

# Casey Hospital Special Care Nursery

Information for parents



A Victorian  
Government  
initiative





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**Congratulations on the birth of your baby and welcome to the special care nursery (SCN) at Casey 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 on: (03) 8768 1724

### **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 may be observed on a monitor for up to 24 hours after being transferred, and ongoing if required. Often babies are tired and may not feed as well for a couple of days after the change in their environment. This usually passes in a few days.

## Our nursery

Our SCN is a five-bed Level 2 unit located in Ward G on the second level of Casey Hospital.

A team of consultant paediatricians manage the care of babies in our SCN. A registered nurse will care for your baby at all times. A paediatric registrar or resident doctor is available in the hospital 24 hours a day.

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. 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
- ophthalmologists.

## Nursery routine

Nursing staff handovers are at 7am, 1 pm and 9 pm. One of the consultant paediatricians visits the nursery daily to review your baby's progress.

We ask that parents and visitors respect the privacy and confidentiality of other babies during nursing handovers and paediatricians' rounds.

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



## Baby's progress

As parents, you need to know what is happening to your baby. Don't hesitate to ask nursing staff or doctors 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.

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

Information about your baby's condition will only be discussed with you and we do not allow people to visit or handle your baby without your permission.

To respect the privacy of all babies and their families, we ask that parents stay with their baby and do not wander around the SCN or touch other babies even if they are crying.

## Infection control

Hand washing is an effective way to reduce the spread of disease. For this reason always wash your hands before entering the nursery. If hands are soiled, they should be washed and dried, otherwise the pink hand solution may be used.

## Clothes and toys

Ensure all your baby's clothing is named and taken home regularly for washing.

Only give your baby small toys labelled with your baby's name and avoid having toys in the cot when baby is sleeping. Nursery staff cannot accept any responsibility for lost clothing or toys.

One size only of disposable nappies is routinely supplied in the nursery. You may provide your own supply if you prefer. Cloth nappies are also available for use if required.

## Feeding your baby

Information, advice and support are available on the many aspects of feeding your baby—both breast and formula feeding.

Nursery staff will support you to establish and maintain your milk supply. Electric breast pumps are available in a private area of the nursery. Individual expressing kits are available to use in the SCN, or available for purchase in Ward G; however electric pumps are not available for hire or sale.

Special containers and labels are provided for storing breast milk in the nursery fridge. Lactation consultants are available for advice on request – please speak to the nurse caring for your baby.

If you choose to feed your baby formula, nursing staff will also assist you and provide information on preparing formula and sterilising equipment. We encourage parents to change their baby's sterilising equipment every day.



## 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.

You may call at any time to check on the progress of your baby, however, please inform relatives and friends that staff cannot give them any information about your baby.

Phone the SCN on 8768 1724 or the Ward G clerk on 8768 1752.

### Other visitors

Visiting times for all other visitors are: 2.30 pm–4.30 pm and 7 pm–8 pm.

Babies need quiet periods as part of their normal development. Quiet period for SCN babies is between midday and 2 pm, and after 8 pm.

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 are away from the SCN but wish a visitor to be admitted you must write their name on a 'visitors to the nursery' list displayed on the baby's cot. Visitors can only touch or cuddle babies if the parents have given written permission for this to occur in their absence and when this is appropriate.

### 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.

All visitors must wash their hands on entering the nursery.

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

## Parking

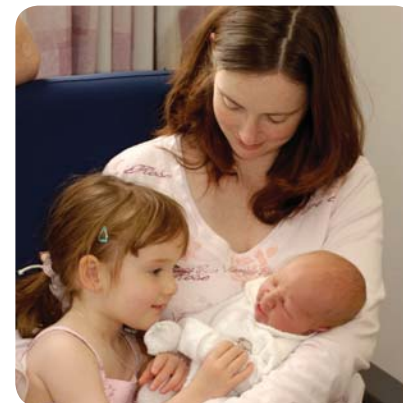
The public car park is available at an hourly or daily rate, and we advise to obey parking restriction signs outside of designated car park

## Parent's facilities

It is important to make sure you fit in adequate rest and are eating and drinking well as you care for your new baby. Tea and coffee making facilities are available in the Ward G area. A cafeteria, food and drink vending machine and gift shop are located on the ground level of the hospital. There is no area in the nursery for food preparation and storage.

Public toilets are located near Ward G waiting area, outside Ward F and on the ground floor of the hospital.

Public pay phones are located in Ward G waiting area and outside Ward C.



## Preparing for discharge

Babies must be feeding well at all feeds for 48 hours and gaining weight before they can be discharged. The paediatric consultant will have final say on the discharge date.

We will discuss an individualised discharge plan with you and, if available, offer rooming-in for one to two nights prior to discharge. Rooming-in is encouraged as it provides an opportunity to fully care for your baby with nursing staff in close proximity before going home.

When coming to room-in please bring your sleepwear, toiletries and a watch; and clothing, nappies and blankets to take your baby home in. Meals will be provided during your stay.

Please ensure the baby capsule or car seat is fitted correctly well before discharge.

## After discharge

Home visits by registered nurses will be organised to support you prior to the maternal child health nurse visit.



All our services comply with relevant information and privacy legislation. SCN staff welcomes any feedback regarding the care of your baby.

