

Sunshine Hospital Special Care Nursery

Information for parents



A Victorian
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initiative





176 Furlong Road
 St Albans 3021
 (03) 8345 1712
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Congratulations on the birth of your baby and welcome to the special care nursery (SCN) at Sunshine 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 offer an 'introduction to the nursery' on admission or before your baby is transferred. This is an opportunity to familiarise yourself with the SCN and ask the unit manager or associate managers any questions regarding the care of your baby.

To arrange a visit contact the SCN on: (03) 8345 1712

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 15-cot, high-dependency unit located on the second floor of the hospital.

The Unit is secure 24hrs a day. Hospital access is via the front entrance during visiting hours and via the emergency department after hours.

The SCN is attended by a team of consultant paediatricians, with a consultant paediatrician on call and paediatric registrars working 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:

- social workers
- physiotherapists
- dieticians
- speech pathologists
- ophthalmologists
- breastfeeding clinic.

Nursery routine

Our paediatric registrars do a daily ward round, usually in the morning.

Nursing handovers are at 7 am, 1.30 pm and 9.30 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 bring in your own clothing, blankets and toiletries for your baby. Please ensure they are clearly labelled.

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.

Hospital clothing, blankets and disposable nappies are also available in the SCN.

Feeding your baby

Expressing and breast feeding are encouraged. Information, advice and support are available on the many aspects of feeding your baby – both breast and formula. Electric breast pumps are available, in a private area. Individual expressing kits are available to use in the SCN, and electric pumps are available for sale in the Auxillary shop in the hospital foyer. Special containers and labels are provided for storing breast milk in the nursery fridge.

If you choose to feed your baby formula, bottles and teats are available in the SCN. Please bring in powdered formula 72 hours prior to discharge so nursing staff can assist you and provide information on preparing formula and sterilising equipment.



Visiting hours

Parents

Parents, brothers and sisters of the baby can visit any time. 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

No visitors are allowed into the SCN without parent's permission. Visitors are welcome but we ask that they be accompanied by a parent or with written permission from parents.

Visitors are asked to visit between 8 am–12 pm and 2 pm–8 pm.

To maintain a safe and quiet environment for all babies, only two visitors are permitted with parents at any one time.

During quiet time (between 12 midday and 2.00 pm) **no visitors**, except parents, may enter the SCN.

All visitors must wash their hands on entering the nursery.

Children

Your baby's siblings are welcome under your supervision. 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

Parking is adjacent to the hospital building front entrance. Parking is not time restricted. When presenting a parking concession form from the nursery the cost is \$4 per day, please keep the receipt for re-entry all day.

Parking is also available for \$2 per hour opposite the hospital.

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.

A 'parent's room' is located in the SCN where children and parents can watch videos/ DVDs, eat meals and have hot drinks. Children must be supervised at all times.

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

The hospital cafeteria is located in the main hall and is open from 7am to 8 pm. Vending machines are located in various corridors throughout the hospital.



Preparing for discharge

Discharge planning is commenced as soon as your baby enters the nursery. We will discuss an individualised discharge plan with you and, if available, offer rooming in for one or two nights prior to discharge. Rooming in is encouraged as it provides an opportunity to fully care for your baby with support from nursing staff before going home.

When coming to room in please bring your sleepwear, toiletries, watch, clothing, nappies and blankets to take your baby home. Only breakfast will be provided and you will need to buy your other meals or bring in your own food.

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.

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

After discharge

If needed, on discharge SCN staff can arrange for Hospital in the Home prior to the maternal child health nurse home visit.

A range of community resources in the area provide support for mothers, including multiple birth clubs and young mums support groups. A social worker is available to discuss any additional needs prior to discharge and beyond and a pastoral care service is also available.



