


GOING HOME CHECKLIST

FROM NEONATAL ICU/PAEDIATRIC ICU

GENERAL

- Is your home ready to welcome your child.
 - Dietary plan complete. Food and equipment available and training on feeding equipment completed.
 - Patient Emergency Card - personalised and completed and readily available.
 - Medical Alert Card readily available.
 - Emergency Contact Magnet completed.
 - CPR Training completed by parents, grandparents, siblings (if old enough) and all primary caregivers.
 - Practice, practice, practice - be as confident as possible and ensure you have had as many opportunities in doing everything yourself before leaving NICU/ICU.
 - Training on medication and administration (always make sure you have enough stock for the week/month ahead).
 - Compile an emergency kit - tailored to your needs (thermometer, spare MIC-KEY device, etc.).
 - Pre-home visit by palliative team or healthcare professional completed. This is to offer support and guidance on your homecare set up to ensure a smooth homecoming.
 - Home Support in place (Family or community support, nurses if applicable etc.). Advise the rehabilitation team if care is to continue at home/or alternatively ensure follow-up sessions at a convenient time and place are arranged so that your child's quality of life is maintained. Ensure all contact details are easily available.
 - Make sure you have your follow-up appointments booked well in advance.
 - Other - Training for any specific medical requirements that your child might have. Ensure you have covered all your major questions before going home, but don't worry - you will think of many more when getting home and that is normal - just know who to call.
 - Medical paperwork and claims up to date (you don't want to be worrying about paperwork when you get home).
 - Check number of electrical plug points required for medical equipment and don't overload any extensions or plug points.
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CHILDREN ON VENTILATOR/ OXYGEN OR WITH TRACHEOSTOMIES

- Breatheasy Programme completed if relevant (all children with Tracheostomies).
- Power - Electricity back-up arranged i.e. Generator or emergency plan in place to move your child to the local police station or fire station where power will be available. Introduce your child and family to them so that they are aware of your situation prior to an emergency.
- For emergencies - NB: Always have oxygen available and 2 x Ambu Bags always easily accessible - one for home and one for travelling. (At least one Ambu Bag is a must!)
- Home care medical/breathing equipment - full list purchased and available in good working order (list specific to each child's own need).

CHILDREN WITH PEGS

- Feeding Peg training completed.
- Equipment Consumables (spare MIC-KEY device) ordered and available.

CHILDREN WITH PORTS

- Port training completed.

CHILDREN WITH UROSTOMY BAGS

- Stoma - How to care for your child's stoma
 - How to fit the bag to prevent leaking
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- Training on all relevant equipment completed (Emergency support number for back-up equipment readily available - see emergency magnet).
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- BREATHE** - Nerves are normal. Lean on your support network. You are not alone. Remember you don't have to be a doctor or a nurse, but you do have to be a well informed and well trained loving parent.



This checklist covers our experience with children and babies in NICU/PICU, and the word child will be used throughout to cover the spectrum of ages.

Remember your home must not be an ICU. The focus is on going home and in creating a happy space for you and your child. A space that still allows for the medical care to take place, but in the warmth and loving environment of your home. Your family needs to start living and adapting to your own routine, as soon as possible.

Welcome home!



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