

How long will the ACORNS team be looking after my child?

The ACORNS team will keep in contact with you at home by either phone or video for as long as your child is acutely unwell. They will create care plans with you each day. Once your child is getting better, we will offer you 72 hours open access to the team where you can contact us if you need advice or support. They will then be discharged from ACORNS into the care of their GP.

Following discharge, any further health advice, assessments, or care should be sought from your health visitor, GP, NHS 111 or in an emergency, your nearest Emergency Department.

The following may help your child feel more comfortable

- Keep the room airy without being draughty.
- Ensure they have plenty to drink.
- For the first day or so don't worry about not wanting to eat.
- Try tempting them with tasty bits of food and encouraging them to have nutritious drinks like milk.



- Try to give your child time for quiet games, stories, company and comfort. Unwell children get very tired and need plenty of rest.
- Encourage your child to doze off when they need to, perhaps with a story read by you, audiobook or CD.

Useful numbers

Practice Plus

(Brighton walk-in centre / GP service)

0300 130 3333

Open 8am till 8pm - 7 days a week including bank holidays.

www.practiceplusbrightonstation.nhs.uk

For out of hours GP service or advice ring NHS 111 or www.111.nhs.uk

In cases of emergency dial 999 for an ambulance.

Royal Alexandra Children's Hospital
ACORNS: based at the Children's Emergency Department at 'the Alex'
01273 696955 Ext. 62430

Monday to Sunday 8am to 8pm



Ref number: 2031.1 Publication date: 05/2026. Review date: 05/2029

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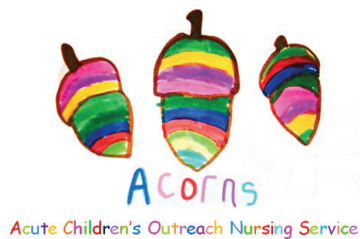
The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.



the
alex

ACORNS

Paediatrics



What are the ACORNS?

The Children's Nursing Team Service, or ACORNS, is a team of experienced Registered Children's Nurses, called Outreach Nurses, who will provide assessment and support for your child during this acute period of illness while they are recovering at home. We also have a team of paediatricians who work alongside the ACORNS nurses providing advice and support when needed.

Following assessment and treatment at the Royal Alexandra Children's Hospital (the Alex), your child has now been referred to the ACORNS by one of the Children's Doctors or Advanced Nurse Practitioners.

What happens before I leave the Children's Emergency Department, the short stay unit or medical ward at the Alex?

Before you go home you will be provided with:

- An approximate time frame that you will be phoned at home by the ACORNS
- Any prescribed medicines that will be needed at home
- Information leaflet and advice about your child's illness or problem.

How will the ACORNS monitor my child once we are at Home?

One of the ACORNS Nurses will phone you and check that your child is improving and that you feel confident monitoring and caring for them. This call may show as 'Private Number'. It will then be followed up with either a further phone call or a video consultation. This decision will depend on the concerns of both the nurse and you. The team are ready and available to provide support as and when you need them. You can call anytime during their opening hours.

How can I help my child at home?

Please follow the verbal and written advice that you have been given.

This advice will help you look for signs that may indicate that your child's illness is getting worse. It will also guide you with helpful things that you can do to speed up your child's recovery, such as making sure they are drinking enough fluids, taking their prescribed medicines or inhalers, and resting at home with you.

What should I do if my child's illness worsens or I am worried?

Please contact the ACORNS nurse if you are concerned about a possible deterioration in your child. Examples of when to contact the team are as follows:

- If they seem worse to you
- They become sleepy, floppy or develop a rash that doesn't go away with pressure
- If they are finding it hard to breathe
- They are no longer tolerating or taking fluids
- They have a new temperature. This is very important in children under 3 months of age.



PLEASE BE AWARE THAT ACORNS DO NOT PROVIDE AN EMERGENCY SERVICE.

If you are concerned, please do not wait until the ACORNS nurse calls you.

- If it is in our hours please call the ACORNS from 8am
- After 8pm phone NHS 111 for any advice you may need
- If you have new concerns re-attend the Children's emergency department
- **In an emergency call 999.**

The written information we gave you for your child's illness or problem tells you what signs to look out for in your child that may indicate deterioration. If either you or the nurses have concerns about how your child is recovering, you may need to re-attend the Children's Emergency Department where they will be reassessed.