

My Hospital Stay

Lana Hi, I'm Lana...

Lucy ...and I'm Lucy...

Lana ...and we're here to welcome you.

Lucy We are going to take very good care of you while you're here.

Lana Sometimes kids have to spend the night at the hospital.

Lucy Some kids might have a roommate, and some kids have a room to themselves.

Lana Each room has a bathroom, bed or crib, and a sleep couch or chair, so that your parent or guardian can stay right in the room with you.

Lucy There is also a whiteboard that lists some members of your care team...

Lana ...as well as your goals for the day.

Lucy It's important for your care team to know how you're doing, so they will be collecting your vitals.

Lana We take "vitals" to measure things like blood pressure, temperature, weight, and pulse ox.

Lucy Pulse ox, short for pulse oximetry, measures how well oxygen is being sent throughout your body. The pulse ox works better if you hold your body...

Lana Like this?

Lucy No! Not like that. Like a statue.

Lucy Better! We measure pulse ox like this.

Lucy Blood pressure is measured like this, and tells us how blood is moving through your body.

Lana You will feel a small squeeze. Again, your job is to hold your arm still.

Lana Temperature tells us how warm your body is.

Lucy You will feel the thermometer roll across your forehead!

Lucy We check your weight a lot to see if it's changing while you are in the hospital.

Lana All of these things tell a very important story about your body.

Lucy You might even say, they tell a vital story about your body.

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Lana You might indeed! Remember: if you have any questions, just ask!

Lucy We're happy to help you because we want your stay to be as safe and as comfortable as possible.

Both Bye!