

## Reasonable Adjustment Pathway for children and young people

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

### What is the pathway?

The day surgery unit at North Devon District Hospital has developed a Reasonable Adjustments Pathway (RAP) for children and young people with Autism, Pathological Demand Avoidance, Sensory Processing Disorder, ADHD, Asperger, Learning Disability and / or high anxiety attending day surgery for elective surgery.

Through assessment and preparation we aim to meet the individual needs of your child, minimising the anxiety and stress associated with hospital interventions, while providing a holistic approach.

The pathway is **not** dependent on your child having a diagnosis, it is also for those who are in the process of being assessed or investigated for any of the above.

### Why do we need a pathway?

The pathway ensures that your child receives appropriate pre-operative assessment and preparation to suit their individual needs. At the pre assessment stage the nurse will ask a number of questions about your child's day to day needs, anxieties and behaviours. To help us make the admission smooth please provide us with as much accurate information as you can.

Once your child has a date for surgery, you will be contacted by one of our children's nurses from the day surgery unit, who will discuss the plan further. Once the plan is made with yourself we will share this with the team who will be involved in your child's care on the day.

### What preparation can we offer?

- Day surgery photo story
- Social story

- 3D virtual tour app for your mobile phone (link also available on the hospital website)
- Visit to day surgery to meet the team
- Anaesthetic mask to play with
- 'A little deep sleep' video to watch on your phone
- To liaise with your child's key workers

## **What reasonable adjustments can we make?**

- Being first on the list
- Staggered admission time to reduce waiting times
- Being allocated a side room on the ward
- Use of the sensory unit to make the environment less clinical
- Allowing relatives/carers to attend and stay with your child including going to the anaesthetic room and recovery area.
- 1:1 nursing - named nurse to solely care for your child
- Minimising interventions during their admission
- Preoperative sedation to reduce anxieties and therefore improve compliancy and your child's experience
- Going to theatre in their own clothes (where appropriate)
- Choice of gas or IV induction offered
- Preoperative preparation includes: a visit to the day surgery unit prior to surgery, sending the patient a day surgery photo journey, social story, 3D virtual tour app and headset and anaesthetic mask.

## **We are here for you**

We are aware of the many challenges that you and your child may face when coming into hospital. By listening and working with you our aim is to make you and your child's experience a positive one.

If you feel that your child would benefit from the pathway, please speak with the doctor at the hospital when your child has their clinic appointment.

We are happy for you to ring us on the ward if you would like more information or have any questions.

## Further information

### Little Journey App

There is also an app you can download on your iPhone or android devices that has a virtual tour of the day surgery unit and gives further information on what to expect on the day. This is available at: <https://appurl.io/qOo56bvfx>

### A Little Deep Sleep Video

[www.youtube.com/watch?v=NIV2zLkOqjl](http://www.youtube.com/watch?v=NIV2zLkOqjl)

### Day Surgery Unit

7.30am to 9pm Monday to Friday

01271 322 455

01271 322 499

### PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

### Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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