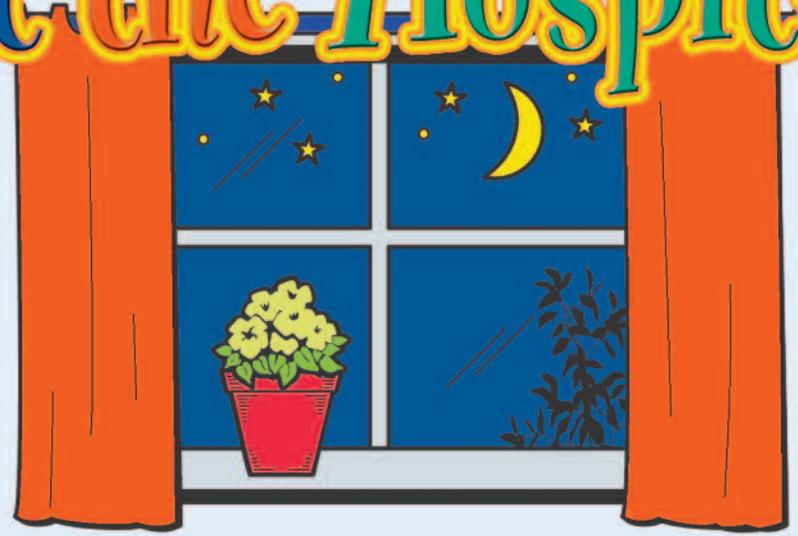


Sweet Dreams at the Hospital



*A Coloring and Activity
Book for Children
about to Undergo
Anesthesia and Surgery*



American Association of Nurse Anesthetists

Sweet Dreams at the Hospital

A Coloring and Activity Book for Children about to Undergo Anesthesia and Surgery

Written by *Marjorie Stamler Bergemann, CRNA*

Illustrated by *Karen Monckton*



HOSPITAL ENTRANCE



Acknowledgments

The author wishes to thank the following people for their assistance and encouragement in the preparation and production of this coloring and activity book:

My late husband, Till Bergemann, for his encouragement and his belief that education is never wasted.

My late aunt, Sylvia Bloch Feldman, for her unconditional love.

*My daughters Jill, Carol and Eve, and my grandchildren
Céline, Steven, Patrick, Daniel, Rachel, Ariel and Jordan, for whom this book was written.*

Christopher Bettin, director of Public Relations and Publications, American Association of Nurse Anesthetists.

About the Author

Marjorie Stamler Bergemann is a retired Certified Registered Nurse Anesthetist (CRNA) living in Virginia. During her career she administered anesthesia at Prince George General Hospital, Georgetown University Hospital, and the National Institutes of Health Clinical Center.

She has been active in the American Association of Nurse Anesthetists, the Maryland Association of Nurse Anesthetists, and community volunteer activities.

Bergemann was born on Staten Island, NY, and is a graduate of Fordham Hospital School of Nursing, the Prince George Hospital School of Nurse Anesthesia, and Ottawa University.

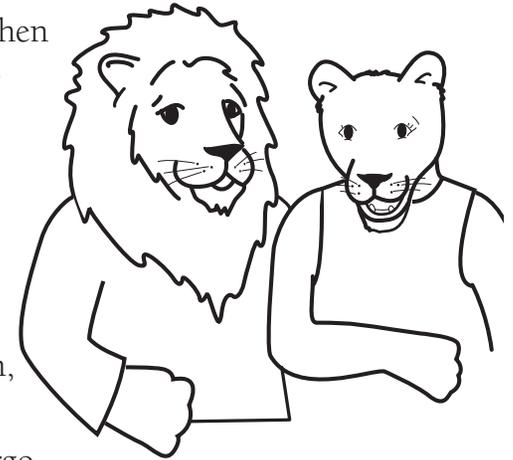
She has previously published poetry.

Information for Mom and Dad

Sweet Dreams at the Hospital introduces young patients to where they go and what happens when they need to have anesthesia and surgery. It is specifically aimed at addressing their concerns about the unknown in an engaging, unthreatening manner, and involving them in their own learning by presenting this information in the form of a coloring book.

Anesthesia and surgery go hand in hand. Surgical procedures include dental, general, orthopedic, urological, neurological, vascular, cardiac, and many others too numerous to list here. Anesthesia can be general, regional or local, depending on the nature of the surgical procedure, the patient's characteristics, and other factors. Surgery and anesthesia are performed in a variety of settings nowadays, including the traditional hospital operating room, ambulatory surgical centers, and physicians' offices.

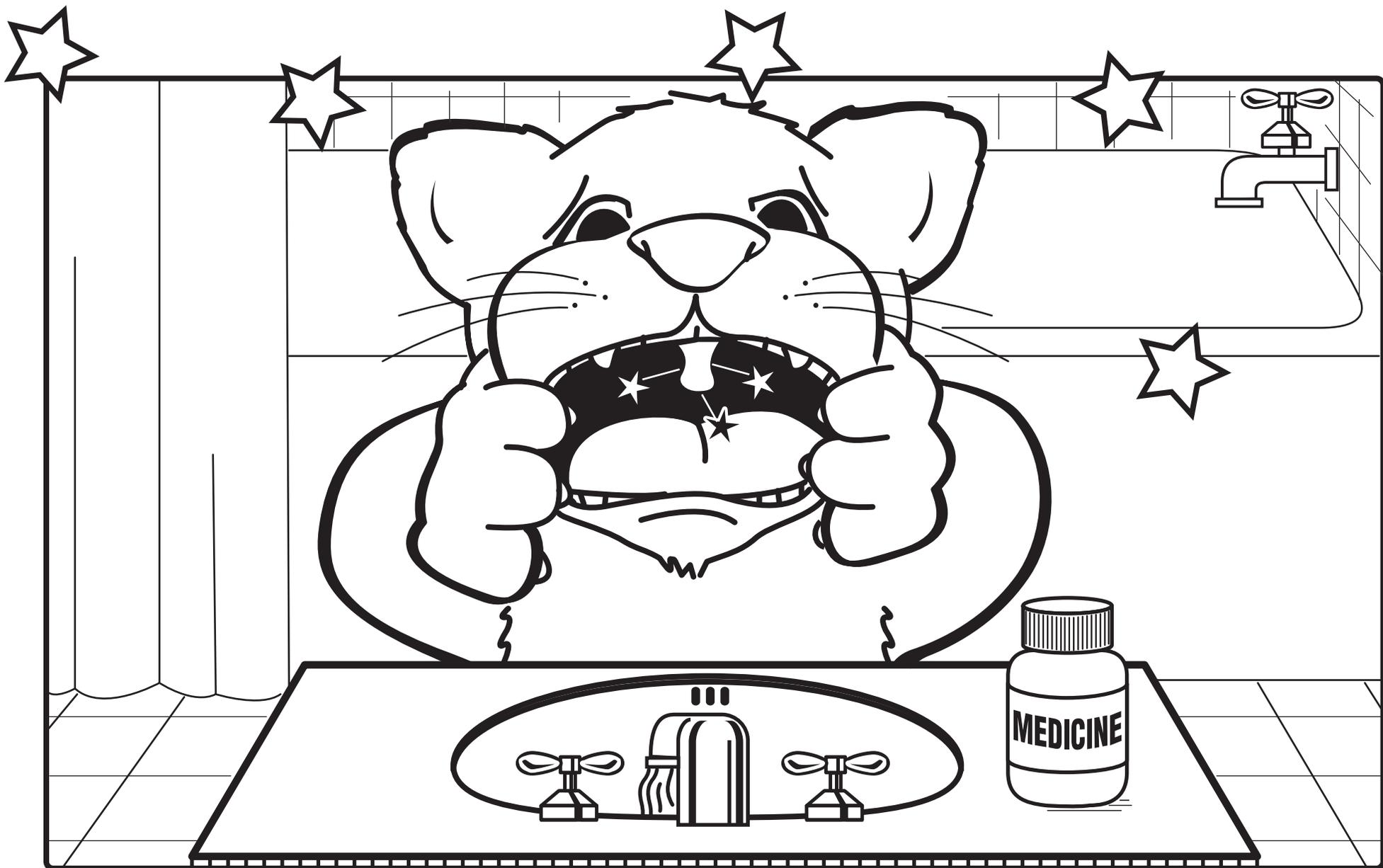
It is our hope that this coloring and activity book will reassure young patients about to undergo anesthesia/surgery that they will be surrounded by friendly people who care about them and want to help them get better.



About the American Association of Nurse Anesthetists

Founded in 1931 and located in Park Ridge, Ill., the American Association of Nurse Anesthetists (AANA) is the professional organization for more than 36,000 Certified Registered Nurse Anesthetists (CRNAs). As advanced practice nurses, CRNAs administer approximately 27 million anesthetics in the United States each year. CRNAs practice in every setting where anesthesia is available and are the sole anesthesia providers in more than two-thirds of all rural hospitals. Nurse anesthetists have been practicing for more than 125 years.

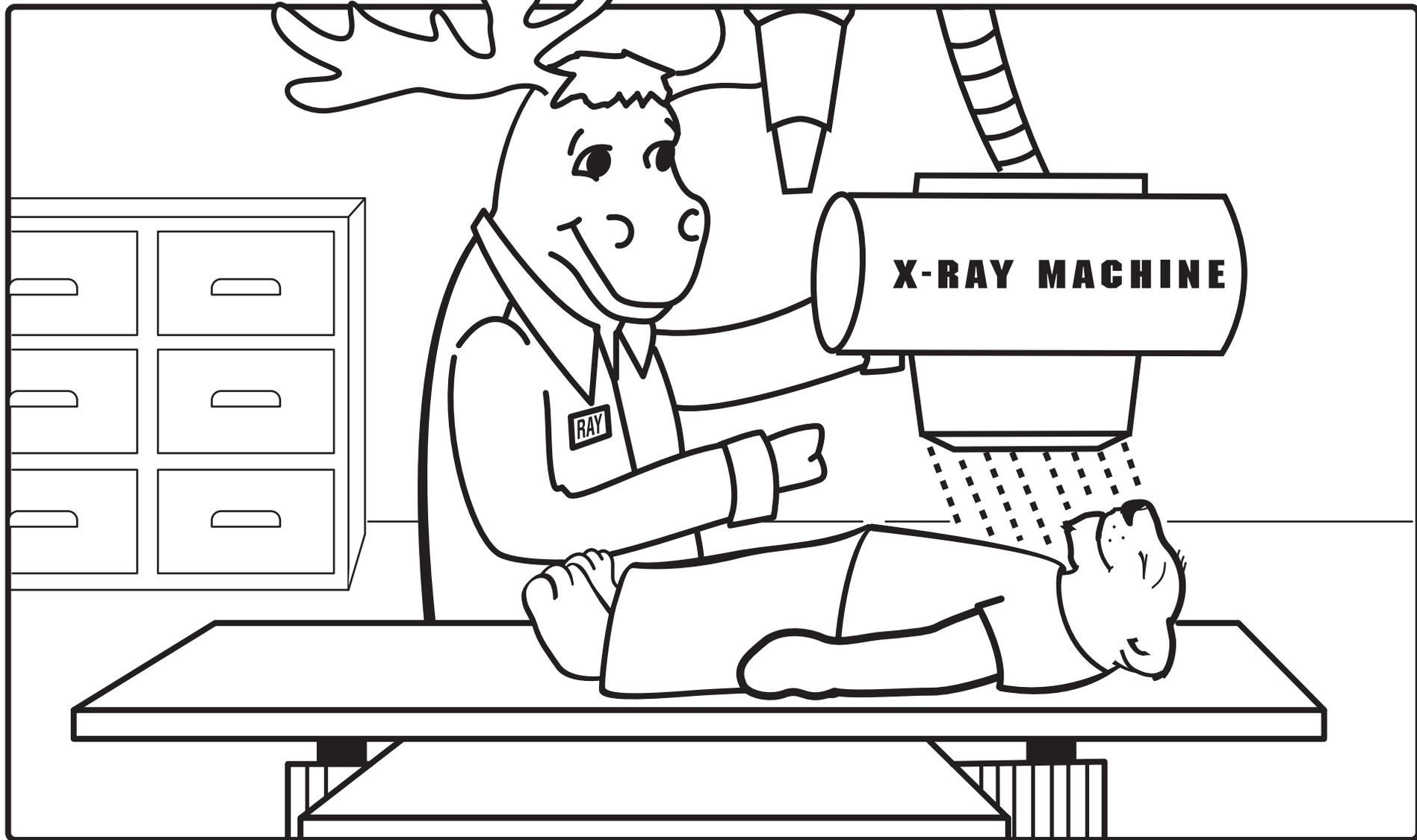
According to both the Institute of Medicine and the Centers for Medicare & Medicaid Services, anesthesia is nearly 50 times safer today than it was 20 years ago.



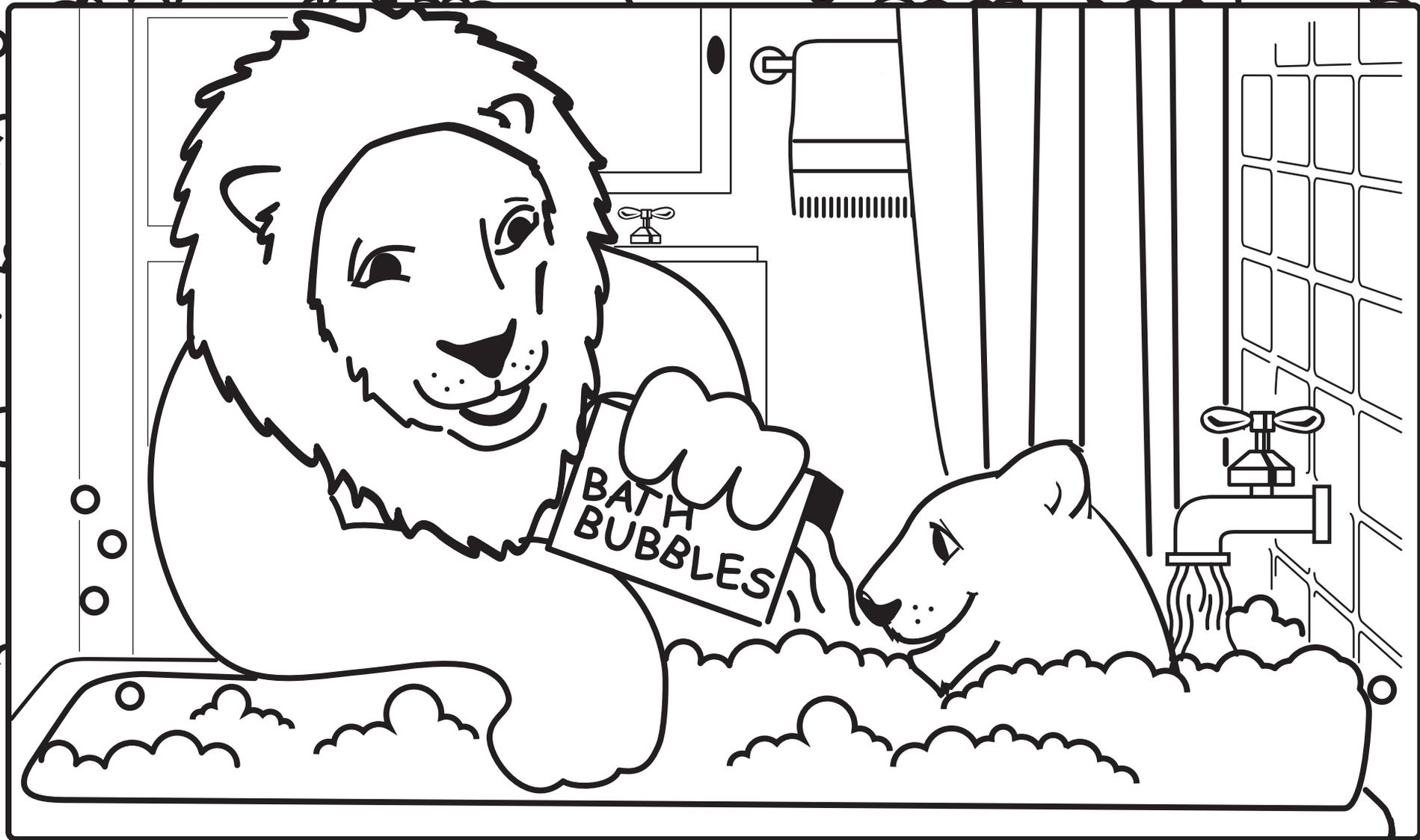
★ One day you might need to see the doctor about your tonsils, or teeth, or appendix, or a broken bone, or some other part of you that needs to be “fixed” because it is making you feel bad. ★

The doctor will tell you what is wrong with you and how you can feel better. If you need to have an operation, the doctor might send you to a hospital to get better, or to a place like a hospital. This other place is called a surgery center.





At the hospital, people who want to help you get better will ask you questions and check you over top to bottom. They might even take x-ray pictures of you. X-ray pictures are neat! A machine that is like a big, special camera takes pictures of the inside of you so the doctors and nurses can see what to fix. And it doesn't hurt one bit!



The night before your operation, you will take a bath or shower. Ask your Mom or Dad to put lots of bubbles in the tub.

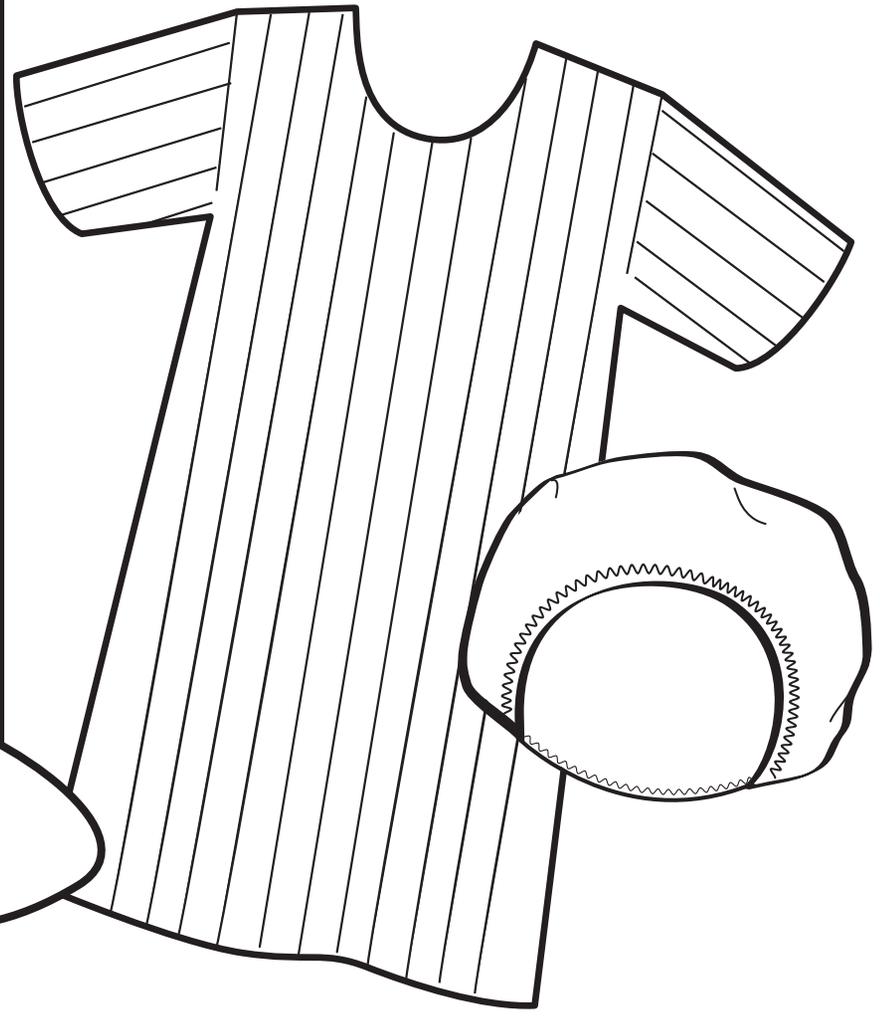


You may have to stay overnight at the hospital. So bring your favorite stuffed animal or toy to keep you company, and a book to read.

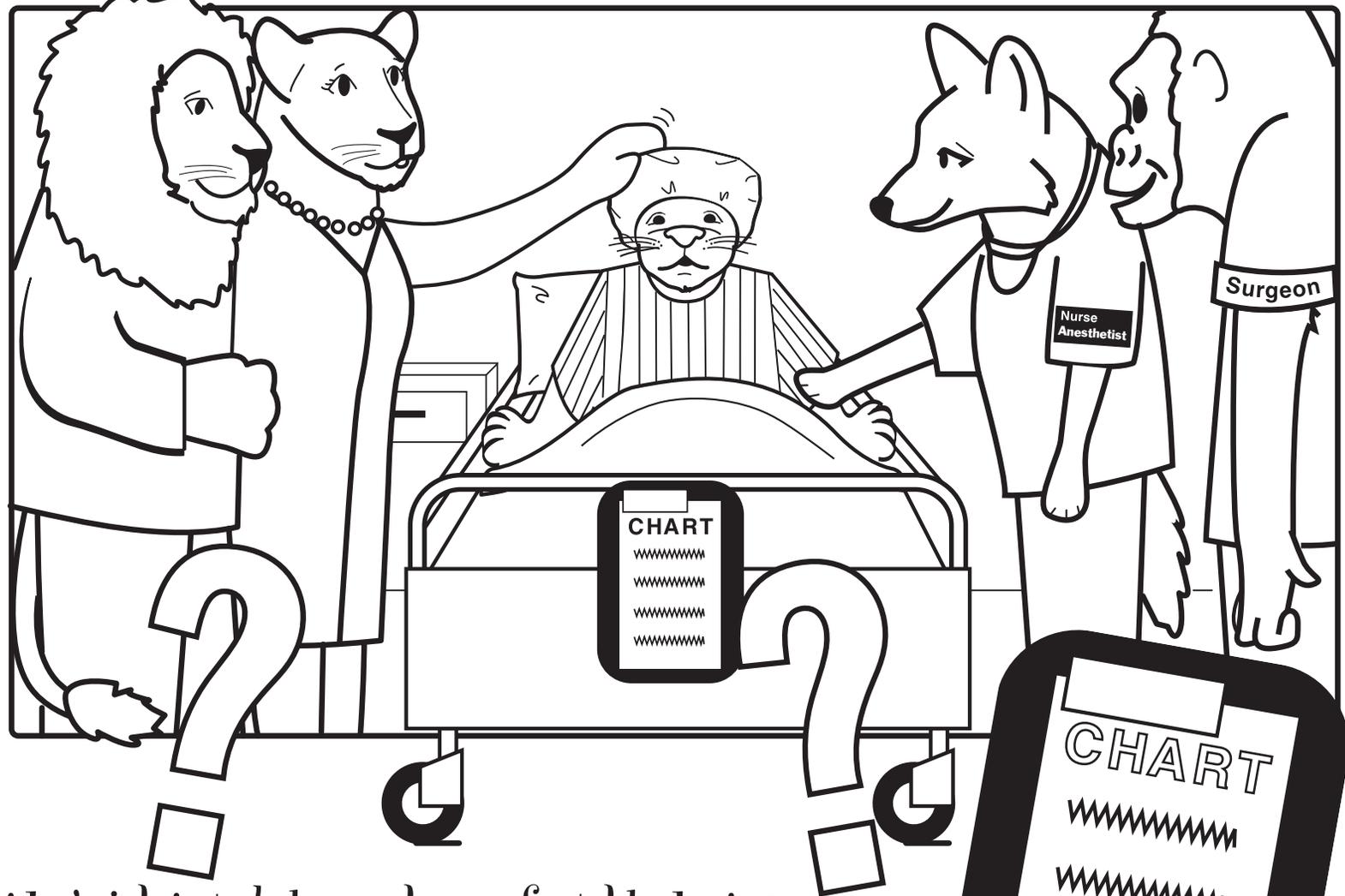




On the day of your operation, your parents will bring you to the hospital. When you get there, you will put on a funny nightgown and a paper cap. These are fun to wear!



The surgeon and the anesthesia provider (a nurse anesthetist or anesthesiologist) will come to see you before your operation. They will say hello and ask you how you are feeling. They will ask your parents some questions, too.



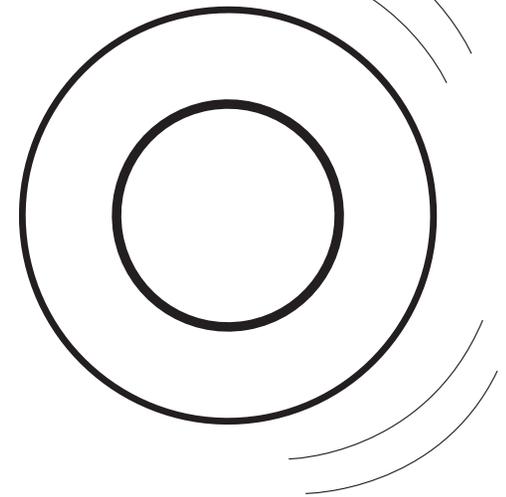
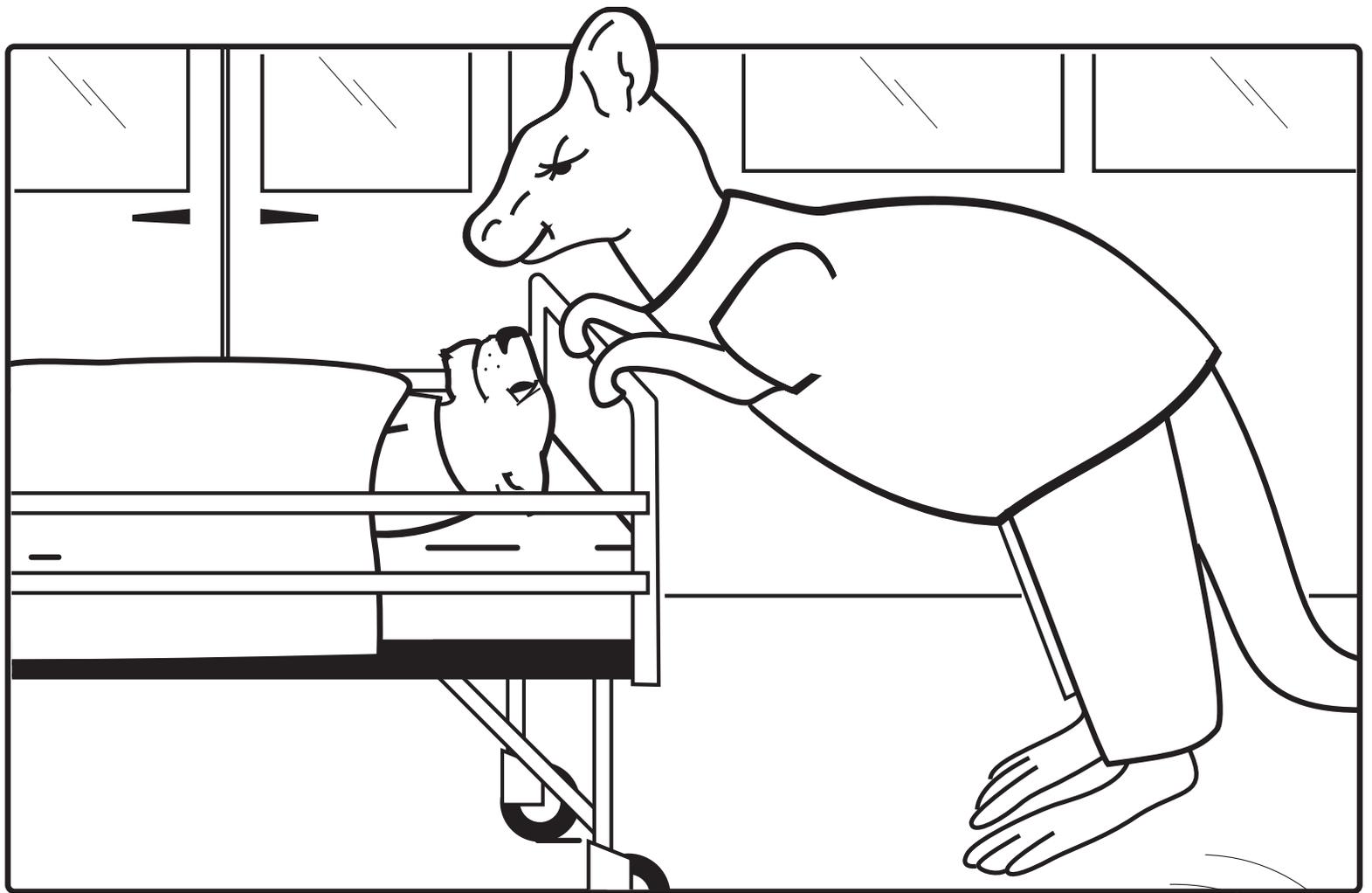
The anesthesia provider's job is to help you be comfortable during your operation. If you need to go to sleep for the operation, the anesthesia provider will help you fall asleep and will stay with you the whole time you are sleeping. You might even be able to have your doll or toy with you.

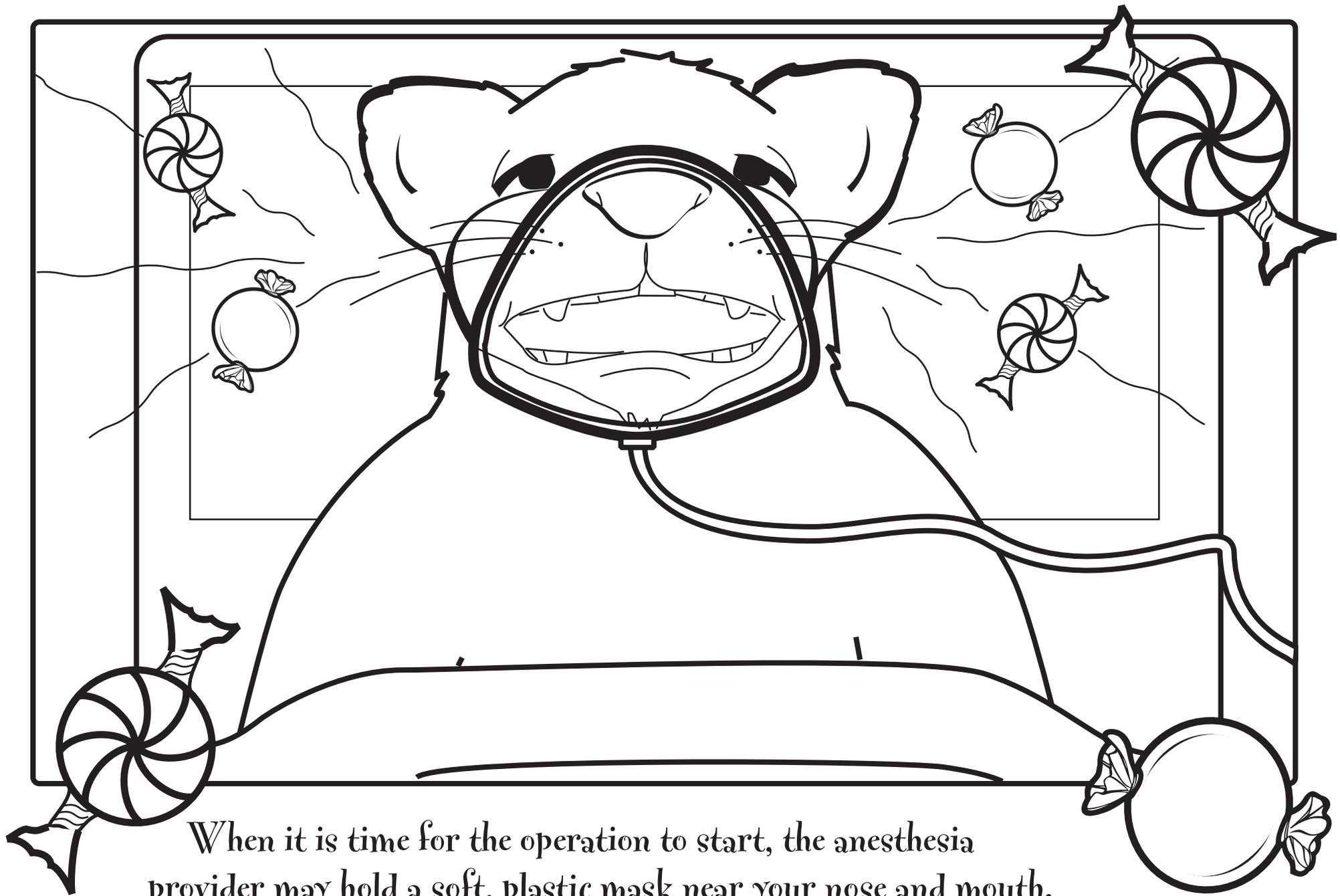
The surgeon's job is to fix whatever is wrong with you. The surgeon is a doctor who will take good care of you and wants to make you get better.

Then you will go to the operating room. You may ride there on a funny-looking bed with wheels. This is called a "gurney."

The operating room is very clean and has big, bright lights. The

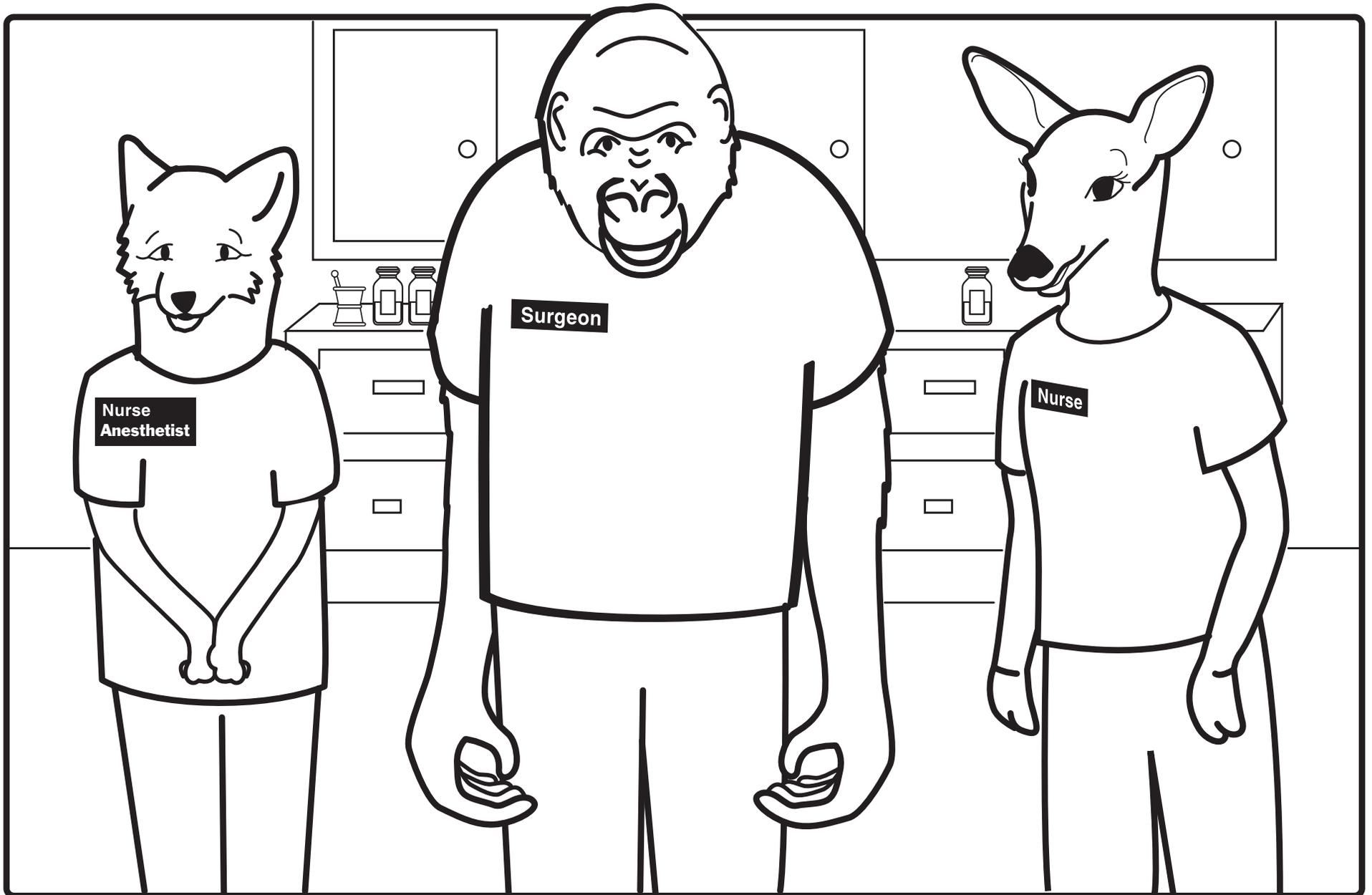
anesthesia provider and surgeon are there waiting for you. Other nurses and maybe other doctors are there, too. They all want to help you get better. The nurses and doctors wear gowns and paper hats, a lot like the ones you are wearing! They wear masks over their noses and mouths, too. This is to keep germs away from you. Everyone is very friendly.

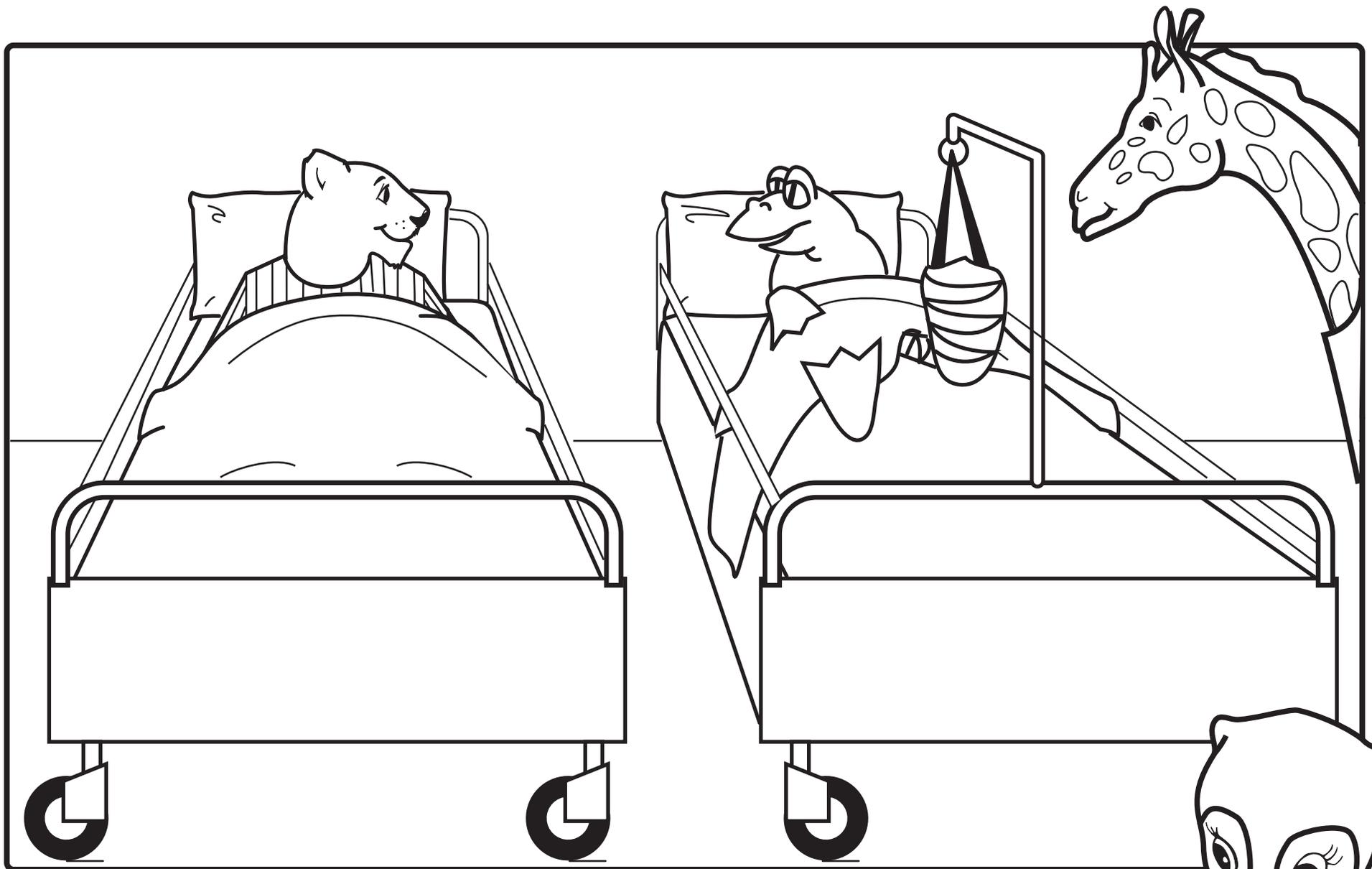




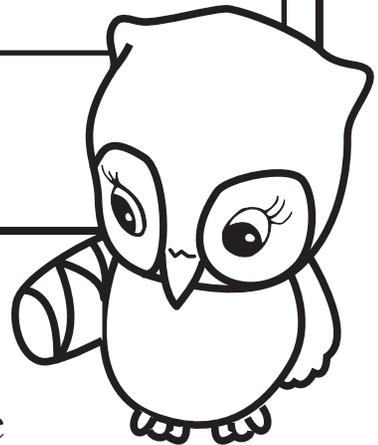
When it is time for the operation to start, the anesthesia provider may hold a soft, plastic mask near your nose and mouth. Air blows from the mask onto your face. The mask smells good, like bubble gum or mint candy. When you breath the air blowing on your face, you will feel very sleepy.

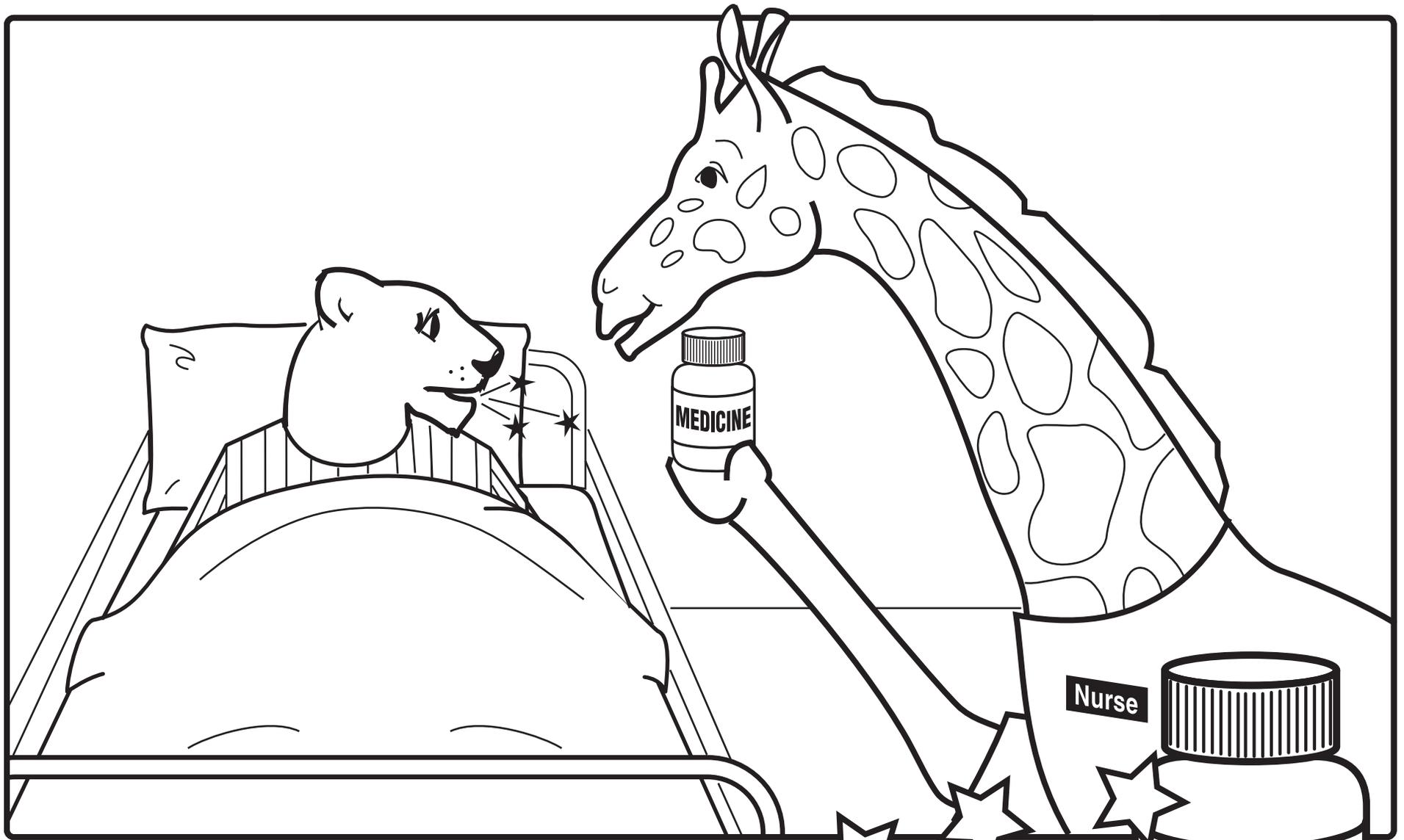
During your operation, the doctors and nurses take good care of you. You are never alone.





Before you know it, you will be waking up in a big room. This is called the "recovery room." There may be other people in the recovery room who had operations, too. Nurses will be there to watch over you. You may feel a little dizzy as you start to wake up.

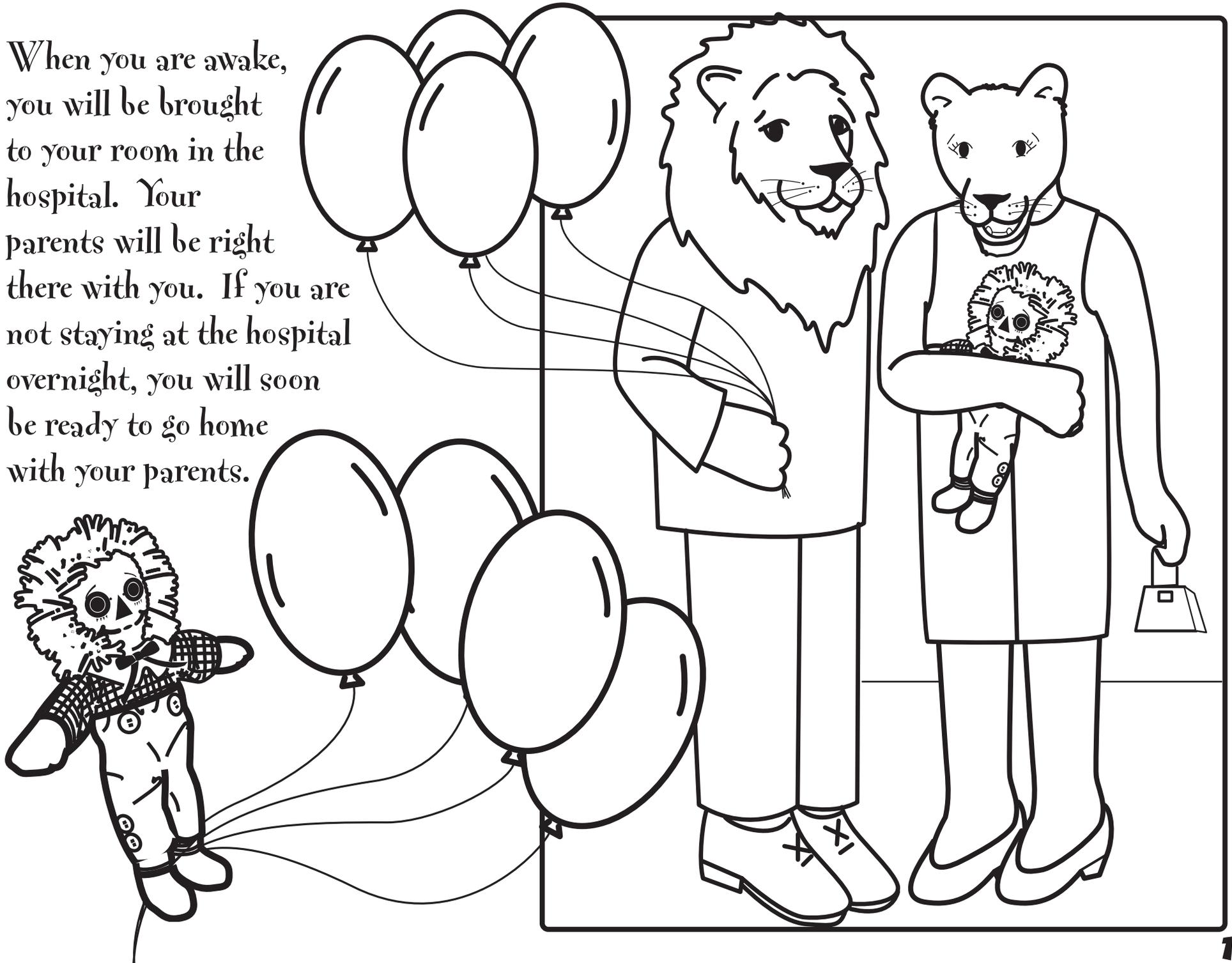




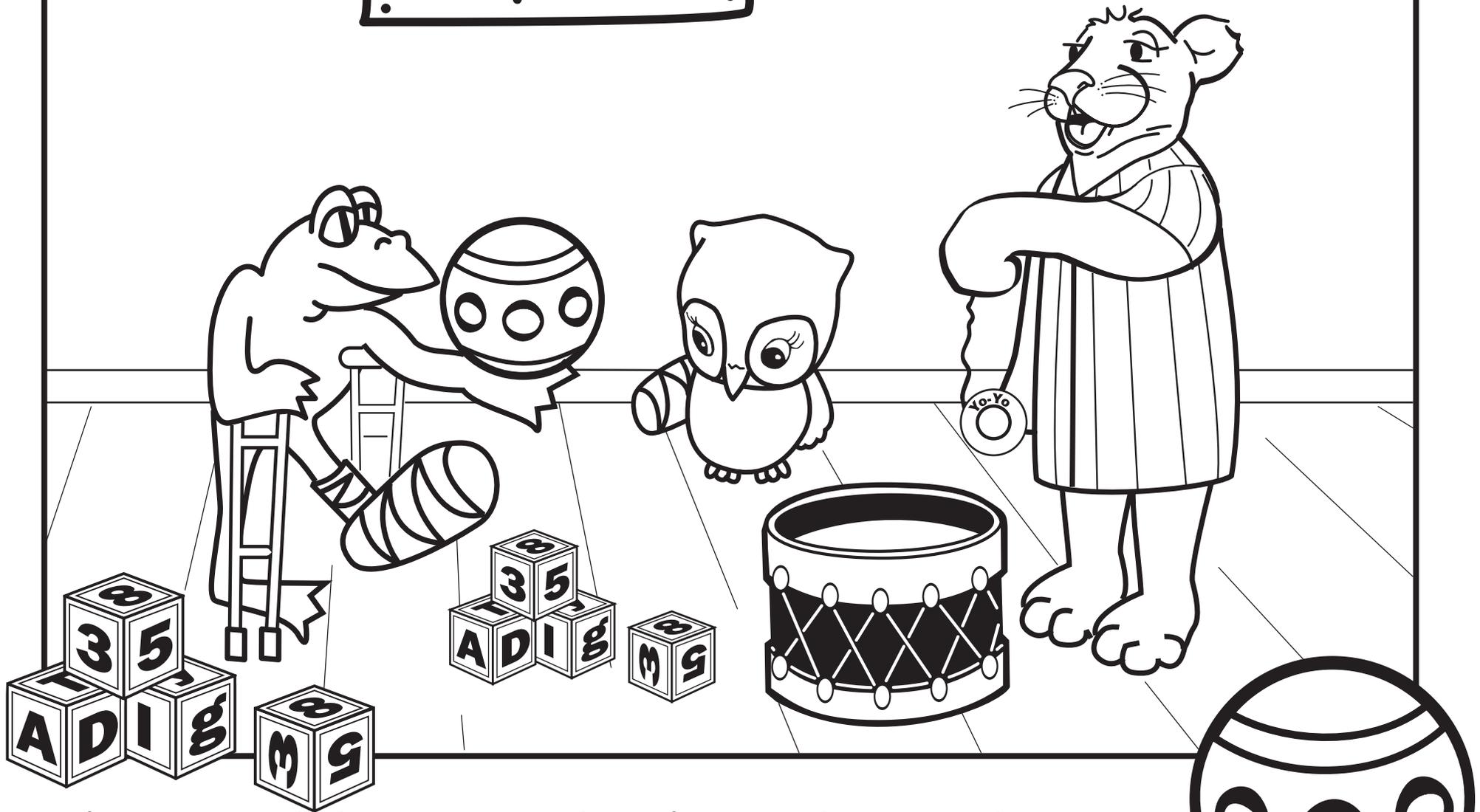
If anything hurts, tell one of the nurses right away.
The nurse will help make the hurt go away.



When you are awake, you will be brought to your room in the hospital. Your parents will be right there with you. If you are not staying at the hospital overnight, you will soon be ready to go home with your parents.

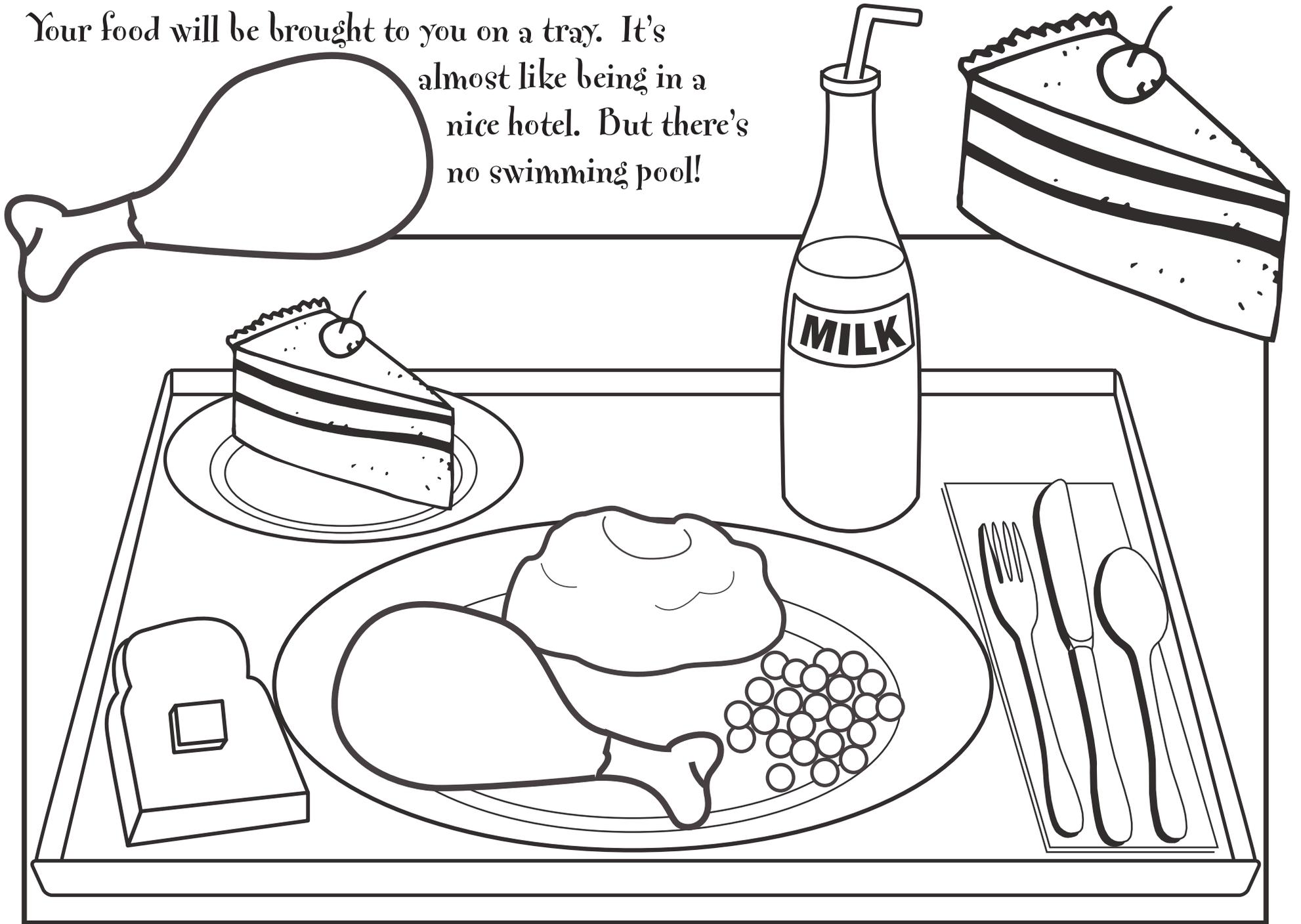


Playroom



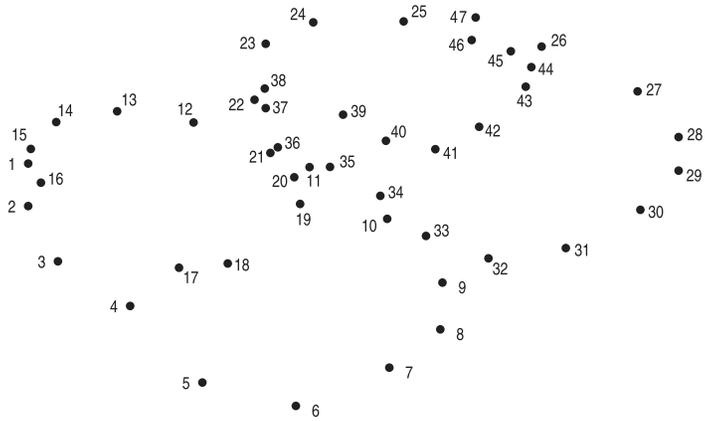
If you stay in the hospital overnight or for more than one night, you will be in a room with other children. There may be a playroom nearby where you can make new friends.

Your food will be brought to you on a tray. It's almost like being in a nice hotel. But there's no swimming pool!

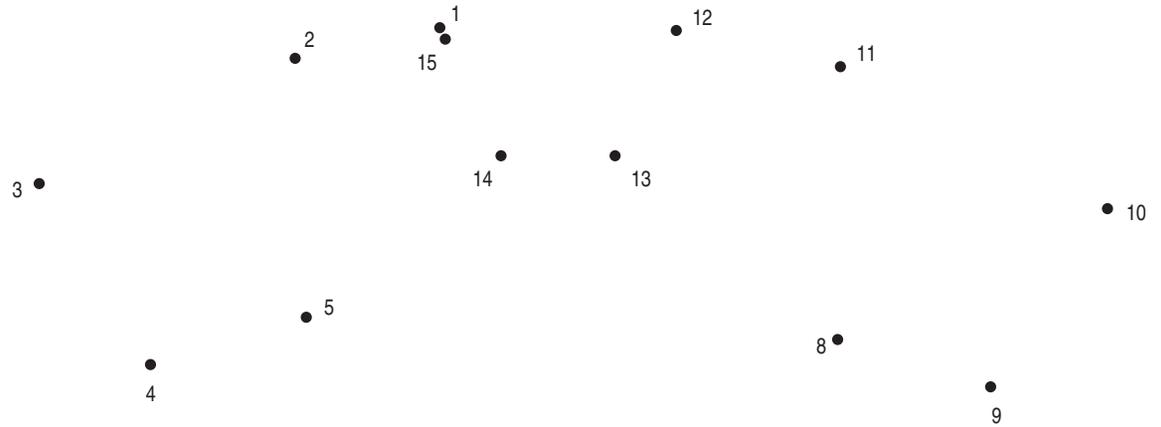


Pretty soon the doctor will tell you that you can go home with your parents.
Don't forget to say good bye to your new friends at the hospital. Good bye!





Can you connect
the dots and guess
what this is?



Can you
connect the
dots and
guess what
this is?

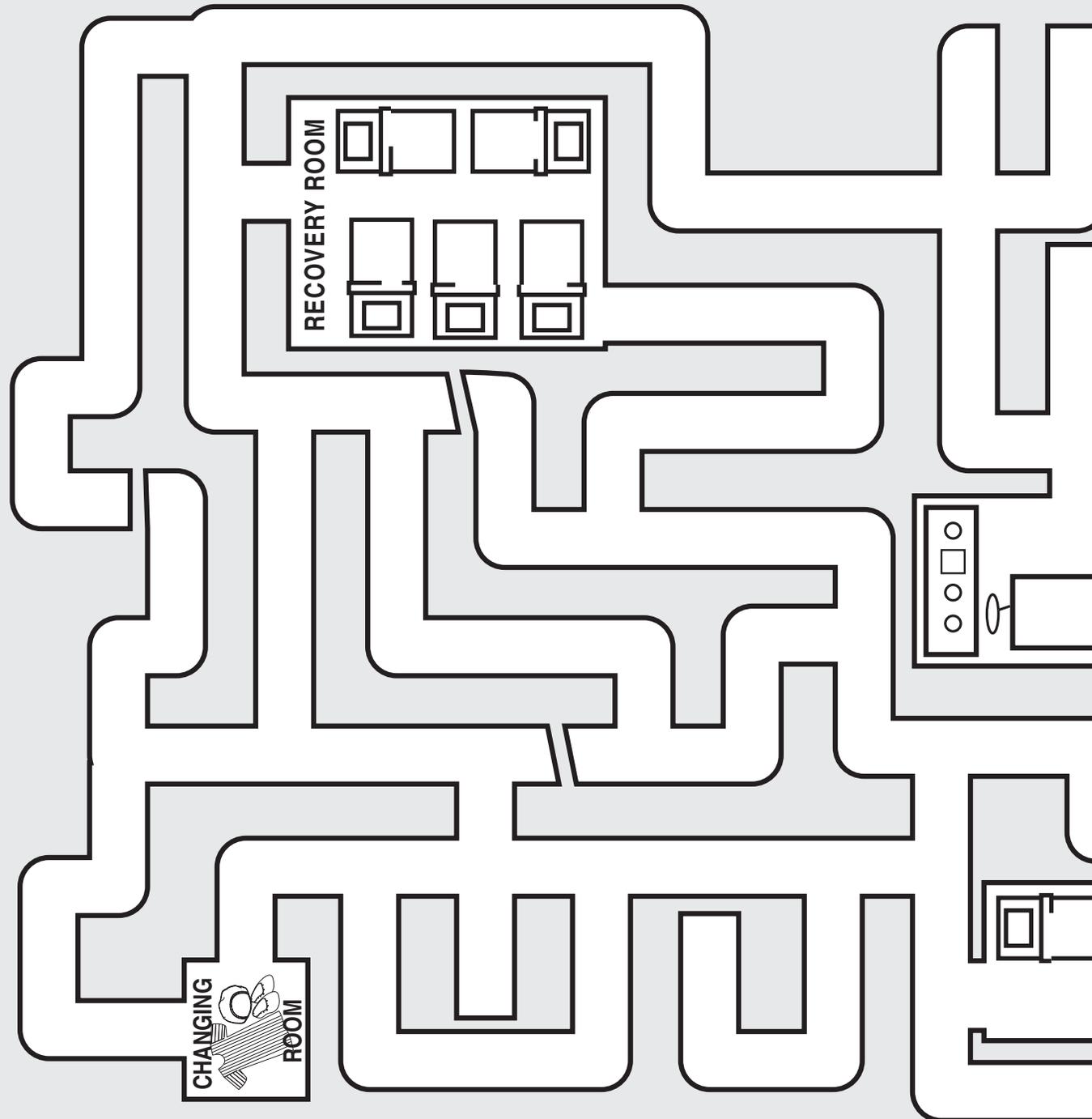
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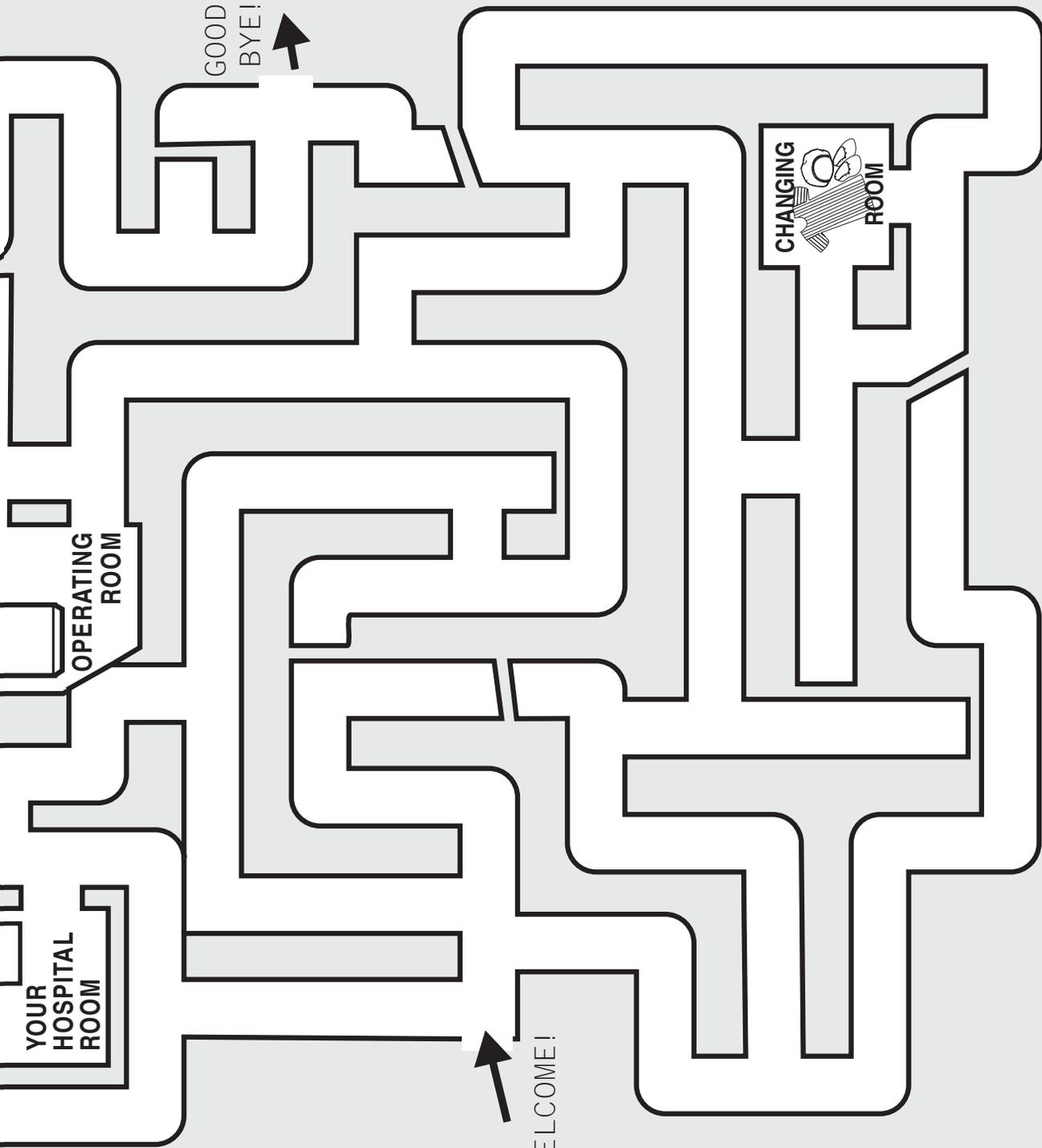
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Hospital Adventure!

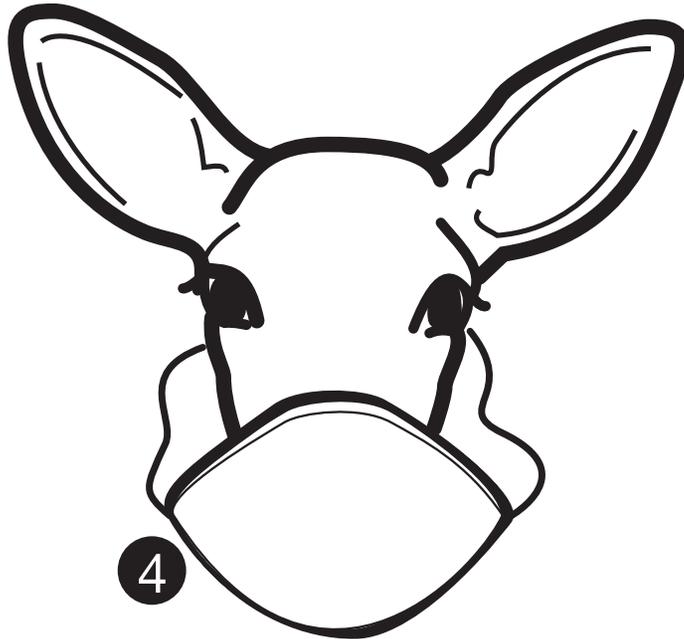
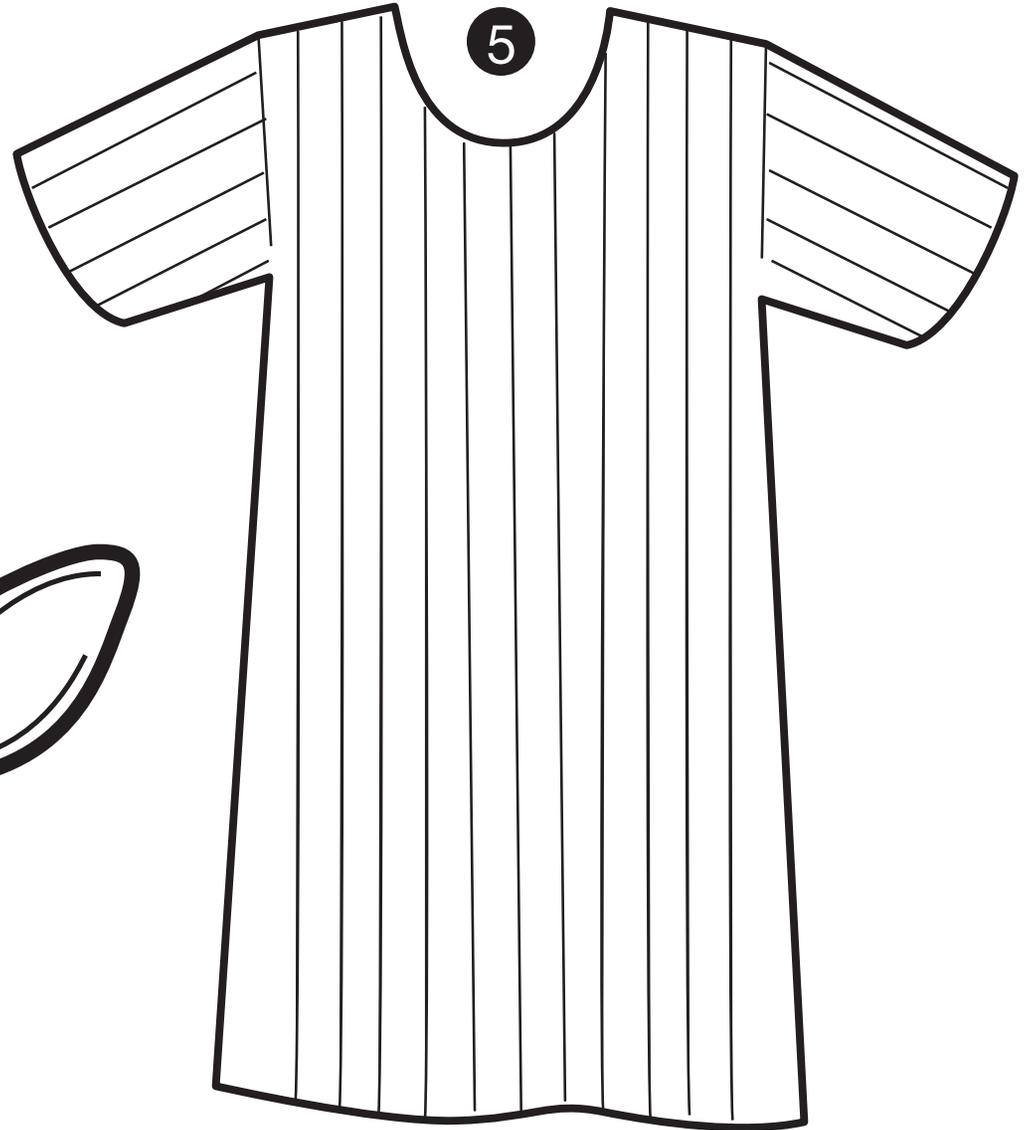
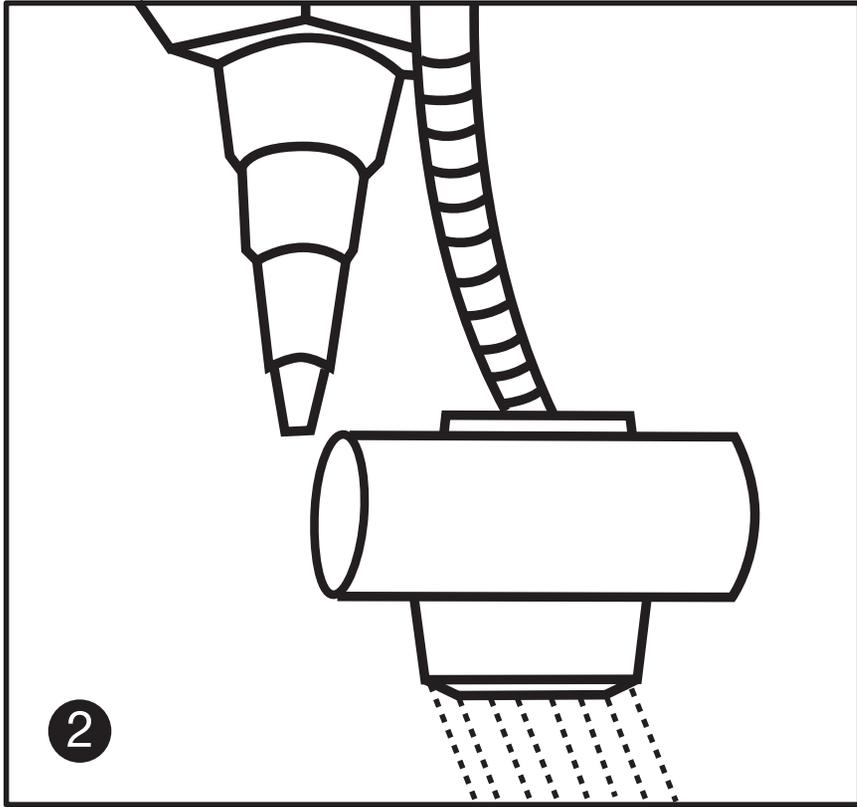
Can you find your way through the hospital?

(Start at the front doors, go to the changing room, go to the operating room, go to the recovery room, go to your hospital room.)





Can You Match the
Pictures with the Words?



Slippers _____

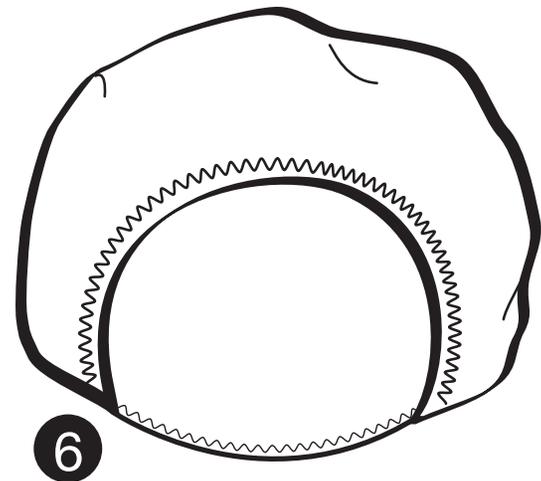
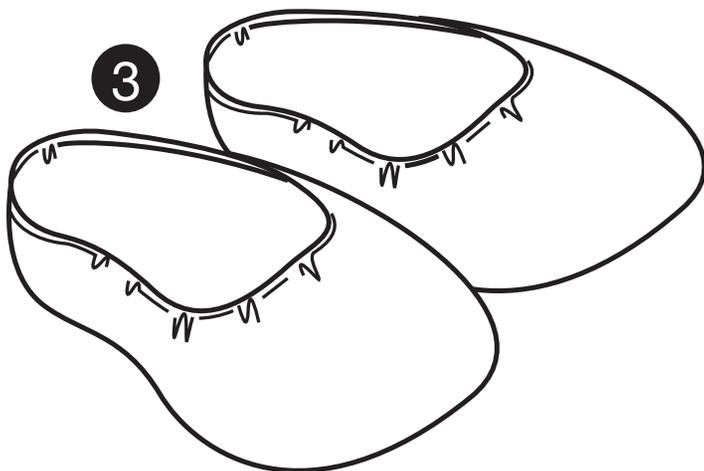
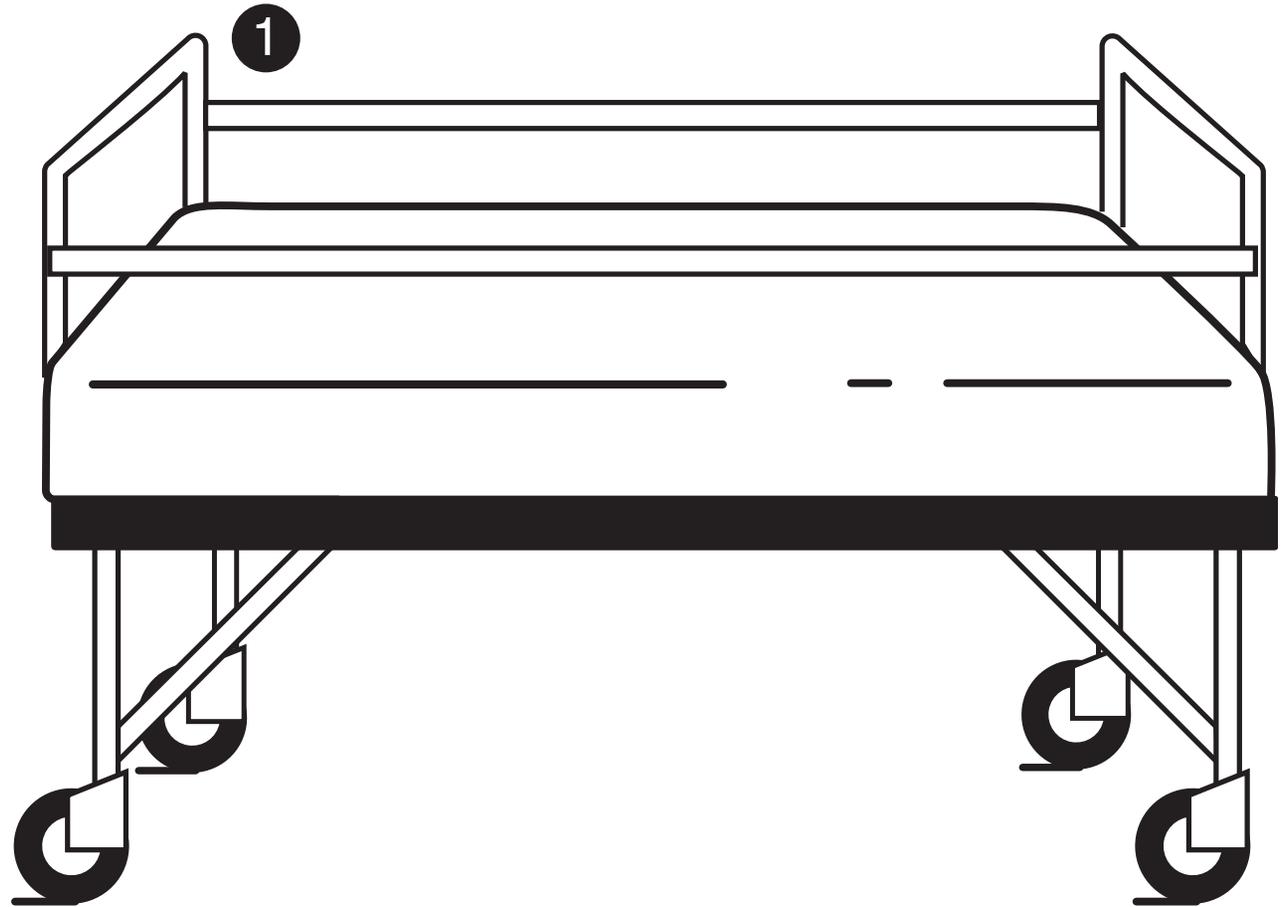
Gown _____

Mask _____

X-Ray _____

Cap _____

Gurney _____





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