

A FUN BOOK ABOUT NURSES OBSERVATIONS FOR CHILDREN

# WHEN YOU STAY IN HOSPITAL

Words by Miriam Cromie artwork by Joel Tarling



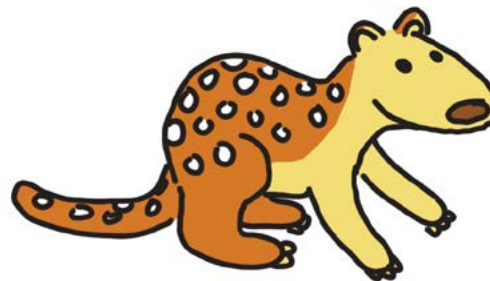
Sung to  
the tune of,  
'The Wheels  
on the Bus'

Joel.

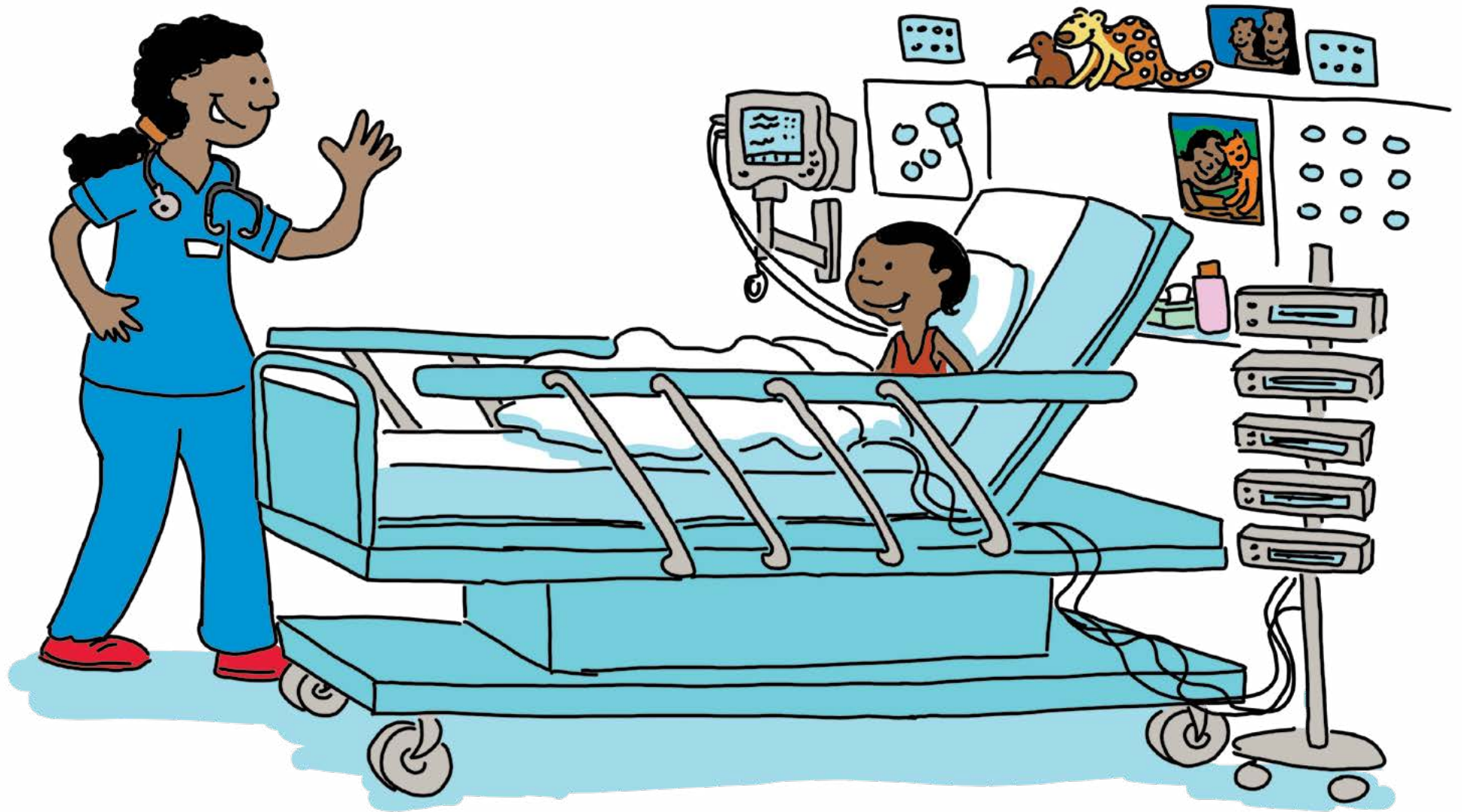
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Special thanks to the Clinical nurse educators:  
Nicole Lennox and Sarah Race who reviewed the  
book from a nursing perspective



Look for Tiger Quoll on every page



The nurse comes in and says  
“It’s time to check your obs,  
time to check your obs,  
time to check your obs.”

The nurse comes in and says  
“It’s time to check your obs!”  
When you stay in hospital.



The thermometer goes  
under your arm,  
under your arm,  
under your arm.

The thermometer goes  
under your arm  
when you stay in the hospital.

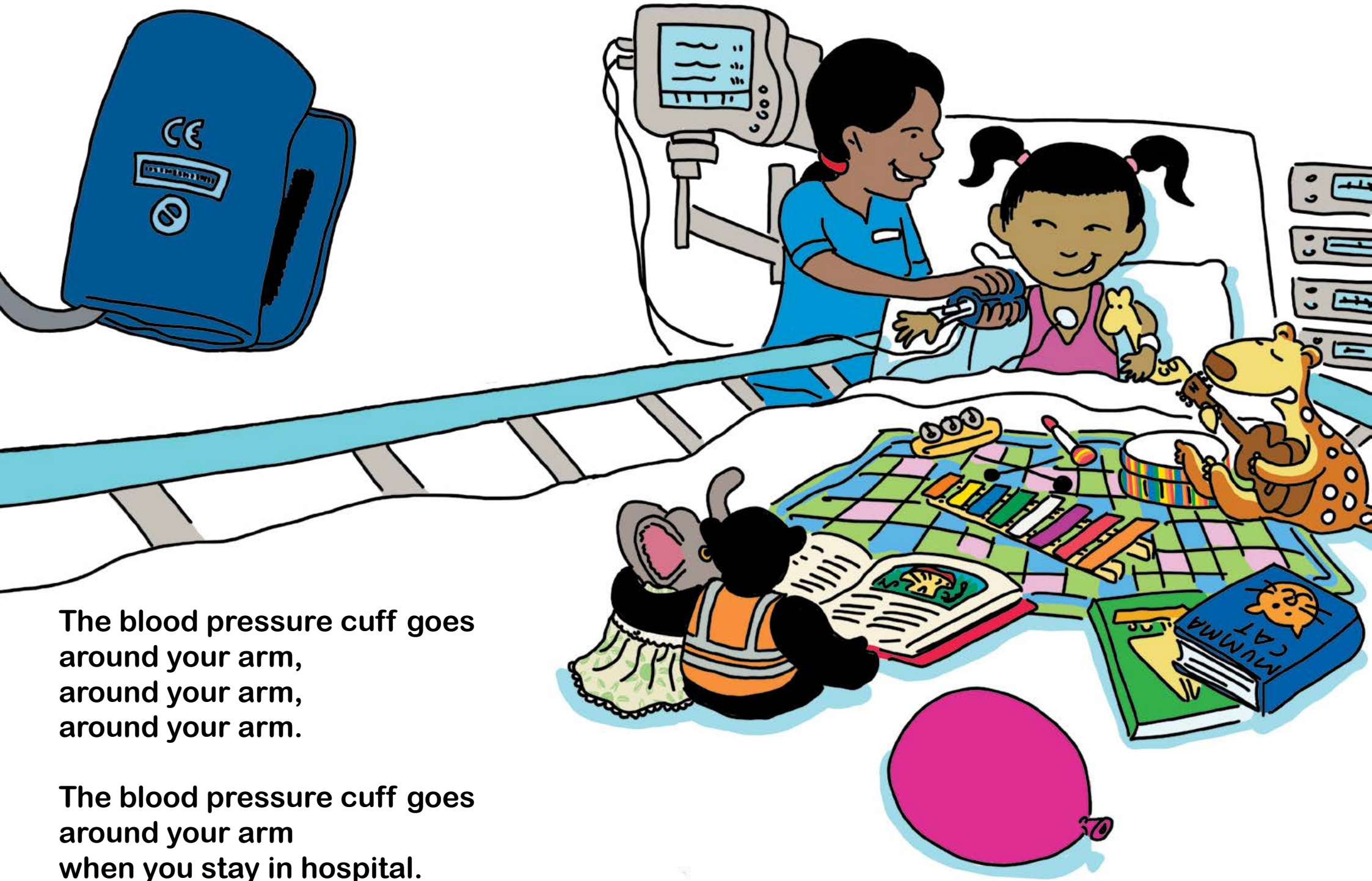


When the thermometer is ready it goes  
beep beep beep,  
beep beep beep,  
beep beep beep.

When the thermometer is ready it goes  
beep beep beep  
when you stay in hospital.

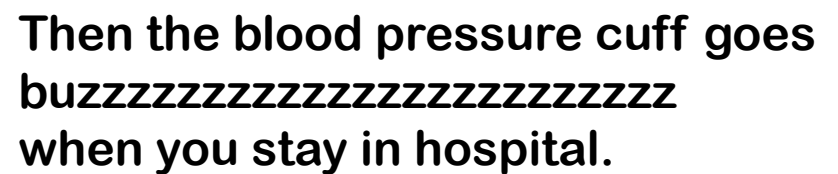




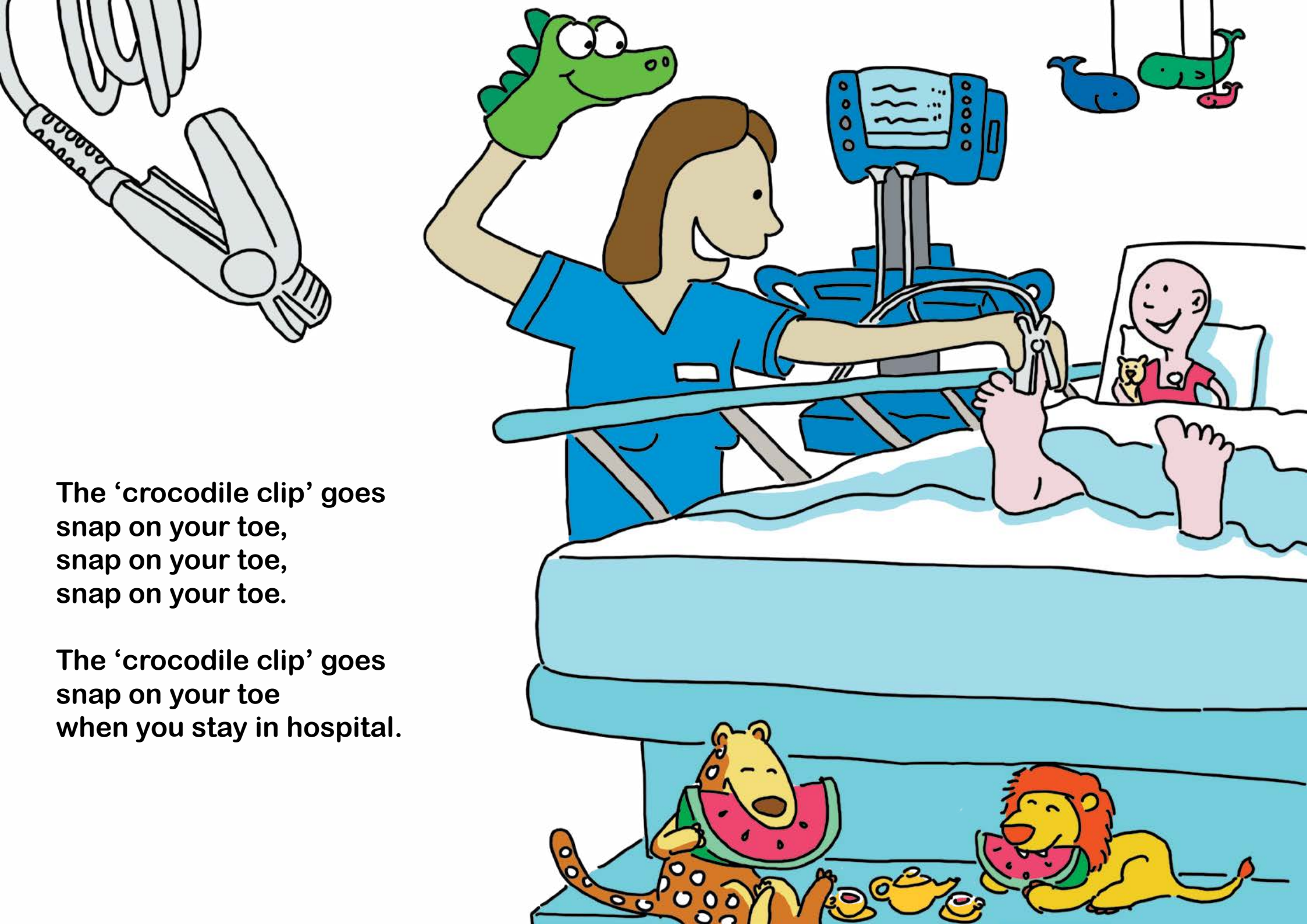


The blood pressure cuff goes  
around your arm,  
around your arm,  
around your arm.

The blood pressure cuff goes  
around your arm  
when you stay in hospital.







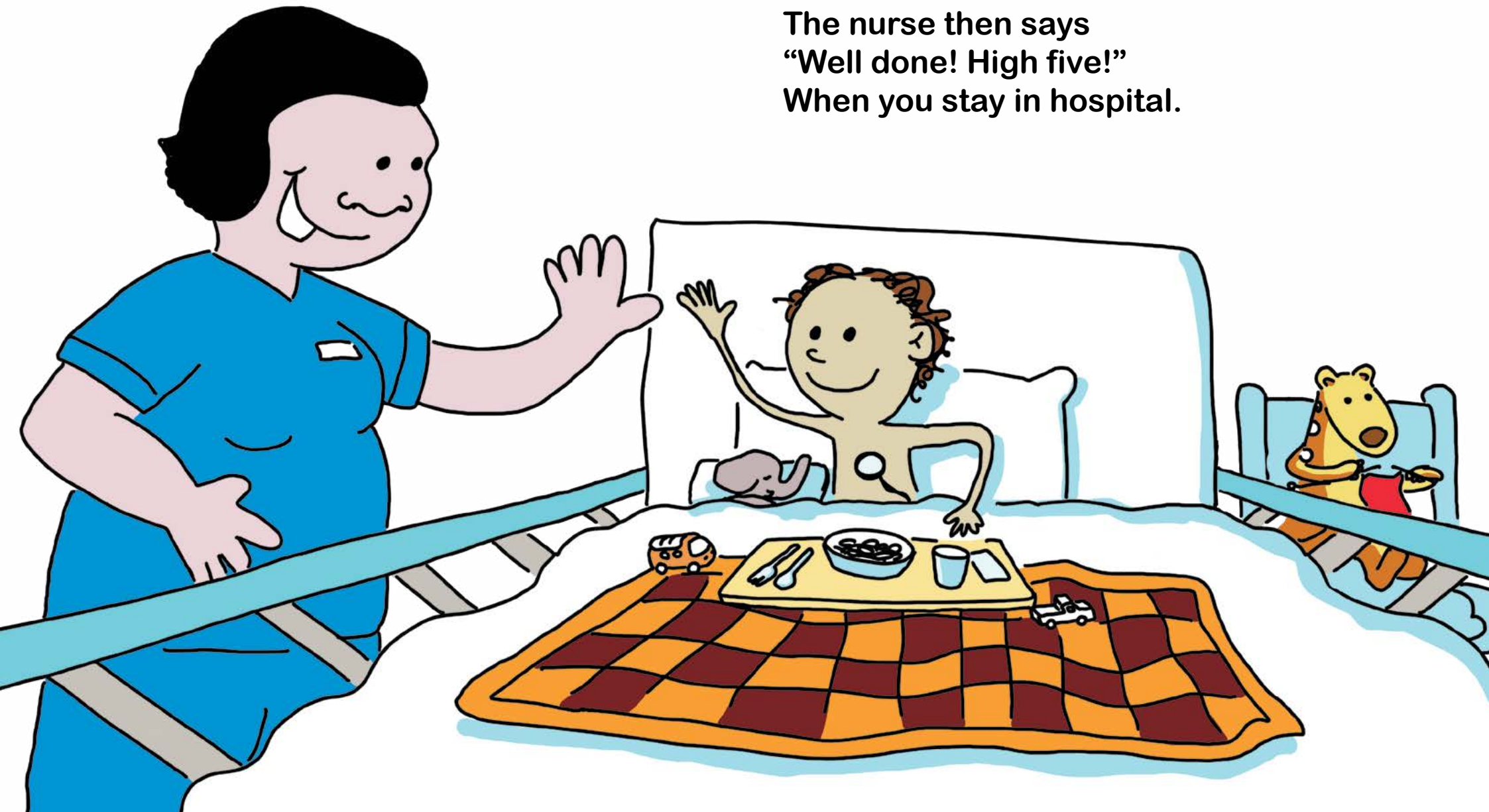
The 'crocodile clip' goes  
snap on your toe,  
snap on your toe,  
snap on your toe.

The 'crocodile clip' goes  
snap on your toe  
when you stay in hospital.



The nurse then says  
“Well done! High five!  
Well done! High five,  
Well done! High five!”

The nurse then says  
“Well done! High five!”  
When you stay in hospital.



## About this book

### Music Therapy

Music therapy is a research-based practice and profession in which music is used to actively support people as they strive to improve their health, functioning and wellbeing. Music therapists incorporate a range of music making methods within and through a therapeutic relationship. They are employed in a variety of sectors including health, community, aged care, disability, early childhood, and private practice. Music therapists are committed to supporting people of any age and ability regardless of musical skill, culture or background. For more information go to: [www.austmta.org.au](http://www.austmta.org.au)

### Miriam Cromie

Miriam has worked at The Children's Hospital at Westmead in Australia as a Registered Music Therapist since 2008. She has completed a Masters in Music Therapy and a Bachelor of Education learning how to use music to help children and their families in the hospital setting. Through her vast experience, Miriam has seen the difference that music can make for patients and their families.

### Joel Tarling

This project is very close to my heart. In 2012 my daughter was a 1 year old with a dilated Cardiomyopathy with SVT and our world was turned upside down. My wife, mother in law and myself all slept in shifts to always be by her bedside in the Intensive Care Unit (ICU) first at Sydney Children's Hospital, Randwick and then at The Children's Hospital at Westmead. This is when I first meet Miriam. She played music for our little girl, made her smile and it was one of the few highlights during this very hard time.

When Miriam asked if I would be interested in illustrating her song into a picturebook, I leapt at the chance to say thank you for what she did for our little family and also for a chance to say thank you to all the Nurses who were with us all the time. By some miracle our daughter did make it home but not a day goes by I don't think about everything they did for us

Joel Tarling spent 5 years as an editorial cartoonist for The Sydney City Hub 2004 - 2008 where his work also featured in The Green Weekly, The Big Issue and AVANT card. Aside from cartooning, he has also worked with Sydney Water, Sydney University, 33 Creative, Koori Curriculum, Wave Consulting, Inner West Council, Blacktown Council, The EPA, Federation Press, Social Change Media and for various bands such as Frenzal Rhomb, Trout Fishing In Quebec, Old Spice Boys and Mic Conway and various other bands. At High School he did work experience with Martin Sharp and wrote a series of comic zines. Over the last few years he has been writing and illustrating picture books, however this is his first commissioned picture book.

[www.joeltarling.com](http://www.joeltarling.com)



Haripriya was diagnosed with Acute Lymphoblastic Leukaemia at the age of 18 months. As we stayed in the hospital for a long time she got irritated with having her obs checked. She started hating it. The music therapist Miss Miriam helped Haripriya by creating a replica of her favourite song "the Wheels on the bus"- "when you stay in hospital". Thank you Miriam for understanding Haripriya, and helping create a new song for her. She started to enjoy the song and co-operated with nurses while taking obs (Haripriya's mum).



**Coming into hospital can be a scary time for children and their families. There are so many new experiences and even things that do not need to be painful can be upsetting for children.**

**Taking observations such as temperature, heart rate and blood pressure is a vital part of patients care but it does not need to be scary.**

**Explaining the steps in a song to the tune of “The Wheels on the bus” can make that process more fun, familiar and less scary to both children and their families.**

**You can also sing this at home while doing some actions or using a toy medical kit with props.**