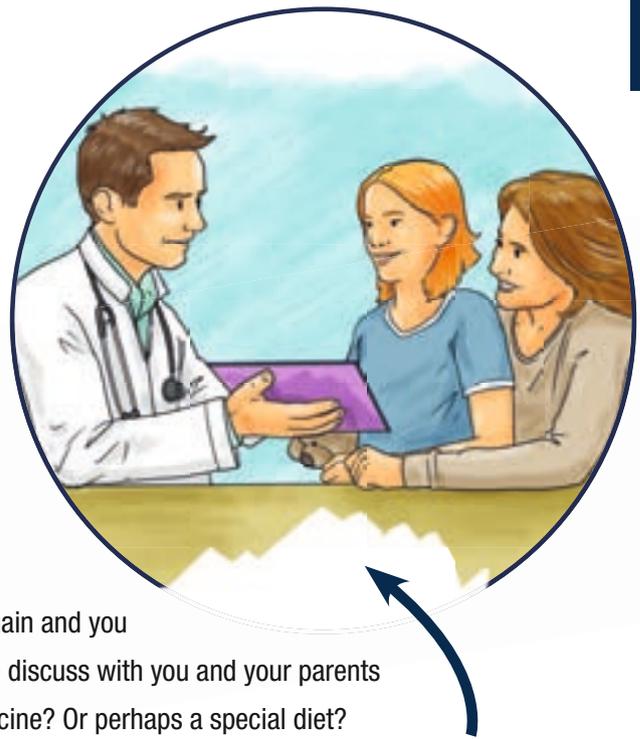
When everything gets too much for you, you can visit the Snoozle Room in future.

You will be accompanied by a Snoozle and Relaxation therapist. A Snoozle Room is a very special room which is specially fitted with multi-coloured lights, comfortable furniture for lying down and sitting on, and gentle music to make you feel good and help you relax. Our physiotherapists are also getting new rooms which provide lots of space for movement. You will be able to play table tennis there, for example, or do strength-building exercises.





Time to go home!



Take care of yourself!

While you are here, the doctors and nurses look after you.

But when you are better, we will of course send you home again and you will be discharged from the hospital. Before this happens, we discuss with you and your parents exactly how things will go from here – do you need any medicine? Or perhaps a special diet? When precisely can you be picked up? Will you perhaps have to call in again soon so that we can make sure that you are properly recovered? Depending on the illness or the injury, this might be necessary after a couple of days, or after a few weeks. This will all be sorted out in the discharge meeting.



If you still need help

If you have been ill or injured, you may still need some time afterwards before you are completely fit again. If you had to lie in bed for a long time, you will find that your legs may be a bit wobbly for a while afterwards. This is completely normal. For the time after a hospital stay, we have what we call rehabilitation. We also have special areas in the children's unit for this. But often it's enough if you just pay a visit to your own doctor. In order to get an injured leg moving again, for example, physiotherapists can help. They will do special exercises with you.

At home

Some children don't get completely better. But this doesn't mean that they have to stay in hospital for ever. There is a special organisation, the "Bunte Kreis" that helps parents and siblings to make sure that children are taken care of well at home too.

Spot the mistake



It's never boring in the children's unit – new patients are arriving, others are going home again – and visitors are of course sincerely welcome! We have hidden ten mistakes in the lower picture.

Can you find them all?





**A project organised by the Stiftung
Universitätsmedizin Essen**

**We would like to thank Babette
Albrecht (Essen) for her support.**

First edition 2018
© J. P. Bachem Verlag, Cologne 2018

Author: Martin Nusch

Project management: Carina Helfers

Illustrations: Frank Robyn-Fuhrmeister

Proofreader and editor: Philine Lissner

Layout: Petra Drumm

Realisation of puzzle page 30:
2WERKRUHR Grafik-Design &
Kommunikation

Printing:
Grafisches Centrum Cuno GmbH & Co. KG
Printed in Germany

First aid

"First aid" is a name for the simple measures which anyone can take in an emergency. Even if you are not a doctor, you can help. Here are a couple of tips:

Be a hero! Here are some things you can do:

1. Call for help! You can do this by calling the emergency services – the telephone number is 112.
2. Give the patient encouragement and comfort them! If someone is hurt, tell them that help is on the way.
3. Check their vital functions – is the person breathing?
4. Put a blanket under them and cover them up too.



If someone has a burn:

Cool the wound! If you put the burn under running cold water for a little while, the pain will lessen.

If someone has a wound that is bleeding:

Is there a bandage somewhere? If so, then you can carefully wrap it around the wound. A doctor will in any case have to take a look at it afterwards. If a wound is bleeding heavily, you should press on it firmly, for example, with a clean cloth. This will help to stop the bleeding. When you are doing this, you should wear protective gloves. The patient should lie down.



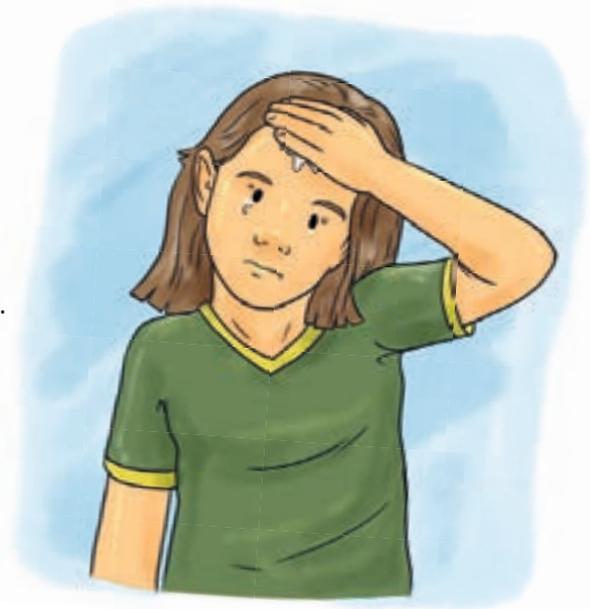


If someone has a tummy ache:

Tell a grown-up! If the patient would like to, you can help him or her to lie down comfortably or to sit down. Cover them up so they don't get cold. Ask them what the last thing was that they had to eat or drink. Don't give them anything else to eat or drink.

If someone has fallen and hit their head:

Call the emergency services! Don't laugh at them, even if the fall might have been spectacular! If there is an open wound, cover it with a bandage. Help the person to get into a comfortable position. Stay with them.



If someone has twisted their finger:

Hold their hand calmly. Put a damp cloth or a cooling pad on the finger. Cooling will help.



If someone is unconscious:

Speak to them and gently shake their shoulder. Check that they are breathing. Call the emergency services on 112. Bring them into a stable position lying on their side. Cover them up, keep a close eye on them, and check their breathing every now and then.

There's always lots going on in the Children's unit – and there are plenty of things to find out about!

How do people get ill?

What treatments are there and what technology is used to help?

What happens behind the scenes in a children's unit?

In this book, you can find out all about the children's unit in the University Hospital in Essen! Things never get boring here, as many new patients arrive for treatment every day. We will show you the various different exciting areas of medicine and explain what things are important for patients to get well again. And who knows?

Maybe you would like to become a doctor one day, or to work as a nurse, or fly an emergency rescue helicopter and help others?

