

Children's Orthopaedics

The Little Journey App – Helping Prepare For Your Child's Operation



Meet Little Journey

Coming to hospital can be a worrying and stressful time for any child and parent. Little Journey is an interactive smartphone app that allows your child to take a virtual reality tour of the hospital to see what their surgical journey will involve in advance, all from the safety and comfort of their own home.

The app is available and free to download on the App Store and Google Play.

What are the benefits of using Little Journey?

The Little Journey app allows children to do a virtual walk through of the hospital in advance, seeing all the areas they will visit. This allows them to be better prepared and to know what to expect, which helps reduce fear and anxiety.

There are fun, age appropriate, child friendly animations along the way to talk through what to expect at each stage and interactive games to play. For parents, there are useful checklists of what to bring, and commonly asked questions about the hospital visit and surgery.



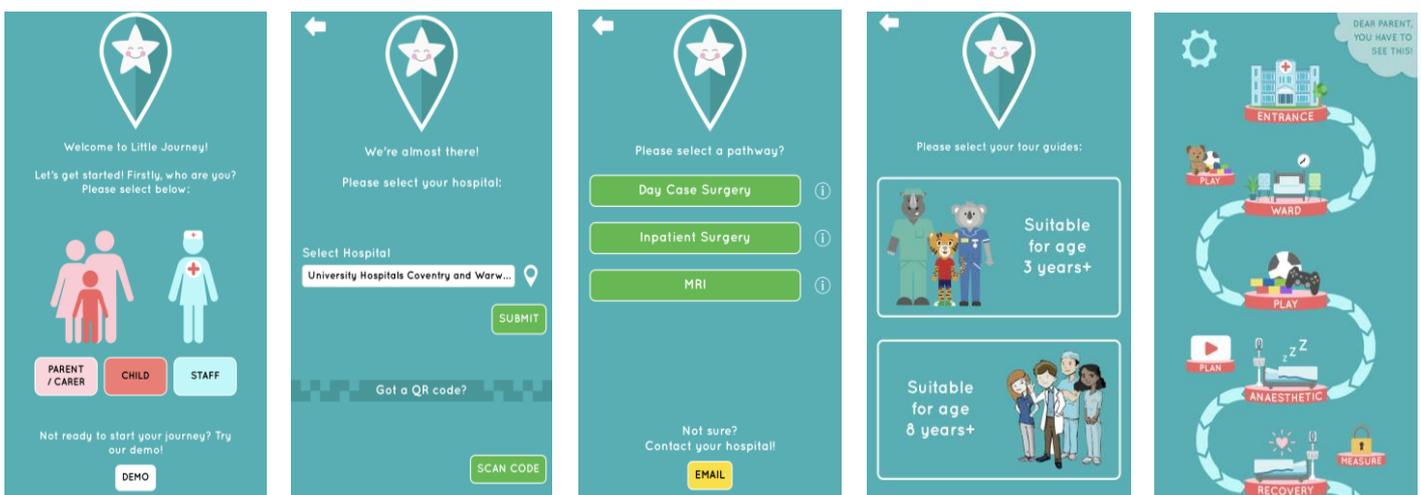
Patient Information

How to set up Little Journey

Once you have installed the app, select the “Parent/Carer” option, then select University Hospitals Coventry and Warwickshire or scan the relevant QR code (see over the page).

Choose the Inpatient pathway if your child is expected to stay in hospital overnight or Day Case Surgery pathway if your child will not need to stay in hospital overnight. From here, choose the appropriate age group for your child. 3-8 years which will show cartoon animations, or 8+ which will be show more human looking animations, acting as staff including doctors and nurses.

Next you will have the option of inputting your details, your child’s date of birth and the date of your child’s operation if you know it. This is optional and will allow the app to send you reminders as the day of the procedure approaches. It is completely confidential, and none of your data is stored centrally as per General Data Protection Regulations.



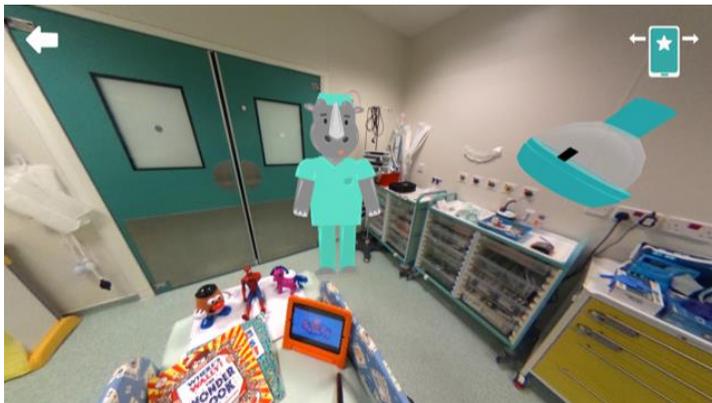
How can my child use Little Journey?

Your child can now navigate and explore the journey they will follow on the day of their procedure. Some parents prefer to navigate this themselves first, so they can guide their child. At each location, you can either select “2D” – if you are using a smartphone or tablet alone, or “3D” if you have access to a VR headset.

Your child can move around and see a 360 degree image of each area they will be on the day of their procedure; the ward, anaesthetic room, and recovery area. While they are exploring each room, animations will explain to them what they can might see and feel on the day.

There is also a “plan” area where your child can practice breathing exercises to help keep them relaxed on the day.

Patient Information



What if I don't have a smart phone or VR headset?

Not to worry! We have a number of devices that you and your child can view the app on whilst in hospital, either in the pre-operative assessment clinic if you are asked to attend one, or even on the ward on the day of surgery. We also have printed out versions of the "Frequently asked questions" and "What to bring checklists" so please contact us on the number below if you would like one.

QR Codes

Below are the relevant QR codes that can be scanned to take you directly to the UHCW hospital pathways. If you're not sure which pathway is relevant to you and your child, please ask:



Day
Surgery
Pathway



Inpatient
Surgery
Pathway



MRI
Pathway

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 02476 967030 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

Department:	Orthopaedics
Contact:	02476967030
Updated:	January 2021
Review:	January 2024
Version:	1
Reference:	HIC/LFT/2552/21