

Angliss Hospital Special Care Nursery

Information for parents



A Victorian
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initiative





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Congratulations on the birth of your baby and welcome to the special care nursery (SCN) at Angliss Hospital.

This brochure provides information about our facilities and what to expect when your baby is transferred to our nursery. You will receive more detailed information on admission to the SCN.

Orientation

To make the transfer easier for your family we invite you to visit and familiarise yourself with the SCN before your baby is transferred. This is also an opportunity to ask nursing or medical staff any questions regarding the care of your baby.

To arrange a visit contact the SCN nurse in charge on: (03) 9764 6307

Transferring to our nursery

Once medically stable, and no longer requiring intensive care facilities, your baby will be transferred closer to your home, to our SCN. We will continue to provide your baby with specialised care and observation.

Your baby will be monitored **for as long as necessary following transfer**. Often babies are tired and may not feed/settle as well after transport and the change in their environment. This however, usually passes in a few days.

Our nursery

Our SCN is a 10-bed high dependency level 2 unit located on the third floor of the hospital with other midwifery services.

Your baby's care will be assigned to one of our five consultants. The consultants do not have specific visiting times; however a resident doctor is available in the hospital 24 hours a day and will liaise closely with your paediatrician.

We aim to provide family-centred care to you and your baby during your stay and encourage you to participate as much as possible in the care and management of your baby. SCN staff will support and guide you in providing this care.

We welcome and encourage parents to be with their baby at any time of the day/night. It is an important part of your baby's care that they are aware of your presence –can hear your voice and feel your touch.

Other services

Allied health professionals available include:

- lactation consultants
- physiotherapists
- speech pathologists
- social workers
- health psychologists.

Nursery routine

The nursing handover is at the start of each shift, usually between 7–7.30 am, 1–1.30 pm and 9–9.30 pm every day. Nursing handovers are conducted in the nursery so parents will be asked to leave the nursery or go into the mother's room at these times. This is to protect the confidentiality of all our families.

Mobile phones must be turned off or on silent while you are in the nursery.



Baby's progress

As parents, it is important that you are aware of what is happening with your baby. Please don't hesitate to ask nursing or medical staff to explain anything you do not understand about your baby's care.

Protecting your privacy

We are committed to respecting your confidentiality and preserving your privacy.

Nursing and medical staff will keep your baby's medical history and family's personal information confidential. They are not permitted to discuss with you, details of any other babies in their care.

Information regarding your baby's condition will only be discussed with the parents. We do not allow people to visit or handle your baby without your **written permission**.

To maintain the privacy of all babies and their families, we remind parents/visitors to stay with their baby, and not wander around the nursery or touch other babies even if they are crying.

Infection control

Hand washing is the most effective way to reduce the spread of disease. If your hands are not soiled, use the pink solution before coming into the nursery. If hands your hands are soiled, wash and dry them (at the sink with the solution provided).

Clothes and toys

Parents are welcome to bring in their own baby clothes. Toys should not be placed in the cot, (SIDS recommendation) but can be displayed under the cot or on top of the isolette. Both clothes and toys need to be appropriately labelled to prevent loss.

Disposable nappies and other bed linen are provided by the nursery for the length of baby's stay.

Feeding your baby

SCN staff will help you with breast feeding and expressing breast milk. Breast pumps are available in the nursery to express while visiting baby and are also available for hire. Lactation consultants can be organised from maternity services if required.

If you choose to feed your baby formula, nursing staff will assist you and provide information on preparation of formula and sterilization of equipment.

Kangaroo care

This is a way of holding an infant so that the mother/father can have skin to skin contact with the baby. This care is recommended particularly for the stable premature baby, but is comforting for any infant.



Visiting hours

Parents

Visiting hours are unrestricted for parents. You are welcome to visit whenever you wish. Please let staff know in advance when you will be coming in to feed or bath baby so this can be reserved for you.

Parents may phone the nursery at any time to enquire about their baby, however, please inform relatives and friends that staff cannot give them any information about your baby.

If you are visiting after hours (after 8 pm) enter the hospital via the emergency entrance off Albert St.

Other visitors

Visiting times for all other visitors are: (we do not have a quiet time at Angliss)

- 2pm to 4pm
- 6pm to 8pm.

Due to limited space and to maintain a safe and quiet environment for all babies, only a total of three visitors (including parents) are permitted at baby's bedside at any one time

Visitors are welcome but we ask that they be accompanied by a parent. If you wish a visitor to be admitted without the presence of a parent you must put their name in writing on the card provided or they will not be allowed into the nursery.

All visitors must wash their hands on entering the nursery.

Children

Your baby's siblings are welcome under your supervision. Other children under 12 years of age **are not** permitted in the nursery for infection control reasons. We ask that visitors respect the privacy of all our families and do not touch or ask about other babies.

Please note: Family and visitors who are unwell with any infection, such as gastroenteritis, cold or flu, or have come into contact with an infectious disease, should not visit without first discussing with nursery staff.

Parking

Parking is available in the public car park in Talaskia Road. Parking rates range from \$2 for one hour to a maximum of \$10 for 24 hours. If your baby is likely to stay several weeks the nurse unit manager is able to arrange for fees to be waived.

Parent's facilities

The 'mother's room', situated within the nursery, is available for feeding, expressing breast milk and spending time with your baby. Fathers are welcome in the mother's room, however, may be asked to leave if other mothers wish to breast feed or express.

A television is located in the mother's room. Please be considerate of others when watching TV.

Caring for and feeding a newborn baby can be stressful and tiring. Please try to ensure that you get sufficient support, diet, fluids and rest, particularly in the first few weeks.

Tea and coffee making facilities are available for you and your partner, please wash, dry and put away cups following their use. The nursery kitchen has a microwave oven to warm food. There is a cafeteria on the first floor for staff and visitors. This is open from 8 am to 7 pm, and serves hot food between 12- 2pm and 5- 6.30pm.



Preparing for discharge

Babies must be feeding well at all feeds and gaining weight before they can be discharged home. The Paediatric consultant will decide the date the baby can be discharged.

Rooming in is encouraged as it provides an opportunity to fully care for your baby with nursing staff in close proximity, prior to discharge. Mothers will be accommodated in our postnatal ward, however due to limited space, only mothers are permitted to room in.

You will need to bring toiletries, night wear for yourself, and appropriate clothing and wraps for your baby to go home in. Breakfast is provided to mothers but you will need to make your own arrangements for lunch and dinner if you stay 2 nights. If you are on any medications, please bring these with you. The hospital staff will not supply them because you are not the patient.

After discharge

Most of our families receive at least one visit from our home midwives prior to your Maternal Child Health Nurse visit.



All our services comply with relevant information and privacy legislation.

If you would like a copy of our Privacy Policy, please ask a member of staff or visit www.easternhealth.org.au

