

Sandringham Hospital Special Care Nursery

Information for parents



A Victorian
Government
initiative



AlfredHealth

193 Bluff Road

Sandringham VIC 3191

Ph: 03 9076 1572 or 9076 1550

Published by Portfolio Services Division, Victorian Government
Department of Human Services, Melbourne Victoria.

December 2008

© Copyright State of Victoria, Department of Human Services, 2008.

This publication is copyright.

No part may be reproduced by any process except in accordance
with the provisions of the *Copyright Act 1968*.

Congratulations on the birth of your baby and welcome to the Special Care Nursery (SCN) at Sandringham 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) 9076 1572 or 9076 1550

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 observed on a monitor for at least 24 hours after being transferred. 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 3-6 bed, low-dependency unit for the treatment of premature and sick babies. It is located in the ward F3 Maternity (obstetric unit), on the first floor of the hospital.

The SCN is attended by a team of four team of consultant paediatricians, paediatric registrar, midwives, nurses, social workers, and other hospital staff.

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:

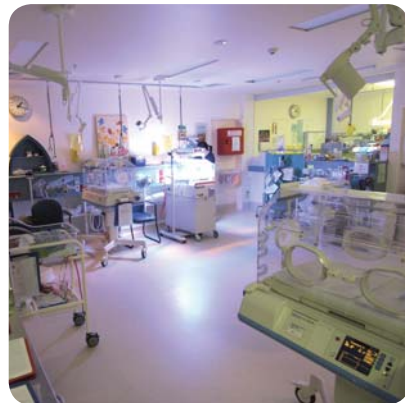
- lactation consultants
- social workers.

Nursery routine

One of the consultant paediatricians visits the nursery daily to review your baby's progress.

Nursing handovers are at 7 am, 2 pm and 10 pm each day. We ask that parents and visitors respect the privacy and confidentiality of babies during the paediatricians' ward rounds and nursing handovers.

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

You may dress your baby in their own clothes. Please make sure they are labelled and ask the nursery staff to put a 'baby's own clothing' sign on the cot. You are responsible for laundering your baby's clothes.

Parents are required to supply disposable nappies for their baby.

We ask you not to eat or drink in the SCN, except for breast feeding mothers who can have water in disposable cups while feeding their baby or expressing.

Feeding your baby

If you plan to breast feed it may be necessary, for you to express breast milk, which will be used to feed your baby. In the SCN there are breast pumps available to use. The nursery staff will assign a breast pump kit to you. Gradually your baby will be offered breast feeds as he or she tolerates them. Please ask the midwife for an information leaflet on labelling and storage of breast milk and hiring of breast pumps for home use. Our Breast Feeding Support Service staffed by lactation consultants is also available to you.

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.

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.

Other visitors

Visiting times for all other visitors are: 2 pm–4 pm and 6pm–8pm.

During quiet time (between 12 midday and 2pm) **no visitors**, except parents, may enter the SCN.

Due to limited space and to maintain a safe and quiet environment for all babies, only two adults 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 please complete and sign a 'visitors to the nursery' form that will be attached to your baby's chart.

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 in contact with an infectious disease, should not visit without first discussing with nursery staff.

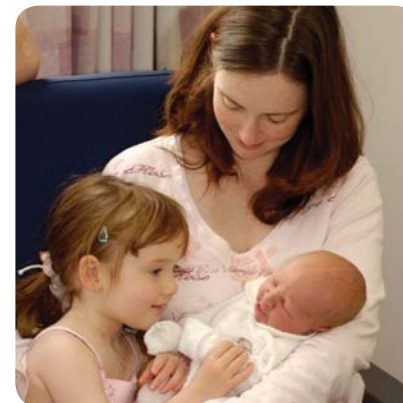
Parking

There is paid parking in the hospital car park and signed parking in the surrounding streets. You will need to be aware there are time limits on the street parking. You can ask the SCN staff for assistance with parking costs in some circumstances.

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. Coffee and tea are available in the kitchen opposite SCN. Food can be ordered from the cafeteria, please speak to staff.

Hot drinks are not permitted in the SCN due to the potential risk of spills or burns.



Preparing for discharge

Length of stay will depend on why your baby was admitted to the SCN. 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.

Mothers may 'room-in' with their baby for 24 hours prior to discharge, if a bed is available.

Rooming-in is encouraged as it provides an opportunity to fully care for your baby before going home, with nursing staff close by if you need advice or support.

You will need to bring toiletries and pyjamas and appropriate clothing and wraps to take baby home in. Meals will be provided for you during this stay.

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

After discharge

Follow-up support will be coordinated with the maternal child health nurse and a Breast Feeding Support Service appointment organised, if needed.

You will be given a discharge letter and paediatrician referral, and also a discharge letter for your GP.



All our services comply with relevant information and privacy legislation.

To access our privacy policy visit www.alfredhealth.org.au/privacy

