

Your Independent Care Session

What is an independent care session?

We want you to feel ready to take your child home from the hospital. The independent care session is your chance to show yourself all you have learned. It also helps us make sure we have taught you how to care for your child. Your child's nurse will work with you to schedule the session.

The goal of the session is for you to feel comfortable doing your child's cares at home. However, you will not be alone. We are here to support you and answer your questions. We suggest that no visitors come during this session. We want you to be able to focus on caring for your child.

How will I know if am ready for my independent care session?

Your nurse will schedule your session **after**:

- Your child's going home plan and treatments have been set. This planning most often occurs during a Discharge Care Conference before your independent care session.
- You have met with a pharmacist to review medicines.
- Your teaching and training are done.
- You have had time to practice what you learned.

Who needs to do an independent care session?

All primary caregivers should complete an independent care session. Even though you may have cared for your child at home before this admission, medicines and cares will be different. This is why we expect all primary caregivers to do this.

Getting Ready

Make sure you can answer the questions below. Work with your child's nurse and other care team members if you cannot answer any of the questions or need more information.

- What central line cares will my child need at home?
- What are the medicines my child takes? What time does he/she take them?
- For patients with feeding tubes: What is my child's method of feeding? Type of food? How many times does my child need the feedings? How do I prepare the feedings?
- What is my child's routine for bathing and oral cares?

What do I do during the independent care session?

You will perform all of your child's cares that you will be doing at home. This may include any of the things on this list.

- Medicines
- Feedings
- Routine care such as bathing, oral cares, and diaper changes
- Use of home equipment such as a feeding pump
- Central line cares
- Respond to unexpected issues
- Record the cares you perform on the "Caregiver Independent Care Session for ____" sheet

When you need medicine or supplies, please ask your child's nurse. Ask for help with cares that take more than one person. You may sleep during the session, but **we expect you to care for your child and respond to any issues.** You may have time away from your child for meals. If you leave the room during the session, please tell your child's nurse. Let us know if you need anything to make this session a success!

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#7407