



# **1 General information**



# Hospital Medical Assistance Procedure

## \* Preparation before going to the hospital

- Things to bring : Patient identification card, Health insurance card (or Infant Medical Certificate), personal record of ailment or record of temperature readings, extra clothing, diapers, favorite toy or book, feeding bottles, etc.
- Stool, urine samples. Also, the hospital will want a sample of anything unusual that has been vomited.
- Dress child in something light and loose for easy undressing.
- Bring any medicine prescribed by former physician or hospital.
- If someone other than a parent accompanies the child, you should prepare a written description of illnesses and past treatments to facilitate consultation.

## \* At the reception desk

- Inform the person in charge at the reception of the patient's condition and complaints such as frequent vomiting, difficulty in breathing, restlessness, weakening, and other ailments that pose concern.
- Inform the reception immediately if the ailment is contagious.

## \* In the waiting area

- No food or liquid should be given to the patient before a check up.
- When your turn is near see to it that you are seated with the child near the door of the consultation room.
- Loosen patient's clothing and undo the buttons to be ready for the doctor's medical check up.

## \* In the consultation room

- Inform the doctor of the patient's condition accurately and clearly. For example, when the illness started, its possible causes and other questions that worry you most regarding the illness.
- Inform the doctor if the patient has allergies to certain drugs and if the patient has had previous illnesses.
- Provide the names of all medicines given by the doctor who previously attended the patient.
- It would be best to write a memo of the questions you would like to ask the doctor during the consultation.

### Emergency Consultation After Clinic Hours

- Make sure to contact the attending physician first.
- If the attending physician is not available, call the emergency clinic.
- Make sure to confirm appointments before consultation.

## How to Take the Temperature

※ There are two kinds of thermometers for measuring body temperature, glass thermometers and digital thermometers.

Glass thermometer ····· Gives the most accurate reading but takes more than 5 minutes to get a result.

Digital thermometer ····· A quick and easy way to measure body temperature but yields higher or lower results compared to the accuracy of glass thermometers.

※ Do not take temperature right after meals, exercise, after a bath or after arriving home. Allow 30 minutes before measuring.

### (Under the arm)



- ① Make sure to wipe sweat under the arm to ensure an accurate reading.
- ② Place the probe right in the middle of the armpit and hold the child's arm to ensure that the probe is held closely between arm and armpit. It takes 5 minutes to take the body temperature with a glass thermometer.
- ③ Read a book or watch TV to keep the child still as unnecessary movements may not yield an accurate result.

### (In the ear)



- ① Measures body temperature in seconds by placing the tip of the ear thermometer into the ear canal. Temperature cannot be measured accurately if the sensor is not properly inserted. Place and insert the sensor of the thermometer in the middle of the ear canal.
- ② To get an accurate measurement, make sure that the ears are clean and the child is not suffering from an ear infection.

※ Body temperature may vary depending on the time of the day. The temperature is low in the morning and high during late afternoon, after meals, after every exercise or a good cry. It is best to know the child's normal body temperature. This can be determined by taking the body temperature when the child is well.

※ Heavy clothing and a high room temperature may affect the child's body temperature and may yield a higher result. In this case, lighten clothing and adjust room temperature before measuring the child's body temperature.

## How to Give Effective Medication (Liquid Medication)

Most liquid medicines are sweetened or flavored for ease in drinking.

There are some medicines that may seem to be the same, but the ingredients may be different depending on the illness and symptoms.

### ① Shake well.

Some of the ingredients in liquid medicines may settle at the bottom of the container or float around in the liquid. Shake the medicine well so that all the ingredients are evenly distributed.

The measurement may not be accurate when there are bubbles formed from shaking. Wait for the bubbles to subside before measuring.

### ② Measuring one dose

Place the container on a flat surface and measure the dose.

Make sure to read the mark for one dose at eye level. Accurate measurements cannot be taken when reading the mark from above or diagonally.

### Using a spoon . . . .

Do not give it in sips as the child might spit the medicine out if he does not like the taste. Pour slowly into the back of the mouth to make sure the child takes down the full dose. Give in small amounts to prevent the child from choking.

### Using a syringe . . . .

Use of a syringe is the surest way to give medicine to infants.

Load the syringe with the liquid medicine and squirt small amounts into one of the cheek pockets.

Take precautions when pouring it at the back of the mouth as the child might cough.

### Using rubber nipple caps of baby bottles . . . .

Another way of giving medicine to bottle fed babies is to put the syrup into rubber nipple caps.

First, let the baby suck the empty cap, then measure the dose of liquid medicine in a separate container before pouring it into the cap.

### Using a small dosage cup . . . .

This is convenient for children who can drink straight from small dosage cups.

### Additional Advice

- Medicines may be given before or after meals. It is easier to give medicine before meals when the child is hungry.
- When giving medicine, do not force the child to open his mouth by pinching his nose. The child may not be able to breathe, may choke and spit the medicine out. Also, be careful that the medicine goes into the trachea not the esophagus.
- For liquid medication, never drink directly from the bottle, or use the cap of the medicine as there is a chance of contamination.

※ Keep the medicine out of the reach of children !

Liquid medicines in various colors are very attractive to children.

There have been a number of cases when children have accidentally drunk a bottle of liquid medicine. Keep medicines out of children's reach.

## How to Give Effective Medication (Powdered Medication)

There are different types of powdered medicines: dry syrups or fine granules which are water soluble, and coarse and rough granules which are insoluble to water.

Powdered medicines are easily absorbed and have lasting effects, but they are not easy for infants and children to take as is. Be resourceful and find ways to ensure that the child gets the right dose.

### Kneading with water

- ① First, wash hands thoroughly with soap and warm water.

Wash hands and wipe with a clean towel or paper towels. Make sure the nails are trimmed to prevent injury when administering medicine directly into the mouth

- ② Measure 1 dose in a small receptacle. Pour a little amount of lukewarm water and knead using fingers. It is best to pour in drops, as it will be difficult to knead powdered medicine with too much water. Wetting fingers while kneading is another way.

- ③ Stick it below the cheek pockets or just above the chin

Place the medicine just below the cheek pocket at the side of the mouth or above the chin where the taste goes unnoticed. Do this quickly so that the child will not resist.

- ④ Then give water, milk or breastfeed at once until the medicine is completely dissolved inside the mouth.

### Mixing with food

#### Medicines that can be mixed with food

It is a good idea to mix bitter medicines with ice cream, pudding, juice, yogurt, jam, cocoa, or gum syrup.

#### Foods that should not be mixed with medicines

**Milk** → Milk will have an unpleasant and strange taste when mixed with medicine. Avoid doing this as the child may develop an aversion to milk.

**Staple foods such as porridge, udon (noodles), tofu and other dietary foods the child needs to eat** → It is not a good idea to use these foods as the medicine alters the taste of the foods and may result in the child disliking them.

**Warm milk, miso soup, other soups** → Avoid mixing medicine with hot foods because the heat may change the drug's components.

