



Welcome Guide

Preparing for your stay



**Boston
Children's
Hospital**

**Heart
Center**

Until every child is well™



Boston Children's Hospital | Heart Center

Until every child is well™



TABLE OF CONTENTS

<i>Welcome</i>	<i>Page 1</i>
<i>Helping your child get ready</i>	<i>Pages 2 – 3</i>
<i>What to bring for your infant</i>	<i>Pages 4 – 5</i>
<i>Meet your cardiac care team</i>	<i>Page 6</i>
<i>The Pre-Op Clinic</i>	<i>Page 7</i>
<i>Where your child may receive care</i>	<i>Page 8</i>
<i>Getting around the hospital/campus map</i>	<i>Pages 8 – 9</i>
<i>Driving to the hospital</i>	<i>Page 10</i>
<i>Parking and transportation</i>	<i>Page 11</i>
<i>Accommodations and attractions</i>	<i>Pages 12 –13</i>
<i>Heart glossary</i>	<i>Pages 14 –15</i>
<i>Notes</i>	<i>Page 16</i>



Welcome

We know that getting ready to come to the hospital for cardiac care involves a lot of steps and many questions. As you prepare to travel to the Boston Children’s Hospital Heart Center—whether you are coming from around the corner, across the country or half a world away—we hope that this guide will address some of your immediate concerns and help put you and your family at ease.

Here at Boston Children’s, our doctors, nurses and other staff spend each day getting to know families like yours. We care for patients—from babies in the womb to adults—with all types of heart conditions, ranging from the most common to the rarest and most serious. We have one of the largest and most experienced heart programs anywhere in the world, and we use the most advanced technology and procedures to give every patient the best possible outcome.

Above and beyond providing expert medical and surgical care, we are also committed to understanding and addressing important needs for each of our patients and their families—including the need for support, guidance, information and a listening ear.

If you have any questions before, during or after your stay, please don’t hesitate to ask your doctor or a member of your nursing team. You can also contact **Boston Children’s Center for Families at 617-355-6279** to learn more about available resources at the hospital and in the community.

You are **an essential member** of the care team, and we will include you in the process at every step of the way.

Sincerely,
The Boston Children’s Heart Center Team

HELPING YOUR CHILD GET READY

These tips were suggested by Boston Children's Hospital nurse practitioner Mary O'Malley, NP, MSN, and child life specialist Hayley Sorensen, MS, CCLS.

Observe your child's cues

Most children will be looking for answers to three "W" questions when they find out they are going to a hospital:

"Who is going to be with me?"

"What will the doctors do?"

"Will it hurt?"

The single most important thing parents can do is to have an open and honest dialogue with their child. By discussing the upcoming hospitalization in age-appropriate ways, you can quiet a lot of the fears your child may have.

Observe your child's cues

Every child is different. Some children can handle more information than others. Does your child have trouble dealing with stressful situations? Does he or she handle information better in small amounts?

Watch facial expressions and body language during your discussions about the hospital. If your child starts to show signs of stress, it may be time to pull back a little (but plan to revisit the topic another time).

Keep timing in mind

Younger children benefit from shorter notice about an upcoming hospital trip, usually about three to four days in advance. Older kids should be told further ahead.

Telling a school-age child about a week in advance is appropriate. That way, he or she has time to process the information and ask questions. Adolescents should be involved in the process from the beginning stages.

Revisit the conversation

One discussion is usually not enough. After a talk, your child may spend some time thinking and developing questions. Their feelings may change.

Opening up the discussion more than once gives your child a chance to think things through. It also gives you a chance to prepare a different explanation or come up with new ways to provide comfort.

Get creative

Encourage your child to express his or her feelings about the upcoming hospitalization, surgery or other procedures.

Artwork and role-play can be significant means of expression. Teenagers can be encouraged to journal their feelings, enabling them to work through them privately—something that's very important at that age.

Practice relaxation techniques as a family

In the days and weeks before hospitalization, become familiar with some simple breathing and relaxation exercises.

Practicing ways to minimize stress can come in handy for both you and your child. Relaxation techniques are typically more effective when parents participate alongside their children.

Find the hidden hearts

We've hidden pictures of hearts throughout this booklet. As you get ready for your trip to the hospital, see how many hidden hearts you and your child can find.

Involve your child

Whenever possible, give your child choices during the hospital stay, such as choosing activities (watch a movie or play a board game?) or picking snacks (carrot sticks or granola bars?). The single most important thing parents can do is to have an open and honest dialogue with their children.

Involve your child in deciding what to bring to the hospital and pack bags together. When it comes to teens, ask them what they need to make their hospitalization easier. Including children in as many hospital-related choices as possible will make them feel more in control of the situation, which can alleviate stress.





Set limits

Most children are naturally afraid of medical procedures and personnel.

It's important for parents to acknowledge and validate those fears, but also to reinforce the idea that mom and dad are working closely with the doctors and nurses to ensure the best possible care.

Bring "home" to the hospital

When packing for your trip, bring pillows, stuffed animals, cozy slippers and special blankets.

Bring anything that makes the hospital seem warmer and more comfortable or could remind the child of home.

If you're unsure whether a certain item would be allowed at the hospital, simply call and ask.



Find out what the hospital offers

Search the Boston Children's website, bostonchildrens.org, to see what's available. Our site includes videos and pictures that detail the hospital experience so kids can get a realistic idea of what their stay might look like.

Download the free Boston Children's **MyWay** mobile app in **Apple's App Store** or **Android's Google Play Store** to learn more about hospital services and amenities, and how to get around the hospital when you are here.

If appropriate, older patients may have the opportunity to take a brief tour of the hospital unit where they will be staying. Contact Boston Children's **Cardiac Pre-Op Clinic at 617-355-9798** to learn more about the age-appropriate services we provide for each patient.

WHAT TO BRING FOR YOUR INFANT

This list was created by Amber, the mother of a baby with hypoplastic left heart syndrome who was treated at Boston Children's, and nurse practitioner Terra Lafranchi, RN, MSN, NP-C. Check with your nurse for specific recommendations during your stay.

■ Comfortable pillow and large blanket

"Sometimes the only way to escape from the stress is to try to sleep. A bad pillow will not help the situation. I know it sounds silly, but it really is something I wish I had thought of."

□ **Egg crate mattress** "I think we spent three weeks sleeping in a chair. The egg crate made a huge difference."

□ **DVDs and DVD player/ laptop computer**

□ **Books/magazines**

□ **Slip-on shoes** "You lie down and get up so often, who wants to fiddle with laces?"

□ **Two-piece pajamas for your child**

"Pajamas with snaps and no feet. NO ZIPPERS! The lines and tubes will make zippers and footed jammies impossible."

□ **Socks and hats** "Calories are preserved by keeping the heat in."

□ **Camera** "I wish I had taken a picture of our baby with all of her nurses. They were all a blessing to us and will forever be part of her story."

□ **Receiving blankets** "They are prettier than the hospital blankets, softer and more personal.

While all of the other moms are at home placing their baby in the nursery they prepared for them, we 'heart moms' need to make a nursery out of a hospital room. It was nice to see the things we had been given by loved ones wrapped around our baby."

□ **Small stuffed animals** "The nurses will use them to prop up tubes, arms, legs ... and even baby."

□ **Small square blanket** "We had one of these blankets for our baby and the nurses used it all the time. It was a nice way to cover her since she couldn't wear clothes. I recommend bringing three in case they get dirty."





Measuring spoons “We stayed in Boston for a week after discharge and needed to measure her formula. We used a medicine cup and it was not easy. Having a real tablespoon and teaspoon would have been wonderful.”

Wipes

Breastfeeding pillow “This makes nursing or bottle-feeding your baby easier and more comfortable in the hospital.”

Chapstick “It can be very dry in the hospital.”

Bottles/nipples “The hospital provided bottles and nipples, but I wanted to use the kind I had at home. It never occurred to me to bring my own or buy some. If you want your baby to use a specific bottle-nipple combo, bring your own.”

Planner or diary “A planner is always nice to document your child’s overall health each day and track when dosages and medicines changed or stopped. You think you remember, but you are so nervous. I wrote it all down and would always be looking through it. You feel like you have some control if you write things down and I felt like I was somehow helping.

Also, if you keep a diary, it can be a release to express emotions and it can help later on when you look back at what you have been through.”

Going-home outfit “You’ll want to take a ton of pictures!”

Bouncy seat “To help with reflux issues or to help calm a fussy baby.”

Pictures of family “To post in the room or on the crib.”

Car seat “To leave the hospital in.”

Name and phone number for preferred pharmacy near your home

Name and contact information for your pediatrician

Names and contact information of people you can ask for help “Ideas of things to ask for help with include grocery shopping, caring for other children, cooking meals, checking home for mail or security, cleaning and laundry, making or canceling appointments, making phone calls, driving or helping with transportation, caring for pets, staying with you at the hospital and staying at the bedside so that you can take a break.”



Make sure you take care of yourself (sleep, shower, eat) and take advantage of the resources that are there for families. The better you feel, the better able you will be to help care for your child.

Other helpful tips from Heart Center families

- Don’t be afraid to ask questions and **express all the concerns** that you have on your mind. Ask the same question multiple times if you do not understand the answer.
- If you can, fight the urge to stay awake the whole night and **try to get some rest**. Even a little sleep will make a big difference the next day, especially if you’ve got someone with you to sleep in shifts.
- Remember to pack **clothes that are appropriate for the season in Boston**. It can get very cool in the winter and very warm in the summer, and sometimes the weather shifts dramatically from one day to the next.

MEET YOUR CARDIAC CARE TEAM

Here at the Boston Children's Heart Center, you will work closely with a caring team of experts, including:

Cardiologists

Cardiologists diagnose and manage heart disease. Many specialize in one aspect of heart care, such as catheterization or echocardiography (see our glossary on Page 14). Boston Children's has more than 70 cardiologists on staff. You will have a primary cardiologist, but other cardiologists may also be involved in different parts of your treatment plan.

Cardiac surgeons

Cardiac surgeons perform operations to treat heart conditions. We have seven heart surgeons on staff at Boston Children's, making ours one of the world's largest specialized cardiac surgery programs. We also have a long history in the field: The first operation to correct a pediatric congenital heart defect took place at Boston Children's back in 1938.

Cardiovascular nurses

More than 300 specialized cardiovascular nurses work here at Boston Children's. They assess each patient's condition and provide direct care, as well as emotional support, information, education and care coordination. A nurse will be responsible for your care at all times.

Nurse practitioners (NP)

Nurse practitioners are nurses who have advanced education and specialized skills in cardiac care. They participate in many different parts of the diagnosis, management and care coordination process for patients with heart disease.

Physician Assistants (PA)

Physician Assistants practice medicine under the direct supervision of physicians and surgeons. As part of the cardiac care team at Boston Children's, PAs focus on the evaluation of new and established patients, diagnostic interpretation of studies, and the implementation of treatment plans for patients with complex congenital heart disease.

Anesthesiologists

Our anesthesiologists have special training in the use of anesthesia for cardiac procedures—not only in children, but also in patients of all ages. Here at Boston Children's, we use a wide range of anesthesia techniques during surgery—from light sedation to general anesthesia—to meet the special needs of each patient. We also have pain management specialists that can minimize discomfort from medical procedures and help patients cope with pain while recovering.

Clinical dietitians

Clinical dietitians are registered nutrition professionals who will address specific diet concerns. For example, many newborns with heart disease require a high-calorie formula. Our dietitians work with you to identify and manage your nutritional needs.

Perfusionists

Perfusionists are members of the Cardiac Operating Room team. They set up, monitor and control the heart-lung bypass machine, which is used whenever it's necessary to support or temporarily "step in for" a patient's circulatory system or respiratory functions. When a patient is on the machine, the perfusionist controls his or her blood pressure, temperature and other vital signs under the direction of the team physicians.

Cardiac Neurodevelopmental Program specialists

Boston Children's has one of the only Cardiac Neurodevelopmental Programs in the country. Our program team works closely with families, schools and other medical providers to identify any developmental or learning issues related to a patient's heart condition, design customized treatment plans and help each patient reach his or her fullest potential.

Resource specialists

Boston Children's resource specialists are on hand to help you with practical concerns (such as housing and transportation). We recommend that you call us at **617-355-7965** before you come to the hospital so that we can make all the necessary arrangements prior to your arrival.

Patient care coordinators

Patient care coordinators are nurses who will help you with any special discharge-planning arrangements that may be required. Coordinators will also communicate any important medical information relating to your hospitalization to your insurance company.

Child life specialists

Child life specialists are professionally trained staff who use a variety of tools and techniques to encourage each patient's emotional, social and mental growth during a hospital visit. Boston Children's child life specialists help children understand and adjust to health care experiences, and can help parents understand and respond to a child's behavior while in the hospital.

Child psychiatrists, psychologists and counselors

Child psychiatrists, psychologists and counselors from Boston Children's Department of Psychiatry are available to provide emotional and supportive care for young patients and their families. If you would like to work with a mental health professional, your doctor or nurse can help you set up an appointment.

Licensed clinical social workers

Social workers are experts in helping families adjust to the emotional impact of an illness and hospitalization. Because every family and situation is different, a social worker will be available to help determine your specific needs and assist you with them.

Interpreters

Boston Children's interpreters speak more than 35 languages, including American Sign Language. Spanish-speaking interpreters and social workers are available 24 hours a day, and other interpreters are available on an as-needed basis.

If you will require an interpreter, please call our **Interpreter Services at 617-355-7198** prior to coming to the hospital so we can be ready for you when you arrive.



The Pre-Op Clinic

Before having any type of heart surgery at Boston Children's Hospital, you will spend six to eight hours in our **Cardiac Pre-Operative ("Pre-Op") Clinic**. This visit will cover all of the testing and other evaluations required before the main procedure.

Here's what to plan for and expect:

- Please plan to arrive at our registration area—located on the second floor of the **Farley Building** and labeled **"Pre-Op Cardiology"**—promptly at the scheduled appointment time.
- Due to space constraints, we ask that you please limit the number of people accompanying the patient to two.
- Please bring your appointment letter with you.
- Feel free to bring any favorite toys, books, games or snacks to make your day more comfortable.
- After you register, you will have tests ordered by your cardiologist—such as ECHOs, EKGs, chest X-rays or bloodwork.
- You will also have the opportunity to meet with other members of your care team, including nurse practitioners, cardiac surgeons, anesthesiologists and child life specialists.
- If you would like, you may tour our Cardiac Intensive Care Unit and Cardiac Inpatient Unit at this time.
- At the end of your visit, you will receive written instructions about when to arrive for surgery on the day of the operation and which eating and drinking guidelines to follow.

Questions? Call our Pre-Op Clinic staff at **617-355-6095**.



Boston Children's patients Alexa and Eliot founded Heart2Heart.

HEART HEART²

TEENS HELPING TEENS

The first program of its kind at a pediatric hospital, Heart2Heart:

- Was founded by two former cardiac patients at Boston Children's
- Matches high school and college students born with heart defects with current Boston Children's patients
- Provides face-to-face mentoring for parents as well as patients

Learn more: call **617-355-8083** or ask your child life specialist about connecting with a mentor.





Where your child may receive care

The Boston Children's Hospital Heart Center cares for patients in several locations within the hospital. All are conveniently located here on the main hospital campus in downtown Boston.

Cardiology Clinic—2nd floor of the Farley Building

Many tests for hospitalized patients—such as electrocardiograms (EKGs) and echocardiograms (ECHOs)—are performed in our Cardiology Clinic.

Operating Rooms (also called the "Surgical Suites")—3rd floor of the Main Building

Three of the hospital's surgical suites are reserved specifically for our cardiac patients.

Cardiac Catheterization Laboratory (also known as "6 South")—6th floor of the Main Building

Our Cardiac Catheterization Laboratory includes four high-tech suites and a 10-bed recovery room.

Main number: 617-355-6024

Cardiac Intensive Care Unit (also called "CICU" or "8 South")—8th floor of the Main Building

After having heart surgery, patients are cared for on 8 South, our 29-bed Cardiac Intensive Care Unit.

Front desk: 617-355-8087

Inpatient Unit (also known as "8 East")—8th floor of the Main Building

8 East is a 42-bed unit where our patients stay if they need to be in the hospital overnight (for example, if they are admitted for a cardiac catheterization). Sometimes, patients are also transferred here after being discharged from the Cardiac Intensive Care Unit.

Front desk: 617-355-8083

Getting around the hospital

Once you arrive at Boston Children's Hospital, there are several ways to make sure you are headed in the right direction.

Go to the information desk

You can always ask questions at our information desk in the Main Lobby, where our friendly staff will answer your questions and guide you to your destination.

Ask Me!

Talk to an employee volunteer in the **Ask Me!** program. During the hospital's busiest times, you'll find these employees stationed in the Main Lobby and at the top of the main staircase in the Pavilion Lobby. They'll be glad to assist you with questions and directions.



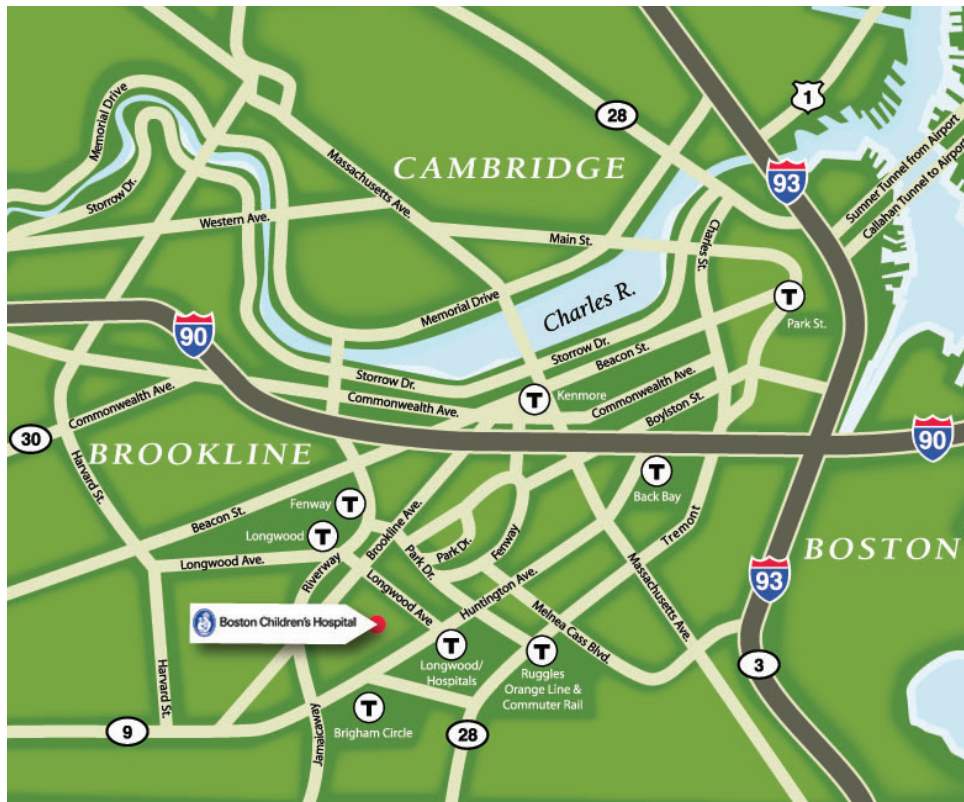
Boston Children's MyWay is a free mobile app with step-by-step directions for many hospital locations. **MyWay** can also connect you with support services like the Center for Families and Child Life Services, and has listings for local restaurants, hotels and fun things to do with kids while in the area.

Download the app on your smartphone at **Apple's App Store** or **Android's Google Play Store** and learn more at bostonchildrens.org/myway.

Boston Children's Hospital

Longwood Campus, Ground Level





DRIVING TO THE HOSPITAL

From the north

Via Routes 1, 93 and 28

- Follow the signs for Storrow Drive.
- After the Copley Square/Massachusetts Avenue sign, take the left exit off Storrow Drive marked Fenway, Route 1.
- Take the right fork marked Boylston Street, Outbound.
- At the major intersection, go straight onto Brookline Avenue, past Beth-Israel Deaconess Medical Center-East Campus to Longwood Avenue intersection.
- At this major intersection, turn left onto Longwood Avenue.
- Boston Children's Hospital main entrance is two blocks down on the right.
- Boston Children's Parking Garage is on the left.

From the south

Via Routes 1, 28 and 138

- From Route 1, continue to the Jamaicaway.
- From Routes 28 or 138, proceed via Morton Street and the Arborway to the Jamaicaway.
- Continue on the Jamaicaway as it turns into the Riverway.
- At the Brookline Avenue traffic light, turn right onto Brookline Avenue.
- Continue to the third traffic light and turn right onto Longwood Avenue.
- Boston Children's main entrance is two blocks down on the right.
- Boston Children's Parking Garage is on the left.

From the west

Via the Massachusetts Turnpike (I-90)

- Take Exit 22 at Copley Square/Prudential.
- Follow the left lane, labeled Prudential Center, and take Huntington Avenue west to Longwood Avenue.
- Turn right onto Longwood Avenue and go past Harvard Medical School.
- Boston Children's main entrance is on the left.
- Boston Children's Parking Garage is on the right.

Via Route 128

- Exit at Route 9 East.
- Follow Route 9 East to Brookline Village.
- After passing the fire station on your right, at the next large intersection (at the Brook House apartments) take a left onto Brookline Avenue.
- Proceed through four traffic lights to the Longwood Avenue intersection.
- Turn right onto Longwood Avenue.
- Boston Children's main entrance is two blocks down on the right.
- Boston Children's Parking Garage is on the left.

Via Route 9

- On Route 9, proceed to Brookline Village.
- After passing the fire station on your right, at the next large intersection (at the Brook House apartments) take a left onto Brookline Avenue.
- Proceed through four traffic lights to the Longwood Avenue intersection.
- Turn right onto Longwood Avenue.
- Boston Children's main entrance is two blocks down on the right.
- Boston Children's Parking Garage is on the left.

From Logan Airport

- Take the Sumner Tunnel to Storrow Drive.
- Follow the "From the North" directions above.

Alternative route on Red Sox game days

- Exit 18 on Mass Pike (Allston/Brighton toll).
- Merge onto Cambridge Street.
- Take left onto Harvard Avenue.
- Pass through Brookline's Coolidge Corner.
- Take left on Longwood Avenue.
- Cross over the Riverway.
- Boston Children's main entrance is four blocks down on the right.
- Boston Children's Parking Garage is on the left.

Parking

Valet parking

Valet parking is available 24 hours a day for an additional fee above the regular parking garage fee. (This fee is waived for cars with handicap plates/placards.)

For more information about valet parking, call **617-355-4168** between 6 a.m. and 8:30 p.m.

Handicapped parking

- Handicapped parking is available at the Main Entrance for patient families and visitors.
- There is no additional fee for valet service for vehicles with handicap plates.
- For more information about handicapped parking, call **617-355-4168** between 6 a.m. and 8:30 p.m.

Boston Children's Parking Garage

Open 24 hours a day, the parking garage is located across the street from the hospital's Main Entrance at the corner of Blackfan Circle and Longwood Avenue. For parking rates and information, call **617-355-4168**.

Validated parking

- Be sure to have your parking ticket validated before leaving the hospital.
- Parking tickets for the Boston Children's Parking Garage can be validated at the following locations:

Main Lobby Reception Desk

Monday through Friday, 6 a.m. to 11 p.m., Saturdays, Sundays and holidays, 7 a.m. to 10 p.m.

Parking Office, Boston Children's Hospital Garage, 1st Floor

Monday through Friday, 7 a.m. to 4:30 p.m.

Public transportation

Boston Children's Hospital is easily accessible with the **Massachusetts Bay Transit Authority (MBTA)**, the official public transportation system for Boston and surrounding areas.

Visit mbta.com or call 617-222-3200 for maps and schedules.

Here are some of the different MBTA services you can use to travel to and from the hospital:

Subway

- Take the Green Line "D" train to the Longwood stop.
- Walk across the Riverway and follow Longwood Avenue four blocks to the hospital, which will be on your right, **OR**
- Take the Green Line "E" train to the Longwood Medical Area stop.
- Walk down Longwood Avenue two blocks to the hospital, which will be on your left.

Commuter rail

- Providing a great alternative to driving into Boston, the commuter rail is accessible from numerous cities and towns—even those as far away as Newburyport and Worcester, Massachusetts, and Providence, Rhode Island.

Accessible services/special needs transportation

The MBTA's paratransit program, THE RIDE, provides transportation for people with physical or mental disabilities who are unable to use public transportation.

Operated in compliance with the federal Americans with Disabilities Act, THE RIDE is a shared-ride service, which means you will be traveling with other people.

The service uses lift-equipped vans for persons with disabilities, including those who use wheelchairs and scooters.

To apply for THE RIDE, please call **617-222-5123**.



ACCOMMODATIONS

If you require additional help with housing arrangements, please **call our Patient Family Housing Program at 617-919-3450**. If you have an iPhone or Android smartphone, you can also download the free Boston Children's **MyWay** mobile app to access information about where to stay and how to get there.

Special housing options

- **Hospitality Homes** For the past 29 years, this program has provided temporary housing in volunteer host homes for families of patients receiving care at Boston Children's and other area medical centers.

Families may apply for the program regardless of income or nationality or the patient's age or diagnosis.

888-595-4678 | hosp.org

- **Yawkey Family Inn and the House on Autumn Street** Located just blocks from the hospital, the Inn and House double the amount of affordable housing available to Boston Children's families.

Featuring bedrooms, shared private bathrooms, a fully equipped kitchen, common areas and more, these facilities offer all of the comforts of home to families during their stay in Boston.

617-919-3450 | familyhousing@childrens.harvard.edu

Hotels

Some hotels offer discounted rates for our patient families. Be sure to ask for the medical rate or preferred rate for Boston Children's Hospital patients and families when you call any of the below to make reservations.

Please note that special rates are not guaranteed, and are based upon availability.

- **Best Western – The Inn at Longwood (.01 miles from Boston Children's)**
342 Longwood Avenue, Boston | 617-731-4700
- **Holiday Inn Brookline (.75 miles)**
1200 Beacon Street, Brookline | 617-277-1200
- **Howard Johnson Fenway (.82 miles)**
1271 Boylston Street, Boston | 617-267-8300
- **Marriott Courtyard Brookline (1 mile)**
40 Webster Street, Brookline | 617-734-1393
- **Hotel Commonwealth (1.08 miles)**
500 Commonwealth Avenue, Boston | 617-933-5000
- **Hotel Buckminster (1.1 miles)**
645 Beacon Street, Boston | 617-236-7050
- **Sheraton Boston Hotel (1.5 miles)**
39 Dalton Street, Boston | 617-236-2000
- **The Colonnade Hotel (1.5 miles)**
120 Huntington Avenue, Boston | 800-962-3030



Inns

Please call inns directly for rates and reservations.

- **Longwood Inn (.25 miles from Boston Children's)**
123 Longwood Avenue, Brookline | 617-566-8615
- **The Bertram Inn (.73 miles)**
92 Sewall Avenue, Brookline | 617-566-2234
- **Samuel Sewall Inn (.74 miles)**
143 Saint Paul Street, Brookline | 617-713-0123
- **Beech Tree Inn (.75 miles)**
83 Longwood Avenue, Brookline | 617-277-1620
- **Anthony's Town House (.9 miles)**
1085 Beacon Street, Brookline | 617-566-3972
- **Beacon Inn (1 mile)**
1087 and 1750 Beacon Street, Brookline | 617-566-0088
- **Oasis Guest House (1.5 miles)**
22 Edgerly Road, Boston | 617-267-2262



ATTRACTIONS

Here are some popular Boston spots to visit during time away from the hospital:

- **Fenway Park, home of the Boston Red Sox Major League Baseball team**

4 Yawkey Way (Kenmore or Fenway stops on MBTA Green Line subway), Boston | 1-877-REDSOX9 | boston.redsox.mlb.com
Tours of Fenway Park take place hourly, seven days a week, from 9 a.m. to 4 p.m.

- **Museum of Fine Arts Boston**

465 Huntington Avenue (Museum stop on MBTA Green Line "E" subway), Boston | 617-267-9300 | mfa.org
Call for hours and admission fees.

Bring your yellow Boston Children's ID badge to receive \$2 off adult general admission. Children under 17 are admitted free.

- **Museum of Science**

Science Park (Lechmere stop on MBTA Green Line subway), Boston | 617-723-2500 | mos.org
Open Saturday to Thursday, 9 a.m. to 5 p.m.;
Friday, 9 a.m. to 9 p.m.

Please note that hours change per season.

- **Boston Children's Museum**

Children's Wharf, 300 Congress Street (South Station stop on MBTA Red Line subway or commuter rail), Boston
617-426-8855 | bostonkids.org
Open Saturday to Thursday, 10 a.m. to 5 p.m.;
Friday, 10 a.m. to 9 p.m.

- **New England Aquarium**

Central Wharf (Aquarium stop on MBTA Blue Line subway), Boston | 617-973-5200 | neaq.org
Open Monday to Friday, 9 a.m. to 5 p.m.; weekends and most holidays, 9 a.m. to 6 p.m.

Bring your yellow Boston Children's ID card and receive \$2 off admission.



HEART GLOSSARY

Here are some of the heart-related terms you may hear during your cardiac care:

A

Ablation Elimination or removal. Also refers to a procedure that eliminates extra electrical pathways within the heart, which can cause fast or irregular heart rhythms.

Angiography A special X-ray study that uses dye injected into the arteries to study blood circulation.

Angioplasty A non-surgical procedure for treating narrowed arteries.

Aorta The largest artery in the body and the primary blood vessel that carries oxygenated blood out of the heart to the rest of the body.

Aortic valve The valve that regulates blood flow from the heart into the aorta.

Arrhythmia (also called dysrhythmia) A fast, slow or irregular heartbeat.

Artery A blood vessel that carries oxygenated blood away from the heart to the body.

Atrium ("atria" when plural) One of two upper chambers in the heart.

B

Balloon angioplasty A procedure usually done in the cardiac catheterization laboratory that uses a catheter (tube) with a balloon in the tip to open up a narrowed valve or blood vessel.

Bicuspid A valve that has two leaflets.

C

Capillaries Tiny blood vessels between arteries and veins that distribute oxygen-rich blood to the body.

Cardiac catheterization A diagnostic procedure in which a tiny, hollow tube (catheter) is inserted into an artery or vein to evaluate the heart and blood vessels.

Carotid artery The major artery in the neck that supplies blood to the brain.

Cineangiography Taking moving pictures to show the passage of dye through blood vessels.

Closed heart surgery An operation that repairs problems with the blood vessels attached to the heart without requiring a heart-lung bypass machine.

Computed tomography scan (CT/CAT scan)

A diagnostic imaging procedure that uses a combination of X-rays and computer technology to produce detailed images of the body.

Congenital heart defect A heart problem that is present at birth.

Coronary arteries Two arteries that come from the aorta to provide blood to the heart muscle.

Cyanotic Appearing blue due to insufficient oxygen in the blood.

D

Diastole The time during each heartbeat when the ventricles are at rest, filling with blood and not pumping. (See "systole" under "S".)

Doppler ultrasound A procedure that uses sound waves to evaluate the heart, blood vessels and valves.

Dyspnea Shortness of breath.

E

Echocardiogram (ECHO) A procedure that evaluates the structures and function of the heart by using sound waves to produce a moving picture of the heart and heart valves.

Edema Swelling due to the buildup of fluid.

Effusion A collection of fluid in a closed body space.

Electrocardiogram (ECG or EKG) A test that records the electrical activity of the heart, shows abnormal rhythms (arrhythmias or dysrhythmias) and detects heart muscle damage.

Epicardium The outermost part of the heart.

Exercise electrocardiogram (stress ECG or stress EKG) A test to assess cardiac rhythm and function by having a patient exercise on a treadmill or bicycle.

F

Fibrillation Rapid, irregular and weak contractions of the heart muscles.

Fluoroscopy An X-ray procedure that takes continuous pictures to evaluate the heart and other body structures.

Flutter Rapid but regular contractions of the heart's right and left atria.

H

Heart block Interrupted electrical impulse to the heart muscles.

Heart-lung bypass machine A machine that performs heart and lung functions during open heart surgery.

Holter monitor A portable EKG machine worn for a 24-hour period or longer to evaluate irregular, fast or slow heart rhythms during normal activities.

Hypertension High blood pressure.

Hypotension Low blood pressure.

Hypoxia Abnormal oxygen content in the organs and tissues of the body.

I

Inferior vena cava The large blood vessel (vein) that returns blood from the legs and abdomen to the heart.

Insufficiency A valve deformity that allows blood to leak backwards when the valve is closed.

Ischemia Decreased flow of oxygenated blood to an organ due to narrowing in an artery.

L

Left atrium The upper left chamber of the heart, which receives oxygen-rich "red" blood from the lungs and then sends it to the left ventricle.

Left ventricle The lower left chamber of the heart. It receives oxygen-rich "red" blood from the left atrium and pumps it into the aorta, which takes the blood to the body.

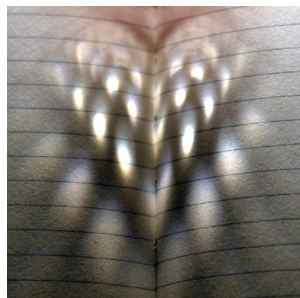




M

Magnetic Resonance Imaging (MRI)

A diagnostic procedure that uses a combination of large magnets, radiofrequencies and a computer to produce detailed images of organs and structures within the body.



Mitral valve The valve that controls blood flow between the left atrium and left ventricle in the heart.

Murmur A blowing or rasping sound heard while listening to the heart. This may or may not indicate problems within the heart or circulatory system.

Myocarditis Inflammation of the heart muscles.

O

Open heart surgery Surgery that involves opening the chest and heart while a heart-lung machine performs cardiac and respiratory functions during the operation.

P

Pacemaker An electronic device that is surgically placed in the patient's body and connected to the heart to regulate the heartbeat.

Palpitation A sensation of rapid heartbeats.

Pericardiocentesis A diagnostic procedure that uses a needle to draw fluid from the pericardium (the sac around the heart.)

Pericarditis An inflammation or infection of the pericardium.

Platelets Cells found in the blood that assist in clotting.

Pulmonary artery The blood vessel connecting the right ventricle to the lungs, allowing oxygen-poor ("blue") blood to receive oxygen.

Pulmonary valve The heart valve, located between the right ventricle and the pulmonary artery, that controls blood flow to the lungs.

Pulmonary vein The vessel that carries oxygenated blood from the lungs to the left side of the heart.

Pulse oximeter A device that measures the amount of oxygen in the blood.

R

Regurgitation Backward flow of blood, caused by a defective heart valve.

Right atrium The upper right chamber of the heart, which receives oxygen-poor ("blue") blood from the body and sends it to the right ventricle.

Right ventricle The lower right chamber of the heart, which receives oxygen-poor ("blue") blood from the right atrium and sends it to the pulmonary artery.

Risk factor Any condition, element or activity that may negatively affect the heart.

S

Septum The muscle wall between the heart's atria or ventricles.

Shunt A connector to allow blood flow between two locations.

Sinus nodes The cells that produce the electrical impulses that cause the heart to contract.

Stent A device placed in a blood vessel to help keep it open.

Stenosis Narrowing or constriction of a blood vessel or valve in the heart.

Subclavian A blood vessel that branches from the aorta and takes oxygen-rich ("red") blood to the head and arms.

Superior vena cava The large vein that returns blood to the heart from the head and arms.

Systole The time during the heartbeat when the ventricles are pumping blood, either to the lungs or to the body.

T

Tachycardia Rapid heartbeat.

Tachypnea Rapid breathing.

Telemetry unit A small box with wires attached to EKG patches on the chest, used to transmit information about the heartbeat via radio transmission.

Thoracotomy An incision made on the right or left side of the chest between the ribs, in order to access the heart or lungs during surgery.

Transesophageal echocardiography (TEE) A diagnostic test that uses a long tube, guided into the mouth, throat and esophagus, to evaluate the structures inside the heart with sound waves.

Tricuspid valve The heart valve that controls blood flow from the right atrium into the right ventricle.

U

Ultrasound (sonography) A diagnostic imaging technique that uses high-frequency sound waves and a computer to create images of blood vessels, tissues and organs.

V

Valves The "doors" between the chambers of the heart that allow blood to move forward and prevent it from moving backward.

Vascular Pertaining to blood vessels.

Vein A blood vessel that carries blood from the body back into the heart.

Ventricle One of the two pumping chambers of the heart.

X

X-ray A diagnostic test that uses invisible energy beams to create images of internal tissues, bones and organs on film.







Make a
heartfelt
connection
today



Join the Boston Children's Hospital Heart Center community on Facebook.
facebook.com/heartcenter

Our community includes thousands of patients and family members in different stages of treatment for congenital heart defects. Learn from others who have been where you are—and share your experiences with families just starting down this road.



Boston Children's Hospital
Until every child is well™



HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL

300 Longwood Avenue | Boston, MA 02115 | **617-355-HART (4278)** | cvp@cardio.chboston.org | bostonchildrens.org/heart