



**University
Hospitals Sussex**
NHS Foundation Trust

Children and young persons day unit (CYPDU)

Information for children
and their families

What is this information about?

This information is about the Children and Young Persons' Day Unit (CYPDU) at Worthing Hospital.

It tells you about:

- What the CYPDU is and who might receive care there.
- Some of the tests and other things we may do (investigations) to help us to find out what health condition your child may have (diagnose them).
- Where your child may get further care if they need it and cannot go straight home after they have had investigations.
- What facilities there are on the unit.
- Welcome to the children and young persons day unit.

What is the CYPDU?

The CYPDU is a unit that can help to diagnose what illness a child may have or what treatment they may need and give some treatments. The CYPDU is for children and young people up to 18 years of age.

It is a day unit. This means that many children who come to the unit can get the care that they need without having to stay in hospital overnight (be admitted to hospital).

People who come to the CYPDU may not have to stay in hospital for their care or they may be discharged (be able to go home from hospital) sooner.

We see:

- People who have appointments which have been arranged in advance. This might be so that we can for example:
 - Do investigations to find out what condition they may have. This could include things like blood tests or testing their pee.
 - Find out how they are and how any treatment they are having is going.
 - Give them medicines or treatments.
- People who have been sent to us from their GP, clinic or A&E. These may be people that we need to see urgently.

What hours is the CYPDU open?

The unit is open from 8.30am until 9pm.

Might my child have to wait before they can be seen by a member of staff?

Yes. Some people have a timed appointment made in advance to come to the CYPDU. Others come in through the day because they have been sent by their GP, A&E or another hospital department and we may need to see them more urgently. This means that even if you have been given a timed appointment there may be a wait before we can see you.

Please be patient. We will see you as soon as we can.

Coming to the unit for assessment and review

What will happen if my child has come to the unit so that we can check and test how they are (assess or review their condition)?

If your child has come for an assessment or review:

1. A nurse will:

- Weigh them.
- Measure their height.
- Measure things such as their temperature, pulse, blood pressure, how fast they are breathing and how much oxygen is in their blood. This is called doing observations.
- Ask them, and you, questions about their condition, how they are and anything else that it may help to know.

Be aware

We may ask you to collect a sample of your child's urine (pee) so that we can test it. Urine test results can be very helpful. They can help us to tell what conditions your child might have and how best to treat them.

It is not always easy to get a sample of urine from younger children, but it is important to do. We can tell you about some things that may help with this so do ask if you are finding it difficult.

2. A doctor will examine your child. The doctor will decide whether your child needs any further tests such as a blood test or x-ray.

The doctor will also talk with you about how your child is and what might be best for them. They will then decide whether your child:

- Is well enough to be nursed by you at home. If they decide this, we will give you advice on how to care for your child.

Be aware

If your child goes home from the unit to be nursed by you, you may be given 'open access'. This means that they can return within 72 hours if you think they need further care for the same condition. You can contact us directly to arrange this and your child will not need to be sent (referred) to us by a GP.

- Needs to stay on the CYPDU for up to four hours so that we can check whether their condition seems to be getting better or worse and decide what to do next.
- Needs to be admitted to Bluefin Ward for a longer time so that we can check how they are doing and give them care or treatment if they need it. Bluefin ward is our children's ward which is next to the CYPDU.

Can I stay with my child if they need to stay on Bluefin ward?

There are camp beds next to all the children's beds on the ward so you can stay with your child overnight if you would like to. There are also toilet rooms and showers for parents to use.

Coming to the CYPDU for a blood test

My child has come to the CYPDU for a blood test.

How can you help to keep them comfortable and calm?

We can use either a spray or cream to numb the area of their skin where we will do the test and reduce any pain or discomfort your child may feel.

There is also a Play Assistant on the unit who can help to distract your child if they are very anxious about having the blood test.

What happens after my child has had their blood test?

After your child has had their blood test you may be able to take them home straight away. We will tell you if you can do this.

If so, we will email the results to the relevant doctor.

Sometimes we may ask you to wait for the results if we think that it is important for you to do so. This might be, for example, if we think the test results may show your child needs treatment straight away. It may take one to two hours for us to get the results and tell you what they are.

Might my child have to be examined or cared for in a cubicle if they have an infectious illness?

Yes, if your child:

- Has symptoms such as diarrhoea (watery poos) or being sick (vomiting).
- Has a respiratory illness (such as a cough, cold or chest infection) that other people could catch from them.

We may need to put them in a cubicle with you to keep other patients safe.

Is there somewhere on the unit to go if I would like to talk with staff or other people in private?

Yes. There is a quiet room on the unit. Please let staff know if you would like to use it or if there is anything you would like to talk to staff about in private.

What other facilities are available?

- Toys and playing. There are toys on the unit, but your child can also use the wonderful playroom, (which has a separate area for teenagers) on Bluefin ward. Your child must have an adult with them while they are in the playroom.
- Drinks and snacks. Please help yourselves to water from the machine which is just by the entrance to the unit.
- Baby changing facilities are available on Bluefin. Please ask us to show you where they are.
- You are also very welcome to use Costa at the front entrance of the hospital or the League of Friends Cafe.

Can I use my mobile phone on the CYPDU or Bluefin ward?

Yes. Please consider other people around you and make sure that your conversation disturbs them as little as possible.

How can I contact the CYPDU?

Phone: 01903 205111 Ext. 85935

The ward is not open at night.

Ref. number: 2439
Publication date: 11/2024
Review date: 11/2027

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