



**Cambridge
University Hospitals**
NHS Foundation Trust

Children Visiting Adult Critical Care Unit

By Natalie Hoover
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Why My Passion

- *“Our team and I were deeply touched by the fact Natalie single-handedly organised a Birthday party for the 8 year old son of one of our patients who has been critically ill in ICU for quite some time and therefore unable to attend his son’s birthday party. This act of kindness brought so much joy to the patient, his wife and their son and it was acknowledged by all the team what a wonderful thoughtful thing this was for her to do at such a difficult time for the family . This was quite an extraordinary experience that brought so much joy and allowed some “normality” into the lives of a family disrupted by this episode of critical illness.”*



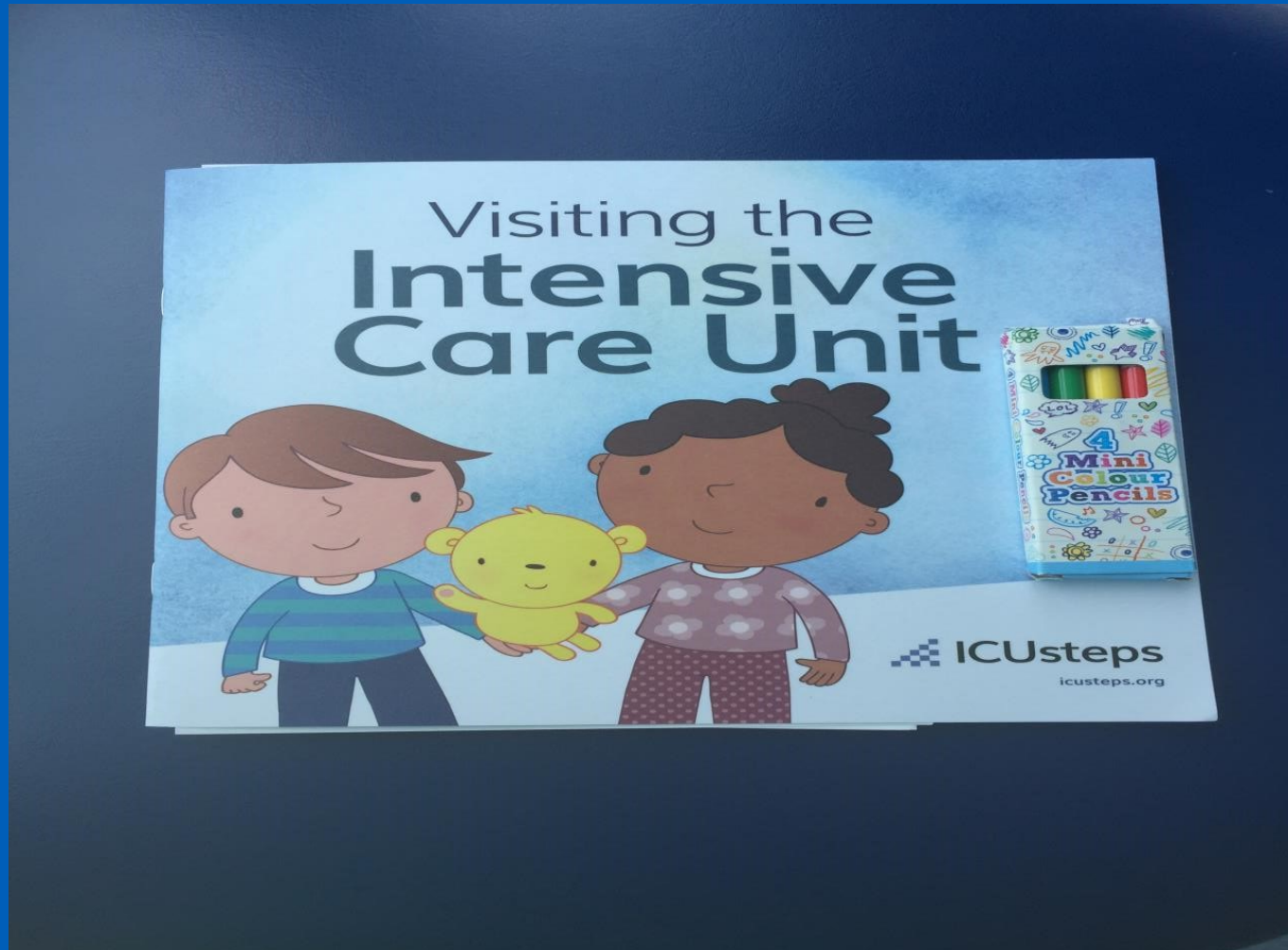
Together-Safe | Kind | Excellent

- Research has shown that children over the age of four mainly find visiting a sick relative helpful as it increases their understanding and involvement in their relative's illness and reduces their feelings of separation and fear.
- The decision to visit does lie with the family, but the nursing staff and doctors caring for the relative will also be able to advise and provide with practical suggestions in managing a visit.

<https://icusteps.org/guide/relatives/children-with-relatives-in-icu>

- The decision for children to visit is always decided by the family
- Prepare the child for the visit
- Prepare the nursing staff for the visit
- Involve CNS Nurses
- Never force a child to visit
If a child does not want to visit, offer alternatives for visiting

Preparing Children to Visit



Bowie and Marley



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Arts and Crafts



Steve's Family



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ONE MORE MINUTE

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Facts

- The death of someone close brings change and challenge into the life of a young person, and can be devastating. Around 1 in 29 children and young people currently of school age have experienced the death of a parent, brother or sister¹: that's around one per class.
- Around 1 in 16 have been bereaved of a friend, and many more are affected by the death of someone else close: 78 per cent of 11- to 16-year-olds report that at least one of their close relatives or friends has died.

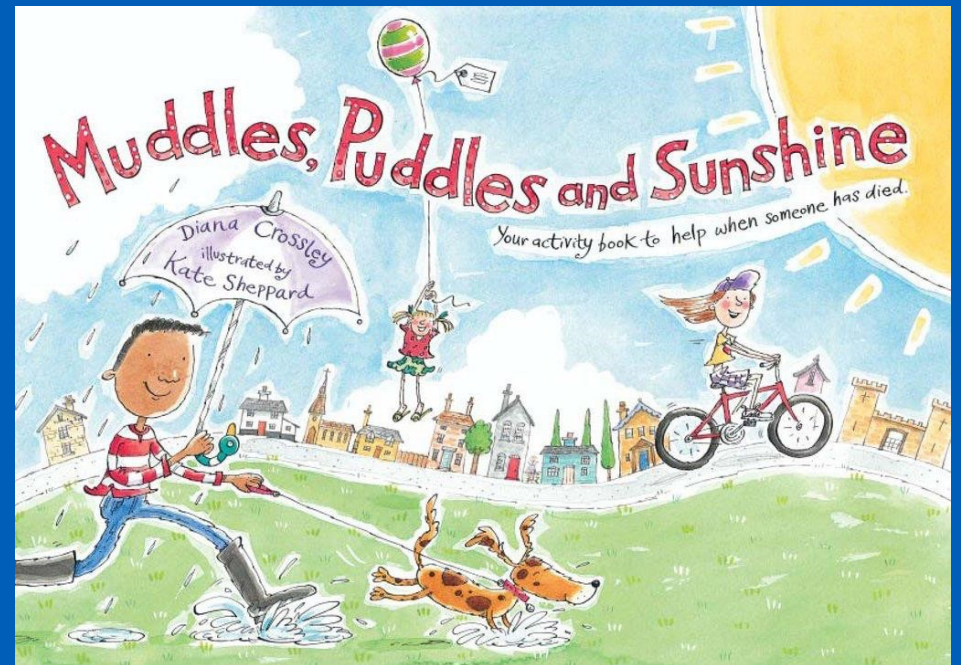
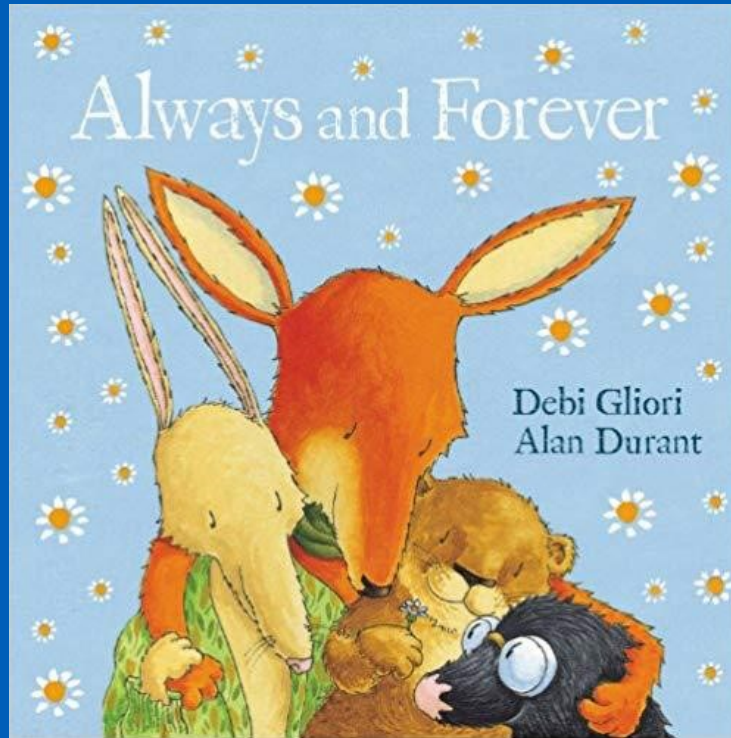
<http://www.childhoodbereavementnetwork.org.uk/media/57656/Grief-Matters-for-Children-2017.pdf>

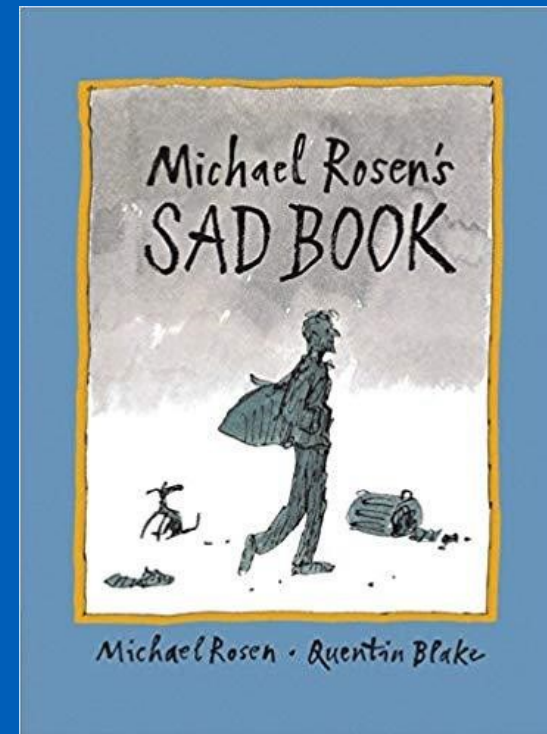
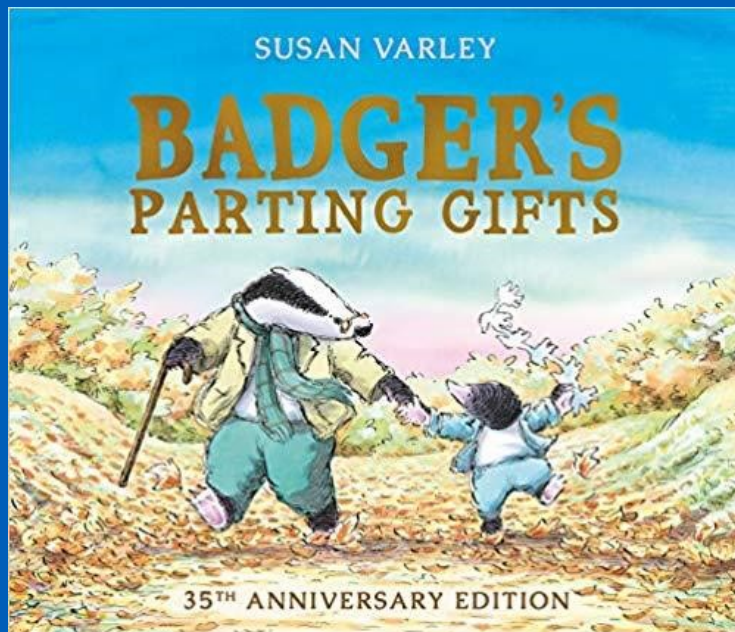
Making Memories



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Resources

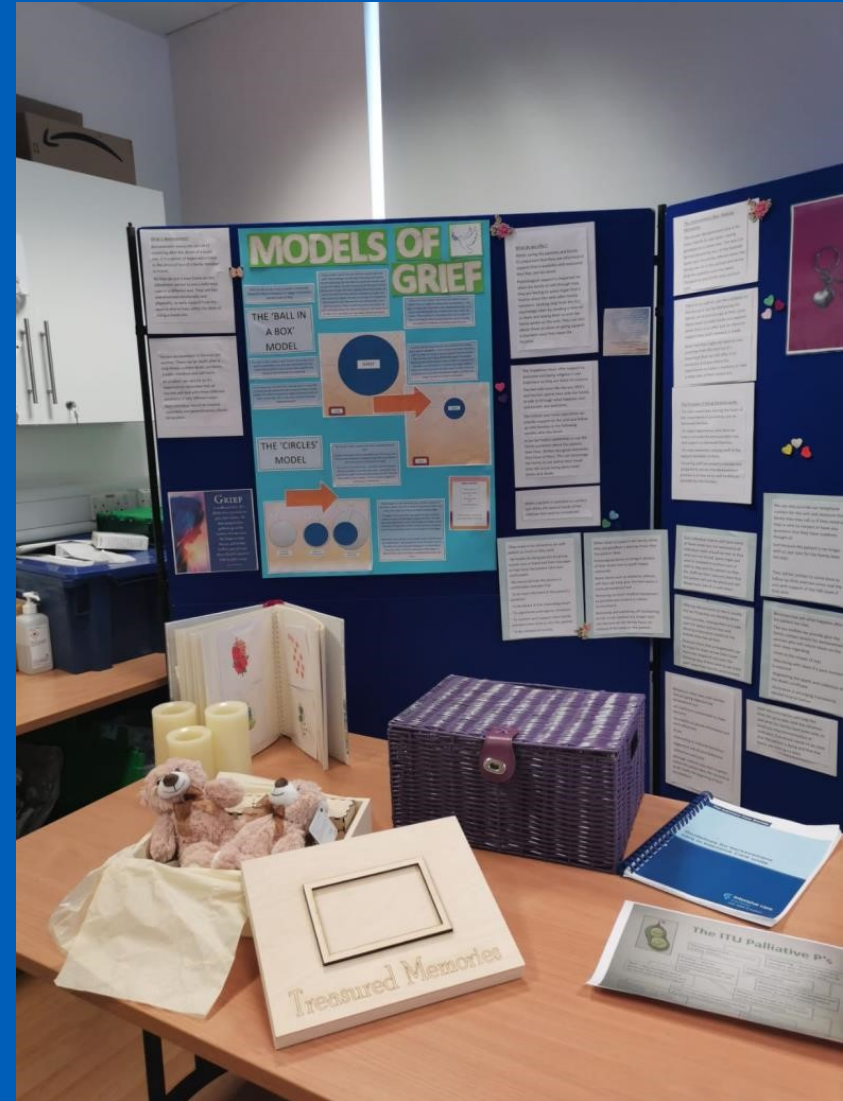
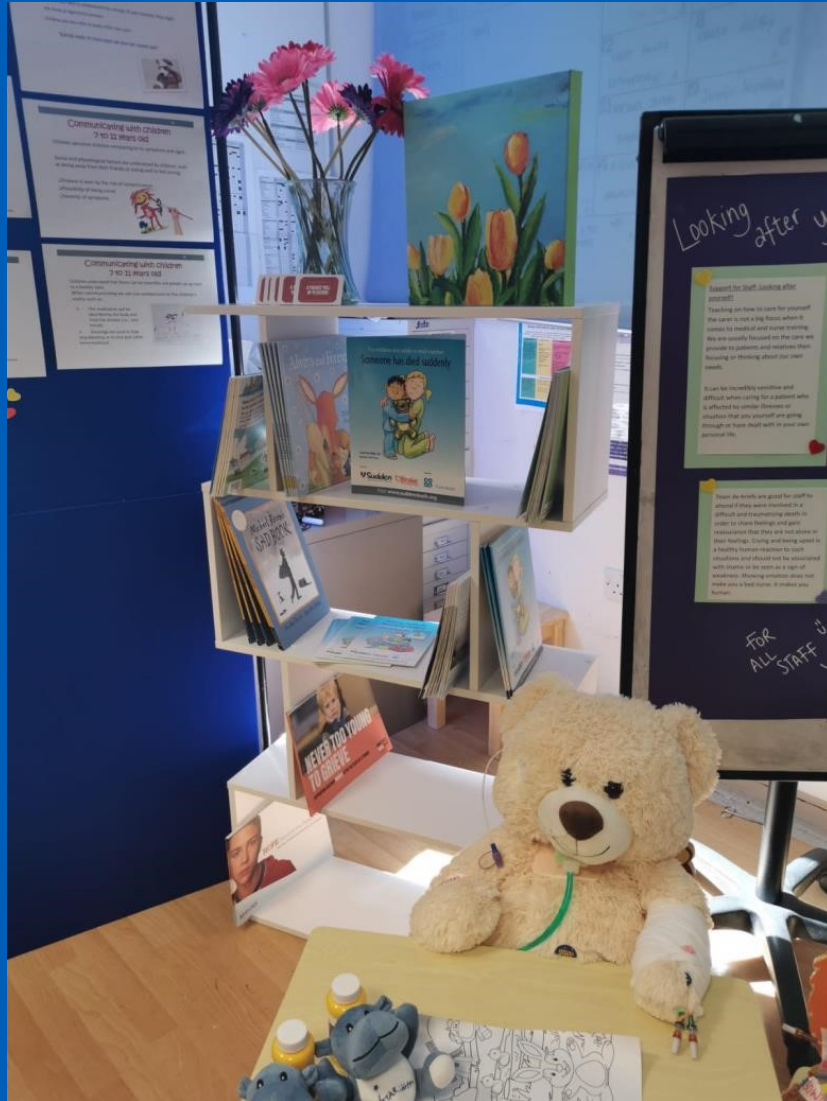




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Moving Forward

- Link Nurses to support and educate
- A unit leaflet specifically for children visiting
- Making bonds with the other ICU units
- More frequent information weeks
- Training available for more health professions
- Bereavement training included on induction courses



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References

- <http://www.childhoodbereavementnetwork.org.uk/research/key-statistics.aspx>
- Abdelnoor, A and Hollins, S (2004) 'The effect of childhood bereavement on secondary school performance', *Educational Psychology in Practice*, 20(1), 44–54.
- Parsons, S (2011) *Long-term Impact of Childhood Bereavement: Preliminary Analysis of the 1970 British Cohort Study (BCS70)*. London: Child Well-being Research Centre.
- Vaswani, N (2008) *Persistent Offender Profile: Focus on Bereavement*. Glasgow: Criminal Justice Social Work Development Centre for Scotland.
- www.childhoodbereavementnetwork.org.uk/media/57656/Grief-Matters-for-Children-2017.
- <https://www.childbereavementuk.org/one-more-minute>