



Universitair  
Ziekenhuis  
Brussel

# WELCOME BROCHURE

## PICU - A115



Dear Parents,

Your child has been admitted to the **Pediatric Intensive Care Unit, Department A115, Route 110, 1st floor.**

Here we will observe your child very closely so that the slightest changes in his/her condition can be noticed immediately.

The technical equipment necessary for the intensive monitoring of your child makes our infrastructure different from any other service. Around the bed are many devices that allow us to constantly monitor your child's condition.

Because of this increased supervision and the critical aspect of our service, **proper arrangements** are necessary. **It is very important that you follow these strictly.** The caregivers will always act in the best interest of your child. The possible risks and impact of each treatment or examination are always carefully weighed.

In this brochure you will find all the practical information.

If you have any questions, please do not hesitate to speak to someone. We will be happy to help you.

You can count on it, dear parents, that the entire team is fully committed to giving your child the best possible care.

Together with you, we hope for a speedy recovery.



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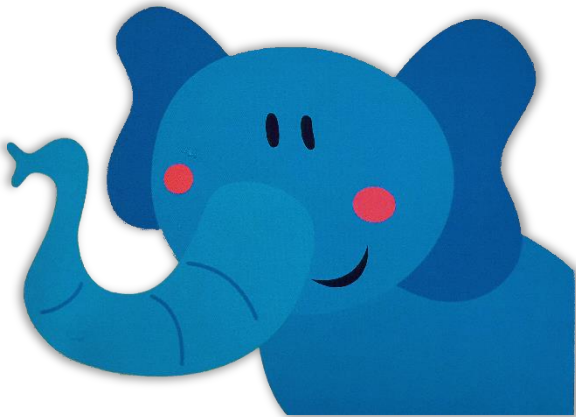
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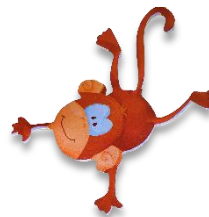
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## Introduction to the service

### Doctors



**Prof. Dr. Gerlant Van Berlaer**

Head of clinic Pediatric Intensive Care



**Dr. Klaar Vergaelen**

Staff member Pediatric Intensive Care



**Dr. Reiner Mauel**

Staff member Pediatric Intensive Care

**Dr. Melina Simon**

Staff member Pediatric Intensive Car

**Dr. Anton Martens**

Staff member Pediatric Intensive Care

### Coordinating head nurse intensive care



**Mrs. Evelien Spruyt**

### Nurse manager



**Mr. Geert Liessens**

## Visiting arrangements

**Parents only** are allowed from **08H00 to 20H00**.

A one parent family is entitled to one confidant.

**Brothers, sisters and other relatives** are **not admitted** to the ward.  
Only in exceptional cases, after consultation with the nurse in charge and the attending doctor, this can be allowed.

Please ring **the PICU bell**.



If the door is not opened immediately, we ask you to be **patient** and take a seat in the **waiting room**. A nurse will come and get you as soon as possible.

For security reasons, it is not the intention that people enter the ward without the knowledge of the caregivers.

During certain medical or nursing procedures, we may ask you to leave the room.

## Overnight stay

There is an opportunity to stay overnight in our department.  
A **maximum of one parent** can stay the night.



A **folding bed** will be **placed by the window** in the room. Please **do not unfold** the bed until **9 PM** and put it back in the bathroom at **7:30 AM**, so that the nurses can easily carry out their morning tasks.

**There should be enough space around your child's bed at all times** so that we can act quickly in case of acute situations and no precious time is lost.

Please, **do not set up** your chair **in front of medical equipment** (medical pumps, devices, etc.).

You may **not use the bathroom facilities** in the room, only the sink to wash your hands, brush your teeth and to clean bottles. A toilet is provided at the end of the hallway and you may use a shower at the Ward Kids 2, route 920.

In 2026 we hope to create and finish a parents area and provide you also the possibility to take a shower on the PICU.

There is also a possibility to stay the night in a warm and welcoming accommodation not far from the hospital. At a **short walking distance (+/- 500m)** you will find the **Ronald McDonald house** where you and your family can stay at an affordable price. You can obtain the brochure from the nurses.



### TAKE CARE OF YOURSELF

**Do not feel obligated to always be present.**

We fully understand that the home situation and work also take up your time. **Give yourself enough rest**, get some fresh air once in a while. Drink and eat regularly and sufficiently.

Remember that after the intensive phase, your child often has a long rehabilitation ahead and will need you much more intensively at that time.

## Contact - Information

The doctor, the nurse manager and the nurses are always there for you.

You can call them **24 hours a day** on  
**02 / 477. 77. 15**



## General enquiries

If your child has a pacifier, cuddly toy, blanket, etc. that he/she is very attached to, you can bring it along.

We advise you **not to leave valuable objects** on the ward. If they are lost, the department cannot be held responsible.



### THE CARE FOR YOUR CHILD

**Your child needs rest and above all enough sleep, more than at home, in addition to the prescribed care.**

The TV and radio are for the sole purpose of relaxing your child. When your child is sleeping, everything is turned off to not disturb the sleep.

If you **leave the room**, even for a short time, make sure that the **bed safety is always up**.

**Both during the day and the night**, we ask for **parental participation**:

*comfort your child, change the diaper unless instructed otherwise (please do not throw it away, this is important to us), try to meet the needs of your child (for example: let your child sleep when he/she wants to sleep or is sleeping, try not to give too many stimuli).*

**The use of your cell phone is allowed as long as it does not disturb your child and/or the environment.** If it does become a disturbing factor, the nurse may ask that it be kept to a minimum.

Keep the room **clean and tidy**.

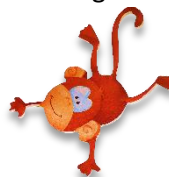
Do not walk on your bare feet in the hallway.

We also ask that you put your **focus** on your **own child**. Stay in your child's room as much as possible, speak softly and do not make unnecessary noise out of respect for the peace and quiet of your child and the other patients.

Each room is equipped with a **camera** so that we can continue to observe your child from different locations.

### **DO NOT OPERATE DEVICES**

At Intensive Care a child is often surrounded by many wires and devices. At first this may seem very strange, yet you will find that you





quickly become familiar with it. It is extremely important that you never operate any equipment yourself.

**NEVER PUSH OUT AN ALARM (monitor, medication pump, feeding pump)** even if it is disruptive.

All alarms are reviewed and interpreted centrally. Sometimes an alarm is non-threatening and then it may take us a while to respond.

**DO NOT REMOVE PHYSICAL RESTRAINTS ON YOUR OWN INITIATIVE**

Sometimes we need to restrict your child's movement for their own safety by using restraint material.

If you want to remove the protection, always discuss this with the nurse.

**DO NOT MOVE YOUR CHILD YOURSELF**

Moving your child in bed, getting your child out of bed is always done in consultation with the nurse.

**BRIEFING TIMES**

Between **7:00 - 8:00, 12:00 - 13:00 and 19:00 - 20:00** there will be a briefing.

Please **avoid using** the **telephone** during these hours and **limit your calls** to what is **strictly necessary**.

We also ask you to **stay** in your **room during these hours** to ensure the privacy of other patients.

## Breastfeeding

If you are breastfeeding, you **do not need to interrupt** it during your baby's hospitalisation.



We recommend that you pump milk. Our ward has **several breast pumps**. We recommend that you bring your own or rent one (from your health insurance fund or from the hospital pharmacy (located at the main entrance)) if necessary.

You will receive a **breastfeeding diary** with tips so that we can guide you as best we can. We always try to **restart** your child's **feeding as soon as possible**, maybe a feeding tube is necessary. For this, we always use your breast milk.

If you have questions or concerns, please contact the breastfeeding reference nurse. You can also request a consultation with a lactation consultant.

## Internet

You can use **free** wireless internet via the wifi network '**UZBrussel\_PublicInternet**'. You do not need a login/password for this.



## Parking

As a parent, you are entitled **to one free parking ticket for your entire stay at PICU** .

You must fill out an application form and pay a **deposit** of **€25**.  
Upon dismissal and return of this card, you will receive the deposit back. This parking ticket cannot be obtained from Friday 16h30 until Monday morning 8h.  
More information can be obtained from the nurses.

## Meals - beverages

Due to **hygienic reasons**, **eating** in the **room** is **not allowed**.  
We would like to refer you to the **cafeteria, floor 0, route 899** or our parents room we hope to finish in 2026.  
On weekends, the cafeteria opens at 12:30 pm. Until then you can eat in our waiting room.  
**Water, coffee and tea** are available for **free** on the ward.  
In the kitchen you can use the **microwave** to heat up your own meal.  
This meal also cannot be eaten in the room.





## Your opinion matters to us

We value your **personal feedback** about our department. You will find a **QR code** at the end of this brochure and in the room so you can fill out our **satisfaction survey**. Let us know how you experienced your hospital stay, what was good and what could be better.

The survey is completely **anonymous** and all data will be kept **strictly confidential**



FAMILIEBEVRAGING

ENQUETE DE FAMILLE

FAMILY SURVEY

