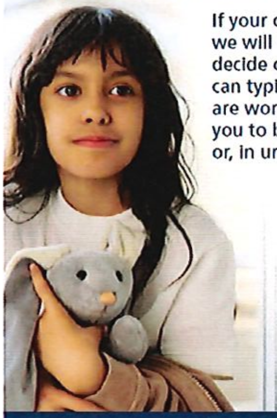
Taking your child home

following discharge from the

Children's Emergency Assessment Unit

Your child has been assessed by the general paediatric team and is ready to return home. Please continue to monitor your child at home. While most children improve gradually after discharge, some may not and could need further medical attention.

After discharge from the Children's Emergency Assessment Unit, you can call us on **01633 493949**. This service is available 24 hours a day, 7 days a week, and you will usually be given 48 hours of 'open access'.



If your child needs a second clinical assessment, we will discuss your concerns and help you decide on the next steps. Over the phone, we can typically only provide general advice. If you are worried about your child, we may advise you to bring them back for further assessment or, in urgent cases, to call 999.

After 48 hours from your child's discharge, you are likely to be redirected to NHS Wales 111, your GP, or the hospital's Emergency Department (previously known as A&E). If you contact these services, please explain that your child was recently discharged from hospital.

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To help monitor your child at home, we have provided specific advice. This may include QR codes, leaflets, or information in your discharge letter.

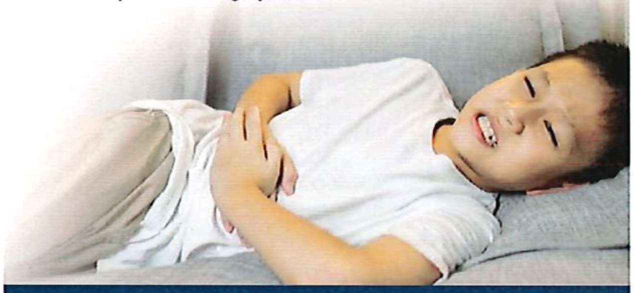
You can also scan this QR code to download information sheets about various conditions.

If your child has more than one condition, you should read advice about each condition.

Healthier Together
Iechyd Gwell Gyda'n Gilydd

NHS 111

You can call NHS 111 if your child is unwell or you are unsure what to do and need help. You can also call this number to get urgent GP care when your own Surgery is closed.



How will I know if my child needs urgent help?

Trust your instincts - you know your child best. If you are worried it may be sepsis, ask: *"Could it be sepsis?"*
If your child returns to hospital and is identified as needing urgent care, they will be prioritised.

I am worried about my child. Where should I go for advice or help?

You are encouraged to seek advice or help at any point in your child's care if you are concerned. The 'safety netting' information sheets, available by scanning the QR code opposite, include 'when to worry' boxes that are colour coded 'red' (emergency), 'amber', and 'green':

Red (emergency)

You must call 999 and ask for an ambulance, or make your own way to the **Children's Emergency Assessment Unit** at the Grange University Hospital to be seen as a walk-in emergency. If your child needs urgent care, they will be seen immediately.

Amber

Within 48 hours, call us on the 'open access' phone number overleaf. After 48 hours, call 111 or your child's GP Practice.

Green

You can stay at home, but if things change, follow the guidelines.

Some basic information about sepsis

Sepsis is a serious illness caused by the body's overwhelming reaction to infection (e.g. respiratory infections such as pneumonia, bronchiolitis (also referred to as RSV) and influenza; abdominal infections such as urinary tract infections and following a burst appendix; bacterial infections such as streptococcus, staphylococcus, E. Coli and infected cuts, scratches and burns). Children who have a weakened immune system, such as those undergoing chemotherapy are more at risk.

At the time we are sending your child home, we do not think your child has sepsis, but illnesses can occasionally develop into something more serious.

Sepsis symptoms can vary and are often hard to recognise, especially in children. Children can 'compensate' in the earlier stages of illness before rapidly deteriorating. If not treated quickly, sepsis can cause harm or even death.

For detailed information, please scan this QR code for expert advice on 'Spotting the Unwell Child'.

What should I do if I suspect sepsis?

Seek medical help urgently.

Call 999 or visit the **Emergency Department at the Grange University Hospital**.

If you're worried about an infection but don't suspect sepsis call 111.

Just ask, "Could it be sepsis?"

This leaflet has been designed in partnership with Corinne Cope, in memory of her son Dylan.

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Mynd â'ch plentyn gartref

ar ôl cael ei ryddhau o'r

Uned Asesu Argyfwng Plant

Mae eich plentyn wedi cael ei asesu gan y tîm pediatrig cyffredinol ac mae'n barod i ddychwelyd adref. Parhewch i fonitro eich plentyn gartref. Er bod y rhan fwyaf o blant yn gwella'n raddol ar ôl cael eu rhyddhau, efallai na fydd rhai ac efallai y bydd angen sylw meddygol pellach arnynt.

Ar ôl cael eich rhyddhau o'r Uned Asesu Argyfwng Plant, gallwch ein ffonio ar **01633 493949**. Mae'r gwasanaeth hwn ar gael 24 awr y dydd, 7 diwrnod yr wythnos, a byddwch fel arfer yn cael 48 awr o 'fynediad agored'.

Os oes angen ail asesiad clinigol ar eich plentyn, byddwn yn trafod eich pryderon ac yn eich helpu i benderfynu ar y camau nesaf. Dros y ffôn, fel arfer dim ond cyngor cyffredinol y gallwn ei ddarparu. Os ydych yn poeni am eich plentyn, efallai y byddwn yn eich cynghori i ddod ag ef yn ôl i gael asesiad pellach neu, mewn achosion brys, i ffonio 999.

Ar ôl 48 awr ar ôl i'ch plentyn gael ei ryddhau, mae'n debygol y cewch eich ailgyfeirio at GIG Cymru 111, eich meddyg teulu, neu Adran Achosion Brys yr ysbyty (a elwid gynt yn adrannau damweiniau ac achosion brys). Os byddwch yn cysylltu â'r gwasanaethau hyn, eglurwch fod eich plentyn wedi'i ryddhau'n ddiweddar o'r ysbyty.

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Er mwyn helpu i fonitro eich plentyn gartref, rydym wedi darparu cyngor penodol. Gall hyn gynnwys codau QR, taflenni, neu wybodaeth yn eich llythyr rhyddhau.

Gallwch hefyd sganio'r cod QR hwn i lawrlwytho taflenni gwybodaeth am gyflyrau amrywiol.

Os oes gan eich plentyn fwy nag un cyflwr, dylech ddarllen cyngor am bob cyflwr.

Healthier Together
Iechach Gyda'n Gilydd

GIG 111

Gallwch ffonio GIG 111 os yw'ch plentyn yn sâl neu os ydych yn ansicr beth i'w wneud ac angen cymorth. Gallwch hefyd ffonio'r rhif hwn i gael gofal meddyg teulu brys pan fydd eich Meddygfa eich hun ar gau.

Sut byddaf yn gwybod a oes angen cymorth brys ar fy mhlentyn?

Credwch eich greddf - chi sy'n adnabod eich plentyn orau.
Os *ydych yn poeni y gallai fod yn sepsis, gofynnwch: "A allai fod yn sepsis?"* Os bydd eich plentyn yn dychwelyd i'r ysbyty ac yn cael ei nodi fel un sydd angen gofal brys, bydd yn cael ei flaenoriaethu.

Rwy'n poeni am fy mhlentyn. Ble dylwn i fynd am gyngor neu help?

Fe'ch anogir i ofyn am gyngor neu gymorth ar unrhyw adeg yn ystod gofal eich plentyn os ydych yn bryderus. Mae'r taflenni gwybodaeth 'rhwydo diogelwch', sydd ar gael drwy sganio'r cod QR gyferbyn, yn cynnwys blychau 'pryd y dylid poeni' sydd wedi eu codio mewn lliw 'coch' (argyfwng), 'ambr', a 'gwyrdd':

Coch (argyfwng)

Mae'n rhaid i chi **ffonio 999** a gofyn am ambiwlans, neu wneud eich ffordd eich hun i'r **Uned Asesu Argyfwng Plant yn Ysbyty Athrofaol y Faenor** i gael eich gweld fel argyfwng cerdded i mewn. Os oes angen gofal brys ar eich plentyn, bydd yn cael ei weld ar unwaith.

Ambr

O fewn 48 awr, ffoniwch ni ar y rhif ffôn 'mynediad agored' tros y dudalen. Ar ôl 48 awr, ffoniwch 111 neu ffoniwch Feddygfa eich plentyn.

Gwyrdd

Gallwch aros gartref, ond os bydd pethau'n newid, dilynwch y canllawiau.

Ychydig o wybodaeth sylfaenol am sepsis

Mae sepsis yn salwch difrifol a achosir gan adwaith llethol y corff i haint (e.e. heintiau anadlol fel niwmonia, bronciolitis (y cyfeirir ato hefyd fel RSV) a'r ffliw; heintiau abdomenol fel heintiau llwybr wrinol ac wedi i'r pendics fyrstio; heintiau bacteriol fel streptococws, staphylococcus, E. Coli a thoriadau, crafiadau a llosgiadau heintiedig). Mae plant sydd â system imiwnedd wan, megis y rhai sy'n cael cemotherapi mewn mwy o berygl.

Ar yr adeg pan fyddwn yn anfon eich plentyn gartref, nid ydym yn meddwl bod gan eich plentyn sepsis, ond weithiau gall salwch ddatblygu i fod yn rhywbeth mwy difrifol.

Gall symptomau sepsis amrywio ac maent yn aml yn anodd eu hadnabod, yn enwedig mewn plant. Gall plant ymddangos yn iawn yn ystod camau cynharach salwch ond yna gallant ddirywio'n gyflym. Os na chaiff ei drin yn gyflym, gall sepsis achosi niwed neu hyd yn oed farwolaeth.

I gael gwybodaeth fanwl, sganiwch y cod QR hwn i gael cyngor arbenigol ar 'Gweld y Plentyn Sâl'.

Beth ddylwn i ei wneud os wyf yn amau Sepsis?

Ceisiwch gymorth meddygol ar frys.
Ffoniwch 999 neu ewch i'r **Adran Achosion Brys yn Ysbyty Athrofaol y Faenor**

Os ydych yn poeni am haint ond nad ydych yn amau sepsis ffoniwch 111.

Gofynnwch, "A allai fod yn sepsis?"

Cynlluniwyd y daflen hon mewn partneriaeth â Corinne Cope, er cof am ei mab Dylan.

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Annex1

adult discharge leaflet

Adult discharge leaflet bilingual v1.0.qxp_Layout 1 28/02/2025 11:18 Page 1

Mynd adref ar ôl eich rhyddhau wedi asesiad

Rydych wedi cael eich asesu ac yn barod i ddychwelyd adref. Parhewch i fonitro'ch hun gartref. Os oes gennych rywun yn cynorthwyo gyda'ch gofal, efallai yr hoffech adael iddynt ddarllen y daflen hon i helpu i fonitro eich hun gartref. Er bod y rhan fwyaf o bobl yn gwella'n raddol ar ôl rhyddhau, mae'n bosib na fydd rhai yn gwella ac efallai y bydd angen sylw meddygol pellach.

Beth yw 'Mynediad Agored'?

Yn dilyn rhyddhau o:

Gallwch gysylltu â ni ar:

Mae'r gwasanaeth hwn ar gael 24 awr y dydd, 7 diwrnod yr wythnos, ac fel arfer byddwch yn cael 24 - 48 awr o 'fynediad agored'.
Os oes angen ail asesiad clinigol arnoch, byddwn yn trafod eich pryderon ac yn eich helpu i benderfynu ar y camau nesaf. Dros y ffôn, fel arfer cyngor cyffredinol y gallwn ei ddarparu. Os ydych chi, neu rywun sy'n gofalu amdanoch chi, yn poeni am eich salwch, efallai y byddwn yn eich cynghori i ddychwelyd atom i gael asesiad pellach, neu, mewn achosion brys, i ffonio 999.
Ar ôl 24 - 48 awr o'ch rhyddhau, mae'n debygol y cewch eich ailgyfeirio i GIG 111 Cymru, eich meddyg teulu, neu Adran Achosion Brys yr ysbyty (a elwid gynt yn adrannau damweiniau ac achosion brys). Os byddwch yn cysylltu â'r gwasanaethau hyn, eglurwch eich bod wedi cael eich rhyddhau o'r ysbyty yn ddiweddar.

Sut byddaf yn gwybod a oes angen cymorth brys arnaf?

Gwrandewch ar eich hun - chi, ac unrhyw un sy'n darparu gofal rheolaidd i chi, sy'n eich adnabod orau.

Er mwyn helpu i fonitro'ch hun gartref, rydym wedi darparu cyngor penodol. Gall hyn gynnwys codau QR, taflenni neu wybodaeth yn eich llythyr rhyddhau. Gallwch hefyd sganio'r cod QR hwn i wefan o'r enw 'GIG 111 Cymru', am gyngor a gwybodaeth iechyd.

Gwybodaeth am sepsis

Mae sepsis yn salwch difrifol sy'n cael ei achosi gan ymateb llethol y corff i haint (e.e. heintiau anadlol fel niwmonia, broncioilitis (y cyfeirir ato hefyd fel RSV) a'r ffliw; heintiau abdomenol fel heintiau'r llwybr wrinol ac yn dilyn pendics yn byrstio; heintiau bacteriol fel streptococcus, staphylococcus, E. Coli a thoriadau heintiedig, crafiadau a llosg). Mae oedolion sydd â system imiwnedd wan, fel y rhai sy'n cael cemotherapi, mewn mwy o berygl.

Ar yr adeg yr ydym yn eich anfon adref, nid ydym yn credu bod sepsis gennych, ond gall salwch ddatblygu'n rhywbeth mwy difrifol o bryd i'w gilydd. Gall symptomau sepsis amrywio ac yn aml maent yn anodd eu hadnabod. Os na chaiff ei drin yn gyflym, gall sepsis achosi niwed neu hyd yn oed farwolaeth, felly mae'n hanfodol gwybod beth i gadw llygad amdano. Am wybodaeth fanwl, sganiwch y cod QR hwn.

Os ydych yn amau sepsis, gofynnwch am gymorth meddygol ar frys.
Ffoniwch 999 neu ewch i'r **Adran Achosion Brys yn Ysbyty Athrofaol y Faenor**.

Os ydych chi'n poeni am haint ond ddim yn amau sepsis, ffoniwch 111.

Ond gofynwch, 'A allai fod yn sepsis?'

Dyluniwyd y daflen hon mewn partneriaeth â Corinne Cope, er cof am ei mab, Dylan.

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Going home following discharge

You have been assessed and are ready to return home. Please continue to monitor yourself at home. If you have someone assisting with your care, you may wish to let them read this leaflet to help with monitoring yourself at home. While most people improve gradually after discharge, some may not and could require further medical attention.

What is 'Open Access'?

Following discharge from:

you can call us on:

This service is available 24 hours a day, 7 days a week, and you will usually be given 24 - 48 hours of 'open access.'

If you need a second clinical assessment, we will discuss your concerns and help you decide on the next steps. Over the phone, we can typically only provide general advice. If you, or someone caring for you, are worried about your illness, we may advise you to return to us for further assessment, or, in urgent cases, to call 999.

After 24 - 48 hours from your discharge, you are likely to be redirected to NHS 111 Wales, your GP, or the hospital's Emergency Department (previously known as A&E). If you contact these services, please explain that you were recently discharged from hospital.

How will I know if I need urgent help?

Trust your instincts - you, and anyone who provides regular care for you, know you best.

To help monitor yourself at home, we have provided specific advice. This may include QR codes, leaflets or information in your discharge letter. You can also scan this QR code to a website called 'NHS 111 Wales', for health advice and information.

Some basic information about sepsis

Sepsis is a serious illness caused by the body's overwhelming reaction to infection (e.g. respiratory infections such as pneumonia, bronchiolitis (also referred to as RSV) and influenza; abdominal infections such as urinary tract infections and following a burst appendix; bacterial infections such as streptococcus, staphylococcus, E. Coli and infected cuts, scratches and burns). Adults with a weakened immune system, such as those undergoing chemotherapy, are more at risk.

At the time we are sending you home, we do not think you have sepsis, but illnesses can occasionally develop into something more serious. Sepsis symptoms can vary and are often hard to recognise. If not treated quickly, sepsis can cause harm or even death, so it's vital to know what to look out for. For detailed information, please scan this QR code.

If you suspect sepsis, seek medical help urgently.
Call 999 or visit the **Emergency Department at The Grange University Hospital.**

If you're worried about an infection but don't suspect sepsis, call 111.

Just ask, "Could it be sepsis?"

This leaflet has been designed in partnership with Corinne Cope, in memory of her son, Dylan.

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