

# FACTSHEET

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## Hospital admissions and Spina Bifida

Some hospital admissions are unavoidable. There are many things to think about when getting ready for an admission.

Depending on why you have been admitted, you or your family may need to be assertive and advocate on behalf of the Spina Bifida specific needs. The following are some tips to make the most of an admission.

### What to bring to hospital

#### Medical Checklist

- Personal health records e.g. the blue or red book or recent clinic letter
- Medicare card
- Private health insurance details
- List of medications and the medications themselves
- Details of the regular family doctor including their address and phone number
- Any relevant x-rays or results from recent tests
- Any mobility equipment (including wheelchairs and orthotics)

#### Personal checklist for overnight and long term stay

- Clothes (including pyjamas and slippers) and shoes
- Toothbrush, toothpaste and hairbrush
- Catheter or bowel washout equipment (if required)
- Money for meals, parking and accommodation of family members
- Books and activities to pass the time (children's hospitals have a school onsite which is run by the department of education and training)
- Phone and phone charger.

### What to ask for

Not all hospital staff will have a good understanding of Spina Bifida. Please ask the ward staff to advise the Spina Bifida CNC of your admission.

You or your family may need to assertively ask for the following:

- Pressure mattress or other skin protection equipment that you routinely use.
- Staff to check skin for pressure injury marks morning and night.
- Medications if specifically required at certain times.
- Assistance with performance of bladder and bowel program.

#### Remember:

Not all hospitals are going to know your specific needs. It is OK to be assertive and self-advocate.