

# NIH Clinical Center Patient Education Materials

## Welcome to 1 Northwest (1NW)

### Pediatric Day Hospital

#### Contact Information

Phone: 301-451-7727

Fax: 301-480-1063

#### Hours

Monday-Friday: 7a.m. - 7p.m.

Weekends and Holidays: 7a.m. - 3p.m.

The Clinical Research Nurses on 1NW Day Hospital 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, please sign in at the front desk, and then we will take you and your child to a patient room where your child will stay during your visit.

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. An extended visitors badge will serve as identification when you go through security.

#### 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.

Please bring any regular medications that your child will need with you. If you bring medication that needs to be refrigerated, please let us know. While you are at the 1NW Day Hospital, do not let your child take any medicine without informing us. If your NIH doctor prescribes medicines to take home that are related to your 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.

#### What can you expect during your child's visit?

As part of your child's care, we may:

- Check your child's vital signs, such as temperature, blood pressure, pulse, oxygen measurement, height, weight, and other body measurements
- Assess your child's health
- Give your child medicines, like pills, IV treatments, chemotherapy, or immunotherapy
- Give your child blood transfusions or cellular infusions
- Draw your child's blood or remove a small piece of tissue

- Care for your child during recovery from procedures your child may have at the Clinical Center, such as a biopsies or spinal taps
- Manage any side effects of your child's medicine(s)
- Teach your family how to manage specific medicine(s)

Your child may need to go to another part of the hospital for blood tests in phlebotomy. Phlebotomy is on the 1st floor, and it is open Monday through Friday, from 6:30a.m. to 4:15p.m.

### **Are computers, TVs, and phones available?**

Computers, televisions, 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.

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 and other patients. 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.

### **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 need to call after regular Day Hospital hours, call the inpatient nurses' station 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>

### **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](http://www.takemethere.cc.nih)



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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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