

Foreword

Lots of things in hospital will be new and strange for you. Mutz, the pixie, will help you to understand it all better.

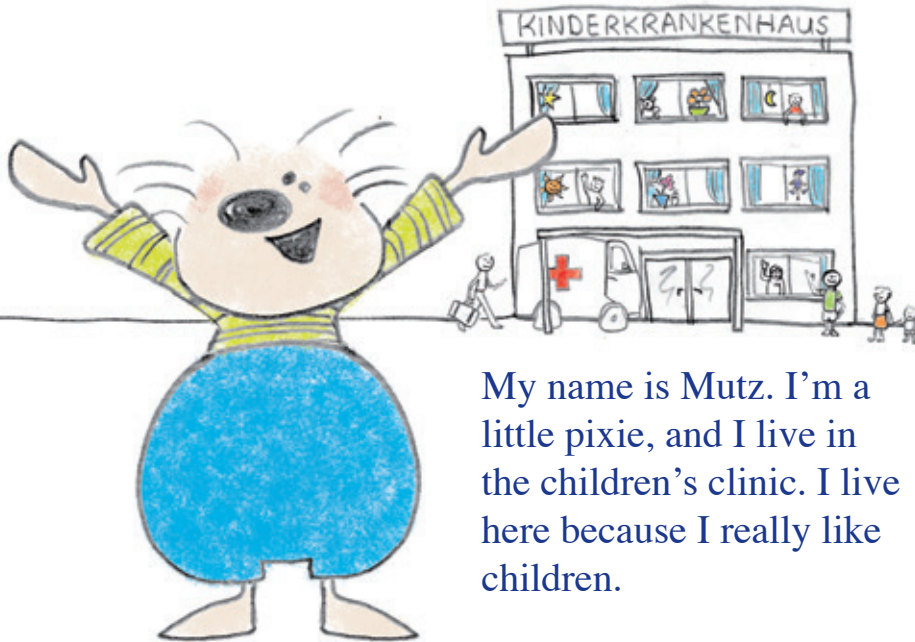
If you can't find the answers in this book to other questions you have, just ask your parents, the doctors and the nurses.

We're looking forward to hearing from you – tell us

how everything was, and if Mutz, the pixie, helped you!
Have fun reading!

*Your Bundesverband Herz-
kranke Kinder e.V. (BVHK)
(Federal Association
for Children with Heart
Conditions) and BKK
Bundesverband (Federal
Association of Company
Health Insurance Funds)*

Welcome!



My name is Mutz. I'm a little pixie, and I live in the children's clinic. I live here because I really like children.

As the clinic's pixie, I also make sure that the children feel comfortable. Today Anna's joining us. Now I'll tell you about all the things that happen to her.

This is Anna.
Anna wants to grow big
and strong. For this, her
heart has to work well.
But Anna has a heart
condition. That's why she
has to be operated on.

Hello, Anna!



The ward



Anna is taken to the ward for children with heart conditions. Lots of nice people work there. Everybody helps Anna to feel good in the hospital.

One of them is Tobias. He is a male nurse for children and will take good care of Anna. And, of course, I'm here, too!

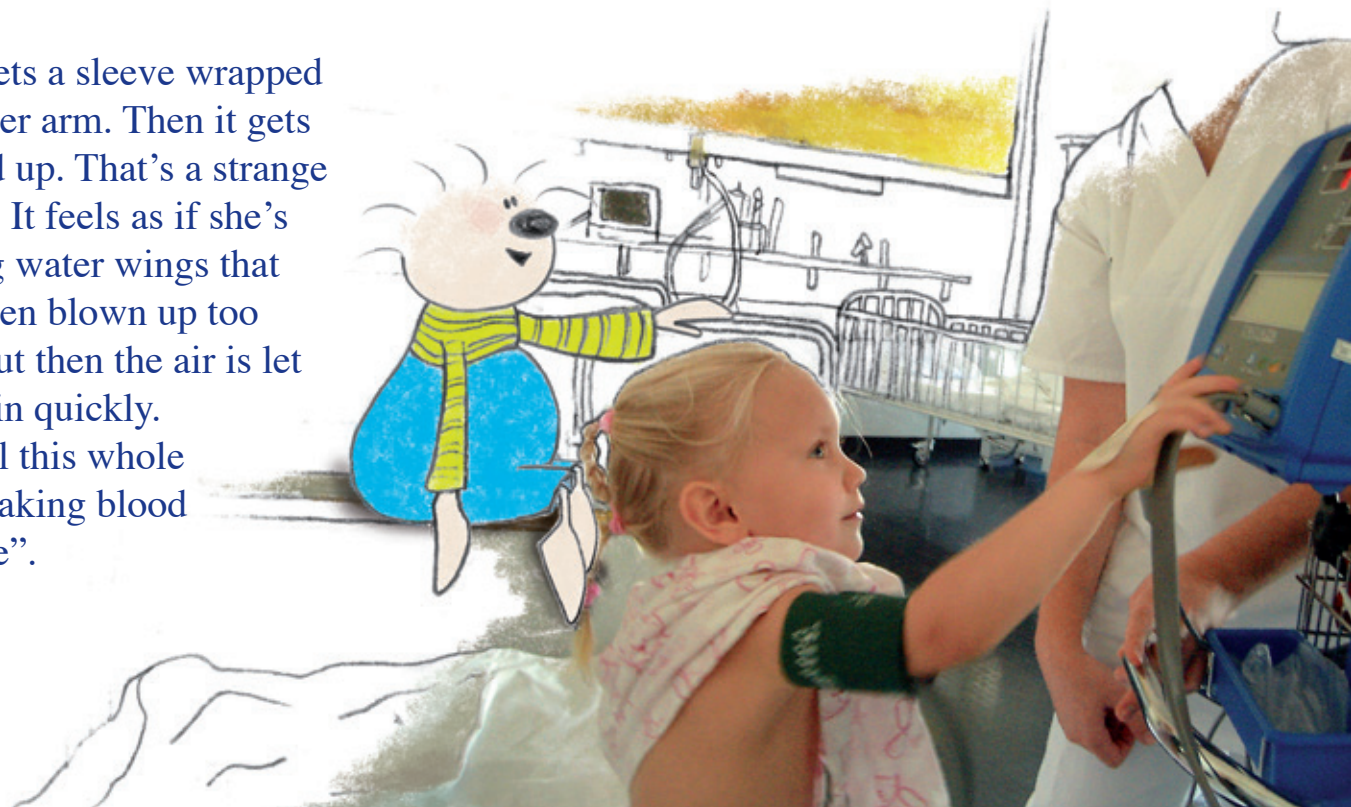


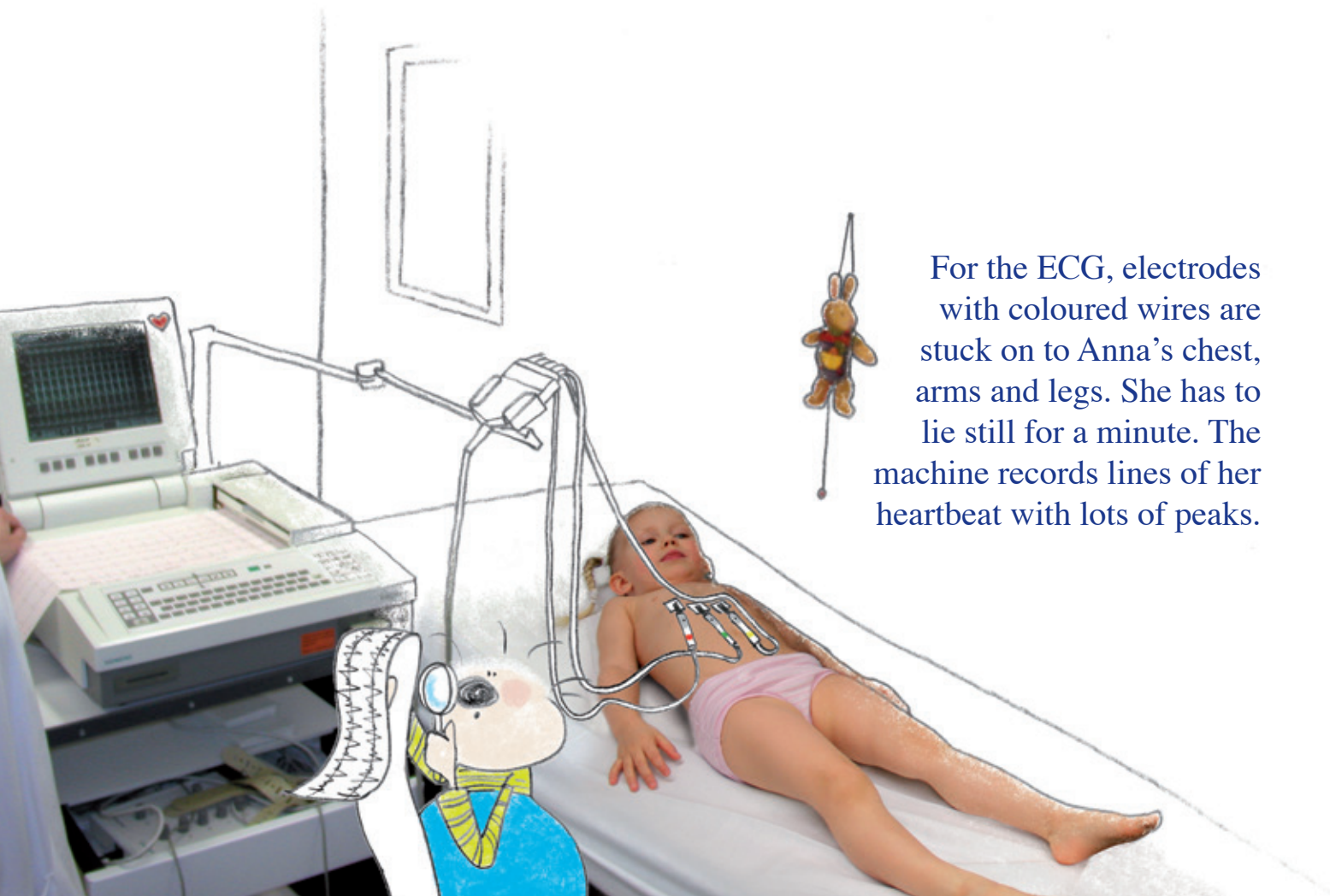
The examinations



Now the examinations begin. Anna's heart and lungs are listened to. You do this with a stethoscope. It's great how clearly you can hear the heartbeats with this funny headset! Then, Anna is measured and weighed.

Anna gets a sleeve wrapped round her arm. Then it gets pumped up. That's a strange feeling! It feels as if she's wearing water wings that have been blown up too hard. But then the air is let out again quickly. You call this whole thing "taking blood pressure".





For the ECG, electrodes with coloured wires are stuck on to Anna's chest, arms and legs. She has to lie still for a minute. The machine records lines of her heartbeat with lots of peaks.

With a pretty big camera, a picture is taken of Anna's heart and lungs. Soon, a heavy apron will be lain across her tummy. She has to keep still so that they can get a good picture. Anna knows this from mum when she wants to take a specially good photo.



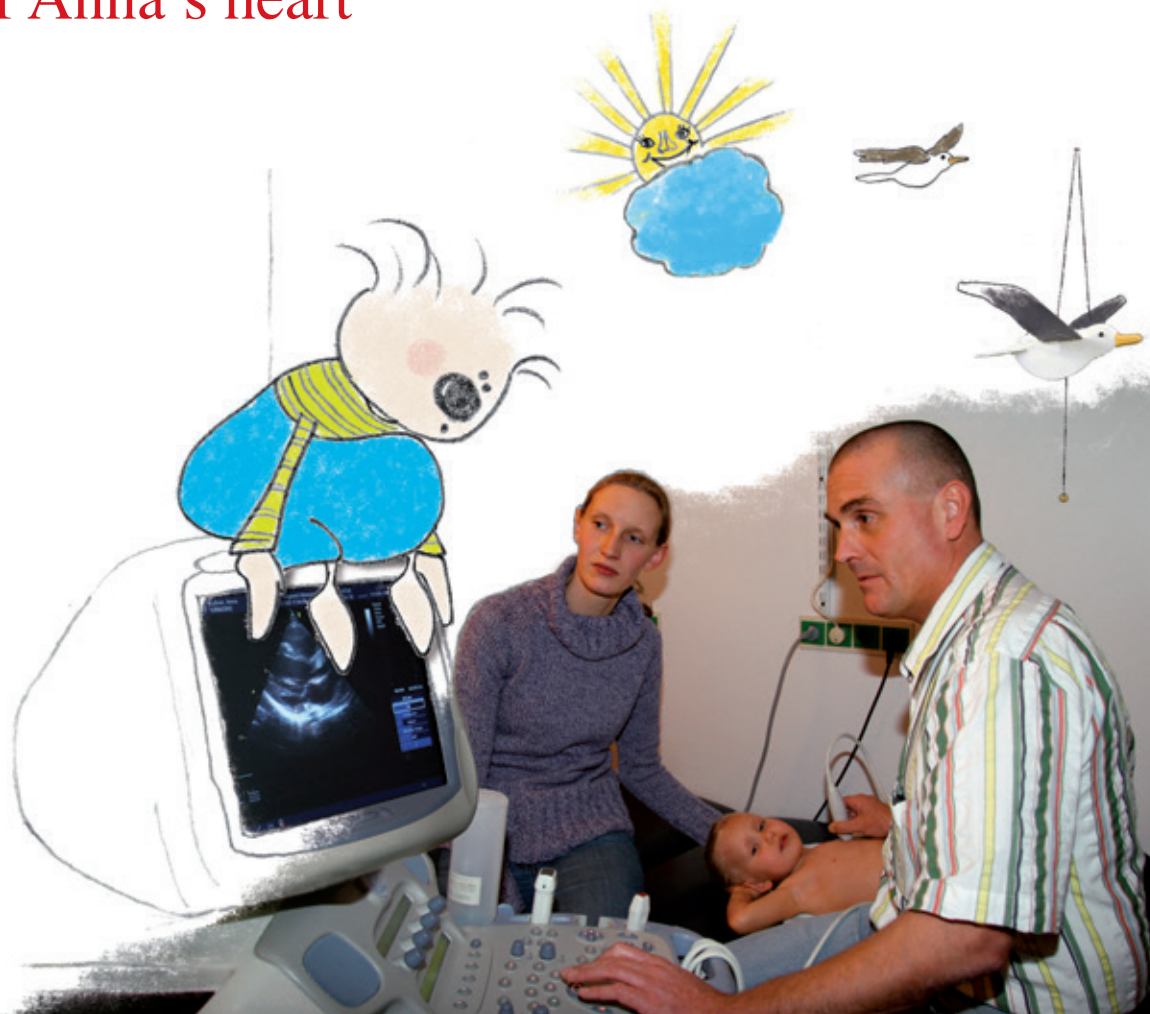
For the ultrasonic scan of the heart, the doctor spreads slimy cream on Anna's chest.

Brrr, it's really cold! With a special torch, the doctor can look right through the slime to Anna's heart.

Anna herself can even see her heart on the screen.

She asks if she can have a picture of her heart. She gets one - and so do I!

A picture of Anna's heart





Now, a blood sample has to be taken. Anna is pricked in her hand. This hurts for a moment. It takes a while until the tubes are filled. But to make up for it, she gets a cool plaster. Look, I've got one, too!



In the playing room

At last, we can go into the playroom now. Anna meets lots of children there whose hearts have also been examined, or already operated on. Playing here is fun!



Bedtime



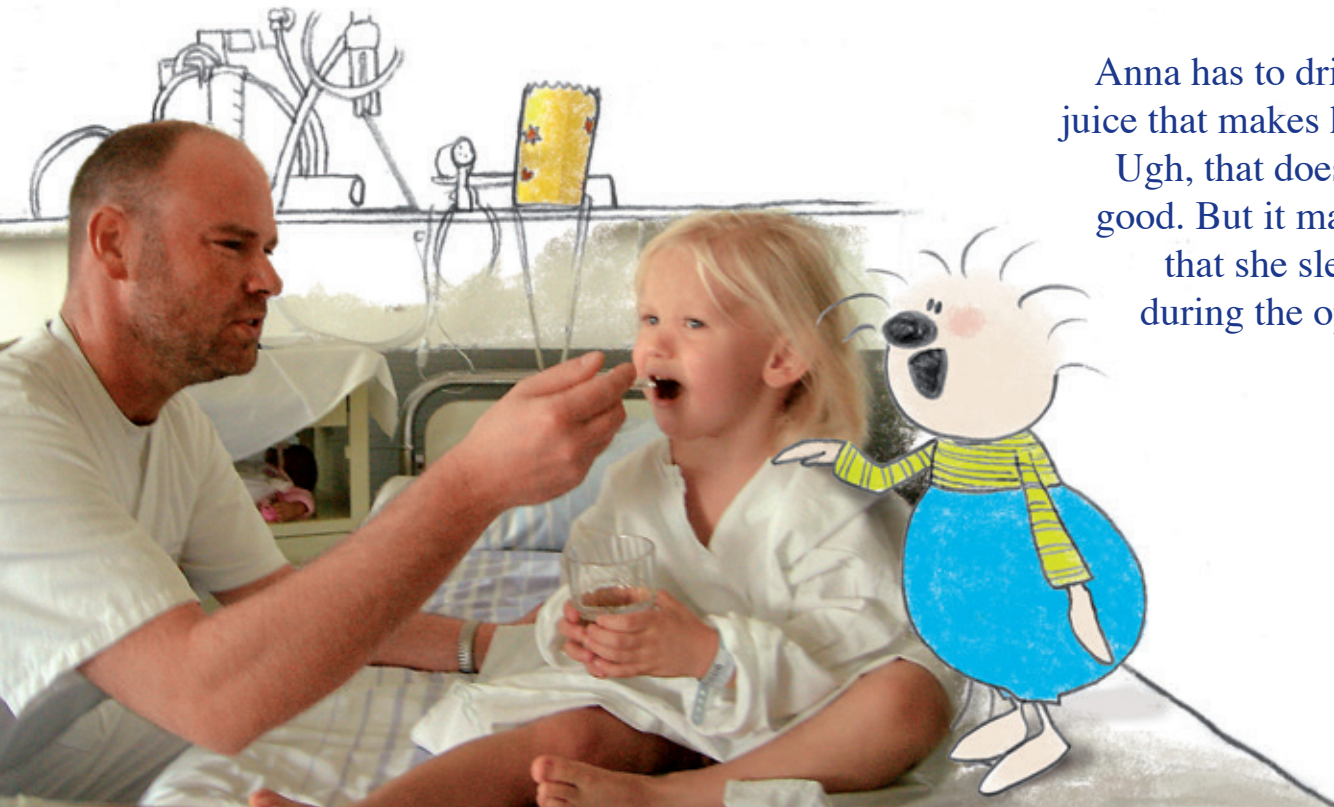
Now it's time to go to bed.
Tomorrow, it's Anna's
operation. Mum is staying
with her. And me, of course!
We're reading Anna's
favourite story together.
Well, good night, Anna ...

Today, Anna has to get up very early. Her tummy must be empty for the operation.

That's why there's no breakfast. But this means there's no need to brush her teeth either.

The operation day





Anna has to drink some juice that makes her tired. Ugh, that doesn't taste good. But it makes sure that she sleeps well during the operation.

Anna is quite tired already. She is brought to the operating room in her bed. Mum is not allowed to go in with her. She gives her a big goodbye kiss. As the hospital pixie, I am allowed to stay with Anna. I will take good care of her!

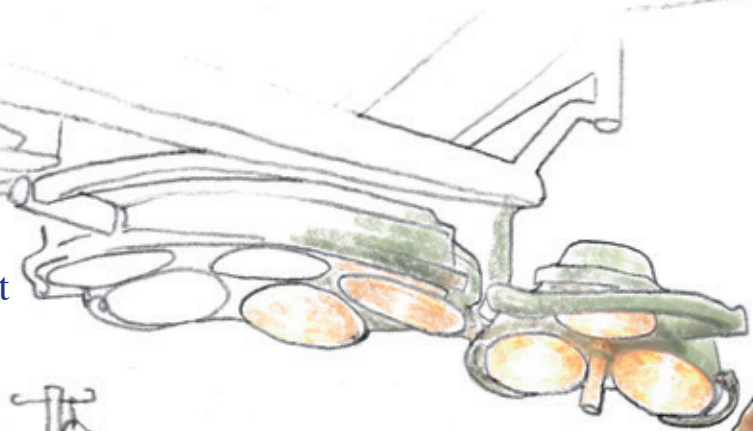


The operation



In the operating room Anna is given a warm welcome. Here everybody is dressed in green and wearing a cap. Anna is so tired already that she can hardly keep her eyes open.

There is a lot of equipment here, and big lamps are hanging from the ceiling. Now, Anna is falling asleep. The doctor is wearing magnifying glasses. He can see everything very clearly with them while he's operating on Anna's heart.



Anna is sleeping deeply.
And I am with her!
I wonder what she is
dreaming about?





The heart operation is over.

All around Anna there are lots of devices, wires and tubes. These provide her with everything that her body needs just now.

Anna's mum and I are with her!

Children's Intensive Care Unit





Nurses, care staff and doctors come along frequently to look after Anna. That's good, of course. But she is still very tired and falls asleep shortly afterwards.

Soon, Anna will be allowed
to eat and drink again.
Hmm, that tastes good.
I want to be fed, too!
The many tubes and wires
become fewer and fewer all
the time. At last, Anna can
move around more freely
again.



Back to the children's ward



Anna returns to the children's ward. The other children are very glad. Anna has visitors often and they bring along lots of presents. There's even something for me!

Meanwhile, Anna knows what's happening here: all of a sudden, her room is crowded with people in white coats. They all want to know how Anna feels. This is called "the round". Sometimes the clinic clowns do a funny round, too.



Anna's physiotherapist
is called Jan. He does
breathing exercises with
her every day so that she
can take deep breaths again.
After all, Anna wants to be
able to play and run again
properly soon. And for that
she needs strong lungs.

Practise, practise, practise ...



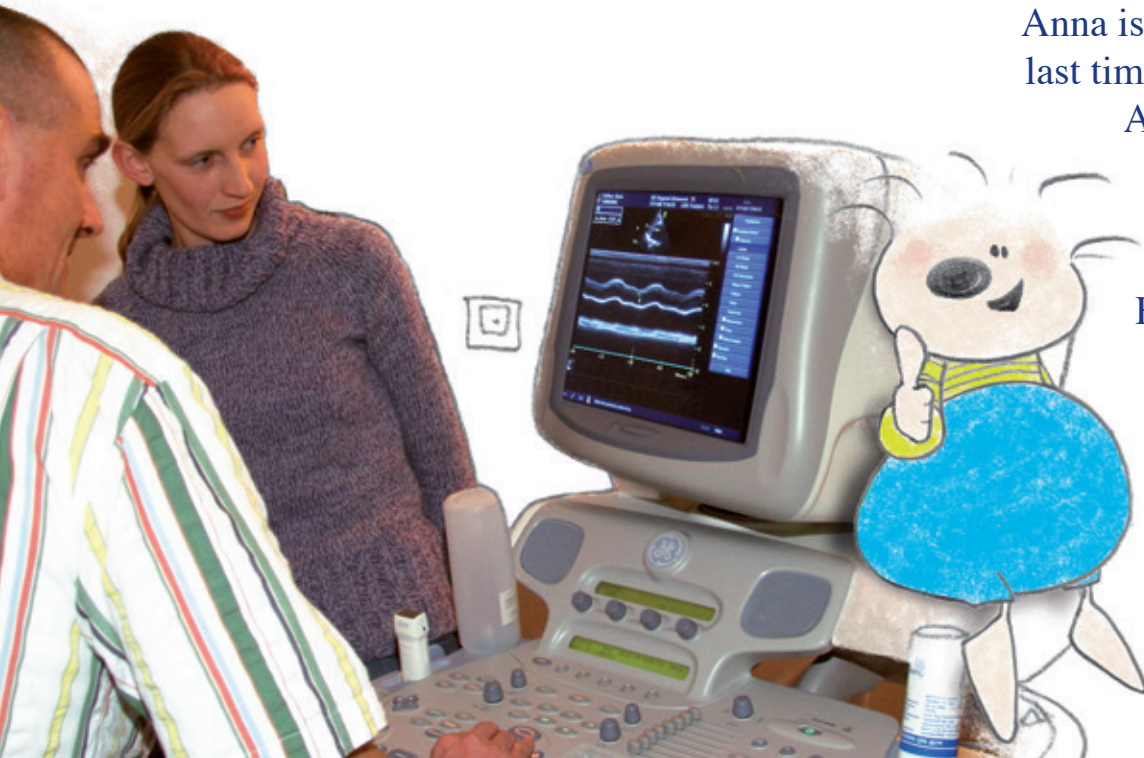


When Jan isn't there, Anna practises very hard, too. She is amazed at how much fun some of the exercises are: her favourite one is blowing the pinwheel.

Anna is enjoying playing again. And in the playroom there are lots of great toys to discover. What's more, you often meet other children there who would like to play, too.



Today, it's time to go home!



Anna is examined again one last time. The doctor checks Anna's operated heart with the ultrasonic scan. It's working very well. Everything is alright. Super – well done!

Here you can see Anna's scar. Now it's only a thin line. Anna is very glad that it's all over. Here in the hospital we're all very, very proud of her – especially me! Now she is allowed to go home!



Dear Anna,
all the best to you!



So now she's going home!
I will miss Anna, but she
has promised to write me
letters from time to time.
And when she comes for
her post-op check-up, she
wants to come and visit me.

Dear Anna, you can be
proud of yourself! Take care
of yourself! Your Mutz

Imprint

Publisher

Bundesverband Herzkranke Kinder e.V. (BVHK)
Federal Association for Children with Heart Conditions
(regd. association)
Kasinostr. 66, 52066 Aachen
Phone: 0241/9123 32, Fax: 0241/9123 33,
E-mail: bvhk-aachen@t-online.de, www.bvhk.de

Concept and design

Nevin Gülmez, designer
Unter Kahlenhausen 29, 50668 Köln
Phone: 0221/715 65 41, mobile phone: 0177/232 30 87
E-mail: nevin.guelmez@zero8.de, www.zero8.de
Köln International School of Design, www.kisd.de

Translation

Ethno-Medizinisches Zentrum e. V. (Veronica Maguire)

Editorial team / cooperation on content

Thomas Batinic, Karin Fischer, Nicole Gogoll, Nevin Gülmez,
Christel Helms, Martina Oebels, Tobias Reiske, Katja
Schepers, Dr. Elisabeth Sticker

Others involved: Michael Bellwinkel, Prof. Michael Gais,
Reinhard Hellwig, Drs. Sicco Henk van der Mei,
Hermine Nock, Bettina Prothmann, Prof. Iris Utikal

Print

Druckhaus Ley + Wiegandt
Fichtenstraße 34-36, 42283 Wuppertal-Barmen

Sponsorship

BKK Bundesverband, Abteilung Gesundheit,
(Federal Association of Company Health Insurance Funds,
Department of Health Matters)
Kronprinzenstr. 6, 45128 Essen
Phone: 0201/179-1267, Fax: 0201/179-1014,
E-mail: praevention@bkk-bv.de, www.bkk.de

Photos

Tobias Reiske, Head of project Card Ag
E-mail: treiske@uni-muenster.de, www.card-ag.de

Universitätsklinikum Münster, Kinderkardiologie
(Münster University Hospital, Children's Cardiology)
Albert-Schweitzer-Straße 33, 48129 Münster
Phone/Fax: 0251/857 03 72

Further private photos by courtesy of the Kufner family.

Number of copies published:

2,000, 1st English edition 2010

Many thanks to all who have contributed to the success
of this book, and especially to Anna and her family.

All rights reserved

Information

For your own hospital story, there's the "Heart diary" with stickers, games and lots of space for drawing. Take it with you to the cardiac clinic!