

Wodonga Regional Health Service 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 Wodonga Regional Health Service.

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: (02) 6051 7255

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 13-bed high dependency unit for the treatment of premature and sick babies. It is located in the Obstetric Unit at the Wilson Street entrance.

The SCN is attended by a team of four consultant paediatricians, paediatric registrars, midwives, nurses, social workers, a Koori maternity enhancement worker 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
- speech pathologists
- dieticians
- family support workers
- Aboriginal support workers
- Ophthalmologists.



Nursery routine

One of the four consultant paediatricians and paediatric registrars visit the nursery daily, usually in the morning, to review your baby's progress.

Nursing handovers are at 7 am, 1 pm & 9 pm each day. We ask that parents and visitors respect the privacy and confidentiality of babies during the paediatricians' ward rounds and nursing handovers, you will be asked to leave the nursery during this time for about 30 mins.

Mobile phones must be turned off 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 on entering the nursery. If hands are soiled, they should be washed and dried, otherwise the "De Bug" hand solution may be used.

Clothes and toys

When your baby's condition allows, feel free to dress your baby in their own clothes.

Please make sure they are labeled 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.

Disposable nappies are supplied by the nursery for the length of baby's stay.

Feeding your baby

SCN staff will help you with breast feeding and expressing milk. Babies are gradually offered breast feeds as they can tolerate them. Breast pumps in the feeding room of the SCN are available to use. The nursery staff will assign a breast pump kit to you and show you how to wash it between uses. The breast pump kit is changed overnight so please leave it on your baby's cot for easy access.

Please ask the midwife for an information leaflet on labeling and storing breast milk and hiring breast pumps. To ensure the privacy of mothers' while expressing milk, we ask that males do not enter the feeding room.

If you choose to feed your baby formula, nursing staff will also assist you to bottle feed your baby and show you how to prepare formula and discuss hygiene issues related to bottle feeding.



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: 10am–8 pm.

During quiet time (between 12 midday and 2.30 pm) **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.

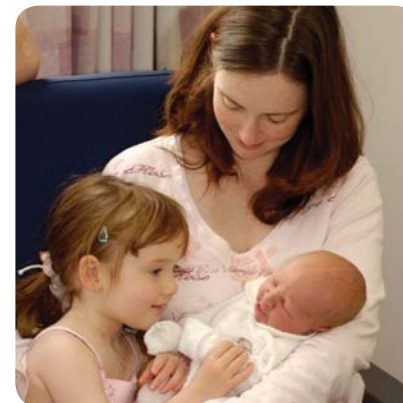
Parking

There is limited parking in the Wilson Street car park and surrounding streets. However you need to be aware of the time limits on the street parking. Parking is also available at the football ground (at the end of Vermont St).

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 are available in the kitchen opposite the SCN. Food can be purchased from the cafeteria (you must place an order for a meal in the evenings or on weekends).

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.



Preparing for discharge

The 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 the 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.

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

After discharge

Domiciliary Midwife Program is available following discharge from hospital. This program will provide support and ongoing assistance in your area, visiting you and your baby at home.



All our services comply with relevant information and privacy legislation.

To access our privacy policy visit www.wrhs.org.au

