

NIH Clinical Center Patient Education Materials

Welcome to 1 Northwest (1NW)

Pediatric Inpatient Unit

Contact Information

Phone: 301-451-0345

Fax: 301-480-3137

Visiting Hours

9a.m. to 9p.m.

The Clinical Research Nurses on 1NW Inpatient Unit care for children and teens who are enrolled in a variety of National Institutes of Health (NIH) research studies. Our team works together to give your child the best care during your time at the Clinical Center. Here is some information about what you and your family can expect.

What happens when you arrive?

When you arrive, we will check your child onto the unit, and then we will take you and your child to a patient room where your child will stay during your visit. Most rooms in the unit are designed for 2 people, so your child will probably have a roommate.

Please tell us right away if you or your child has:

- Signs of infections (fever, runny nose, diarrhea)
- A history of being on isolation
- Respiratory (breathing) symptoms; if so, please ask for a mask and put it on right away
- MRSA, VRE, CRE, KPC or any other similar infection (or a history of these infections)

What are isolation precautions?

If you or your child has a disease that could spread to others, then we may ask you to wear a mask while in the hospital. Your child may also need to follow rules about leaving the room. Your nurse or doctor will explain what to do. By following these rules, your family can help stop the spread of diseases.

Does your child need identification?

We will give your child an ID bracelet to wear on the wrist. Please understand that your child needs to keep it on at all times. The ID bracelet will serve as identification for lab collection and medication administration at NIH.

What should you bring with you?

Please bring an up-to-date list of your child's medicines and dosages with you, including over-the-counter and herbal medications and vitamin supplements. Let your nurse know if your child has any drug allergies.

If you did bring in medication, take it home with you or give it to your nurse. If your child needs medication, our doctors will prescribe it. Your child should stop using any medications or supplements you brought from home. If your NIH doctor prescribes medicines to take home that are related to your child's research study, they will be filled at the Outpatient Pharmacy on the first floor. The hours are:

- Monday –Thursday: 8:30a.m. - 6p.m.
- Friday: 8:30a.m. - 8p.m.
- Weekends and Holidays: 8:30a.m. - 12:30p.m.

Can you stay with your child on the unit?

Yes. For the safety of our patients, one parent (or guardian) must stay in the room with each child under the age of 12. We will give you a pull-out couch or chair to sleep on at night. For safety reasons, your child needs to sleep in the assigned bed. No other children or family members are allowed to spend the night in the room. **Please understand that you are responsible for supervising your child at all times when you are on the unit.**

Parents/guardians staying with children may use the bathroom in the patient room. You may also use the shower facilities at the Children's Inn even if your family does not have a room booked there.

What can you expect during your child's visit?

You and your child can leave the unit, but, before going, please:

- Check with your nurse to see if your child is scheduled to get any tests or medicines.
- Tell your nurse that you are leaving. This is important in case we need to find you for anything.

Are computers, TVs, and phones available?

Computers, televisions/Xbox's, and telephones are available in each patient room, and you may make free local calls and use the wireless internet.

How does your child receive meals?

Meals for your child are provided by the Clinical Center room service. You can use the menu in your room to choose your child's meals. You can order your child's meals between 6:30a.m. and 6:30p.m. To order, press 3 on the phone in your child's room, or call 301-451-FOOD (301-451-3663). Please remember that meals are only for patients, not visitors.

Our nutrition center at the end of the unit is stocked with snacks and drinks for patients. There is also an ice and water machine, microwave, and a refrigerator that you can use to store food for your child.

Food may also be purchased in vending machines throughout the Clinical Center and in cafeterias and cafes. There are also many restaurants in Bethesda, about two miles from the hospital.

What are the rules about visitors?

A visitor may accompany a patient to the designated unit, into the room of the patient whom they are visiting, and into common rooms (lounges, cafeterias, playrooms). Please keep in mind:

- Visitors who have been recently exposed to an infectious disease (for example, impetigo, chickenpox, tuberculosis, hepatitis) may not visit.
- Visitors with cold or flu symptoms are discouraged from visiting.

- Visitors must wash their hands or use hand sanitizer when coming in and leaving your child's room to prevent spreading germs.
- The bathroom in your child's room is only for your child, other patients, and the parent/guardian staying with your child. Visitors should use the Clinical Center's public bathrooms.
- NIH is a smoke-free campus. If you have any questions about our smoking policy, please talk to your health care team. The NIH police may fine anyone who smokes on the NIH property.
- Kids under age 14 must be supervised by an adult at all times. Your nurse may approve teens aged 14 to 18 to visit without an adult.

How can you do laundry?

Clean linens and towels are available in the linen closet at any time. Please put dirty linens in one of the laundry hampers on the unit.

You can also use our washer and dryer for free, and you can get detergent at the nurses' station. The laundry area is in the back hallway just outside the unit. There is also a dry cleaning service available through the Gift Shop on the B1 level of the Magnuson Center.

What is the NIH Children's School?

The pediatric unit has certified teachers from the Home and Hospital Instruction Office of the Montgomery County Public School System who can teach your child while at the hospital. The teachers will work with you and your child's schedule to meet education needs. Our teachers are notified when a new patient arrives, so they will come speak to you about a plan.

What if your child has health problems at home? If your child has a health emergency at home, call 911 right away.

If you have questions about your child's health or the research study, please use the contact list that the research team gave you. If you cannot reach your research team contacts, call us at 301-451-0345.

Patient Portal

The National Institutes of Health Clinical Center FollowMyHealth Patient Portal is a secure system to provide you with information on the medical care that your child received at the Clinical Center including lab tests, radiology results and more.

For more information on the FollowMyHealth Patient Portal and to create an account visit:
<https://go.usa.gov/x5dbm>

This information is prepared specifically for persons taking part in clinical research at the National Institutes of Health Clinical Center and may not apply to patients elsewhere. If you have questions about the information presented here, talk to a member of your health care team.

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National Institutes of Health Clinical Center
Bethesda, MD 20892
06/2017

Need help finding your way around?

Take Me There is a free app for all smartphones that will give you directions to almost everywhere inside the Clinical Center.

For more info and to download the app visit:
www.takemethere.cc.nih

