

Travelling to hospital with the NISTAR Nurse Led Team



NISTAR's
Red
The Retriever

Written by the
Nurse Led Team

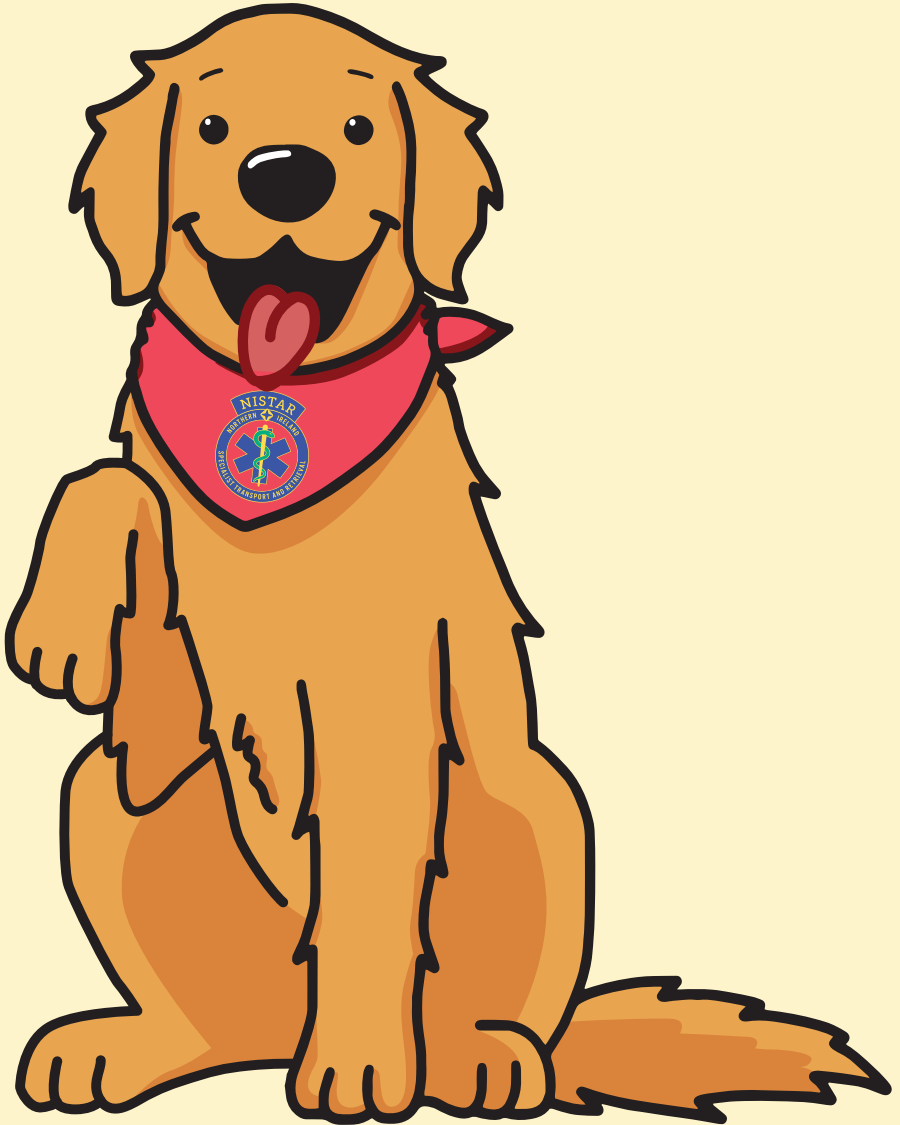


NISTAR

Northern Ireland Specialist Transport & Retrieval

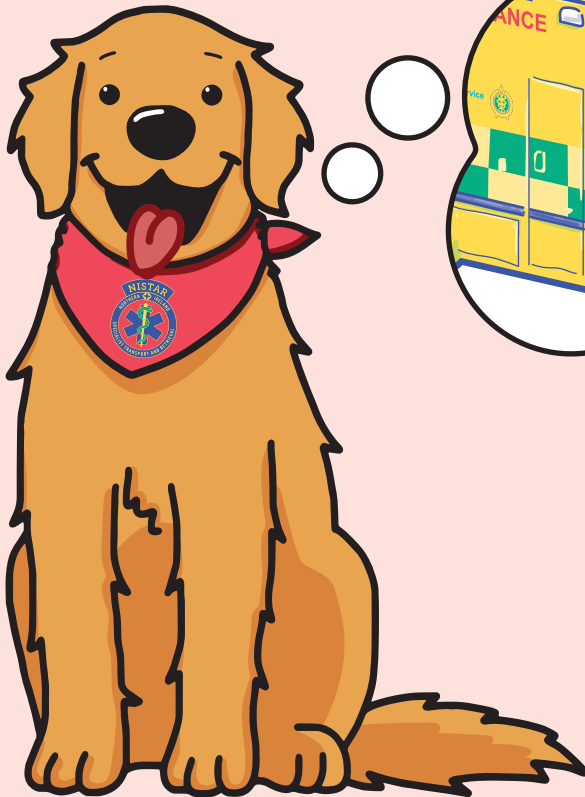


This is Red, NISTAR's own fluffy, red haired Retriever dog. Red is our Cartoon Mascot and he has a very important job.



Red is a brave dog and wants to help you be brave too. He is here to help us explain what happens when you are being moved from one hospital to another by the NIS-TAR Paediatric Nurse Led Team. We hope this will make it less scary for you.

Red loves to go on adventures and he knows where all the hospitals are around the region!





Ambulances bring people to hospital for treatment when they are unwell, so they get better before they can go home again.

This can sometimes feel scary as you might see lots of different faces in the hospital, but Red says not to be frightened because everyone who works at the hospital and in the ambulance are there to help you get better. Also, now you've met Red, you know his big friendly face!



These will be some of the people you will meet on your ambulance journey.

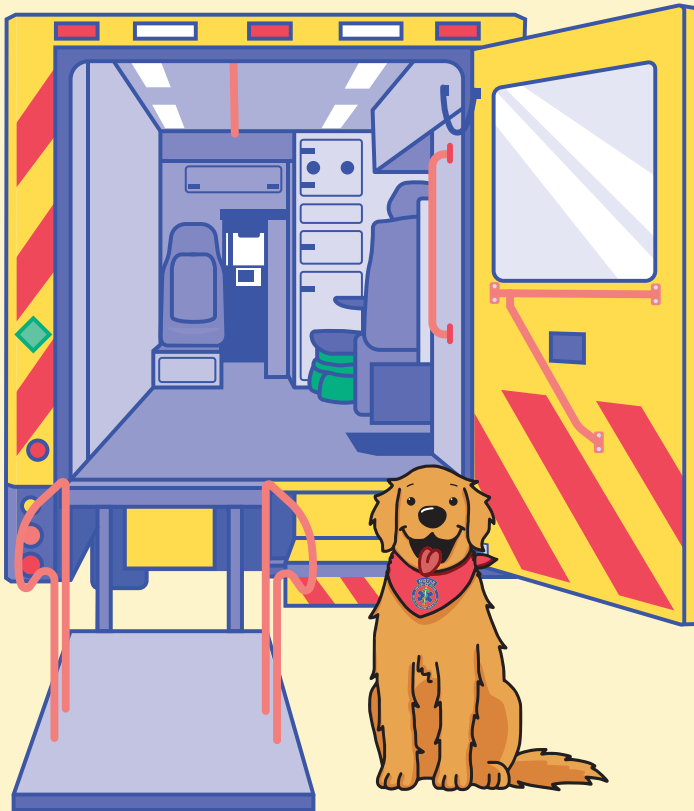
A NISTAR transport nurse will be with you the whole time during the journey from one hospital to another, making sure you are comfortable.



An Ambulance Care Attendant has special training to drive the ambulance, to make sure you get to where you're going safely and securely.

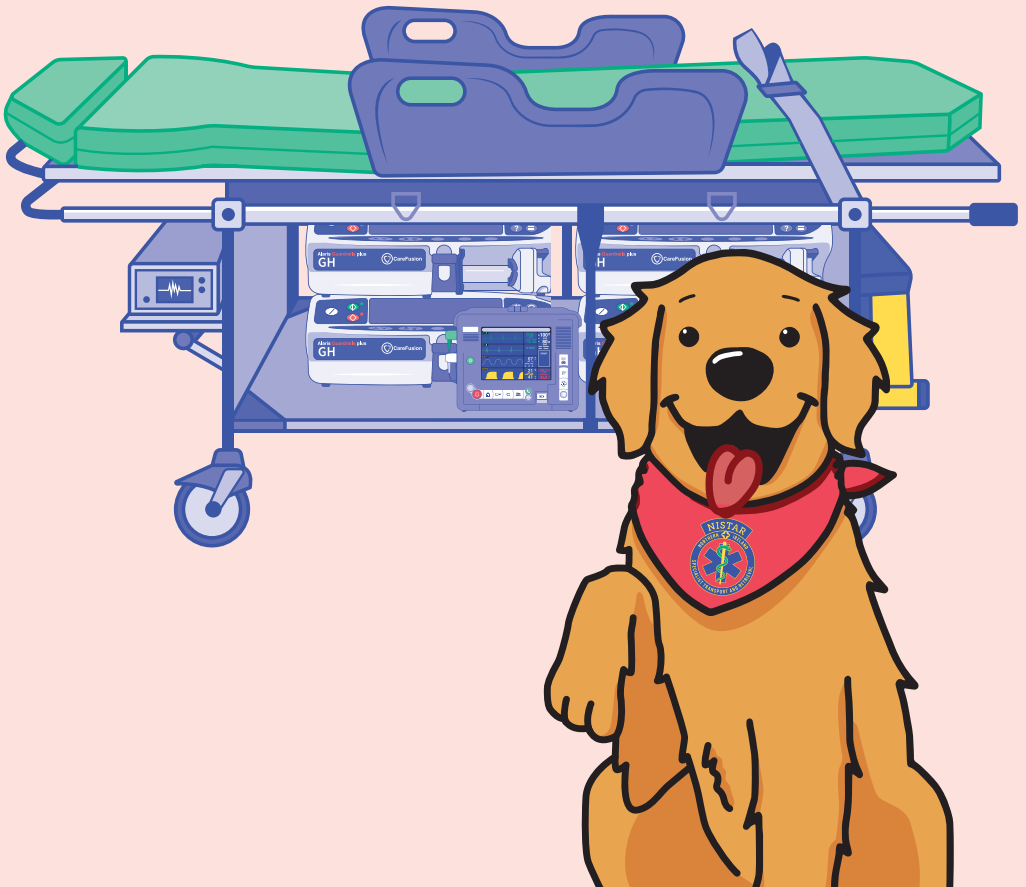
Ambulances are big because they carry lots of equipment that is used to help our patients get better.

They might look big and sometimes sound scary when the sirens are on, but this is just to let people know that the ambulance needs space because they need to get to the hospital quickly. We don't always need to use the sirens on our journey.

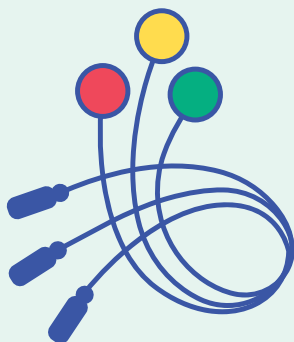
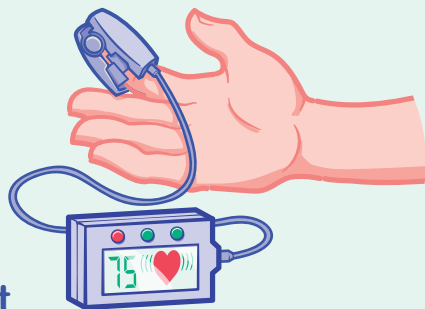


We use a stretcher which is like a bed on wheels, and this has all our equipment on. Red says not to worry about these as they are there to help the nurse do their job and keep you safe.

Red is going to tell you what the nurse uses all of these for to help us look after you.

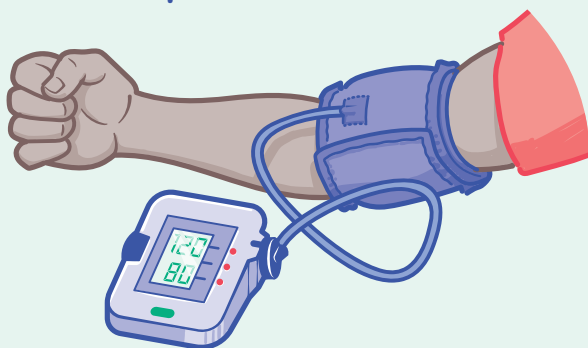


This is an **oxygen monitor**, it checks how much oxygen is in your blood, to make sure your body is getting what it needs. It uses a little red light, which will go around your finger or toe and this will glow when it is on.



These **ECG Leads** are heart stickers which help the nurse to see how fast your heart is beating on the screen. The stickers go on your chest, and you might have these on already or the nurse may put them on you before going in the ambulance.

This is a **blood pressure cuff**, it wraps around your arm or leg like a big, gentle hug. It gives your arm or leg a little squeeze to check your blood pressure and help the nurse know if you're feeling okay. The best trick is to stay super still like a statue whilst it gives you a hug.

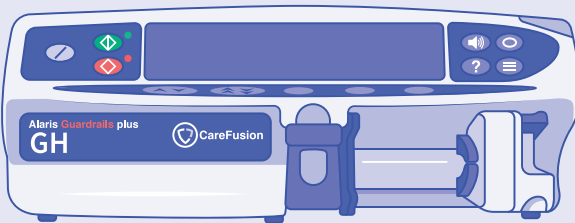
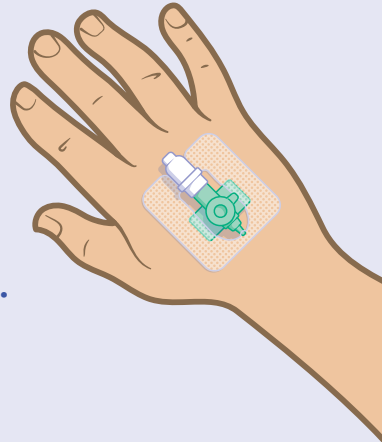


This is a **thermometer**, which has a little stick that goes under your arm. This lets the nurse know how hot or cold you are and may tickle a little bit!



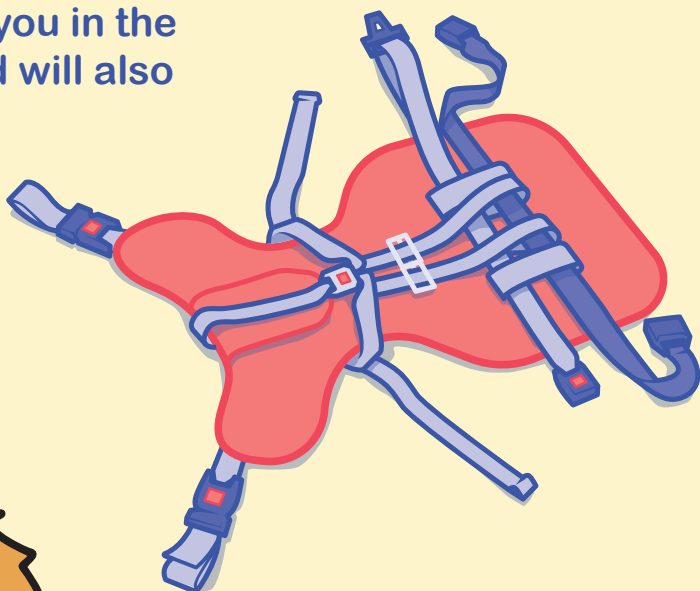
If you have a tiny tube called a cannula in your hand or arm, the nurse might use a **syringe driver**.

This machine gives medicine or fluids gently through the cannula to help keep you comfortable while you travel in the ambulance.



To keep you safe on the stretcher, the nurse will make sure your seatbelts are on. Depending on your size, we sometimes use this **red harness** which ensures you are secure when travelling in the ambulance.

Your accompanying adult can sit next to you in the ambulance and will also have their seatbelt on the whole time!



Once you arrive at the new hospital, the NISTAR nurse will help you move from the trolley onto the hospital bed and will then introduce you to the nurses and doctors who will be looking after you.



Red and everyone at NISTAR hopes that this booklet has helped to explain a little bit more about the Paediatric Nurse Led Team and travelling in the ambulance. We hope this makes you a little less worried about your journey.

On behalf of
the Paediatric
Nurse Led
team, thank
you for
travelling with
NISTAR



If there is anything you think might help other children for their transfers that Red hasn't mentioned, please let us know so we can keep our booklets updated to make sure children feel safe and secure throughout their journey:



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Red the Retriever Mascot toys have kindly been funded by Little Heroes NI



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