

Transitioning Your Baby From the Neonatal Intensive Care Unit To the Pediatric Unit

Surrey Memorial Hospital



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What is ‘transitioning’?

Your baby is getting well enough to soon be transitioned (moved) to our pediatric unit. This means your baby will no longer need special nursing care in the Neonatal Intensive Care Unit (NICU).

In our Pediatric Unit, we try to place your baby in a room close to the Nursing Station. This is so nurses can continue to closely monitor your baby. You will see similar equipment as in NICU (such as monitors, thermometers, breast pumps).

Nurses will continue to check your baby’s vital signs regularly. Also, your baby’s feeding plan from NICU will be continued. The feeding plan could change as your baby gets closer to going home.

Why is my baby ‘transitioning’?

We move babies to our Pediatric Unit so parents have an opportunity to start to take on the care of your baby with the help and support of nurses.

During this time, we encourage you to take part in all aspects of your baby’s care. This helps increase your comfort and confidence. You can be with your baby at any time. You can also stay with your baby the whole time your baby is on the Pediatric Unit.

Before you take your baby home, we ask that one parent ‘room in’ (stay with baby through the day and night) and look after your baby on your own for 24 to 48 hours. For this time, we might have a private room for you and your baby depending on availability.

About the Pediatric Unit

The Pediatric Unit is a 20 bed unit in a U shape. Our unit is divided between those who stay in the hospital (in-patients) and those who come in for treatment during the day (out-patients).

There is a main entrance/exit. The unit is locked from 6:00PM to 7:00AM during the week, and from Friday at 7:00PM to Monday at 6:00AM. To enter, pick up the phone outside the main entrance door and tell them who you are when asked.

A team of health professionals (such as doctors, nurses, physiotherapists, occupational therapists, social workers, and dietitians) will care for your baby in the Pediatric Unit.

Like the NICU, the Pediatric Unit uses a family-centered approach where you and your family are respected partners within the healthcare team.

Values held by the healthcare team:

family strengths, respect, choice, information sharing, support, flexibility, collaboration, and empowerment.

'Family-centred': Where the care team considers the emotional, physical, social, and spiritual needs of the whole family when providing care.

Parents rooming in

Each room has a fold out chair or a parent cot. Chairs and cots are for parents only. Babies must sleep in their cribs.

Because space is limited and the care team needs to easily get in and around the room to care for your baby:

- Please keep clear space around chair and crib during the night.
- Please fold up the chair/cot during the day.



Parent Lounge

There is a parent lounge with a refrigerator, freezer, kettle, and a microwave for use during your stay. We do not supply meals for parents. You will need to bring in your own food.

There is a bathroom with shower available for your use. You will need to bring in your own personal care items.

Remember to take time to care for yourself. Nurses are here 24 hours a day, so feel free to go for a shower or leave the unit for a break at any time. Just let your baby's nurse know when you will not be in your baby's room.



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Television

Televisions are available for rent. Service can be purchased by filling out the form found in the parent lounge and giving it to your nurse or returning it to the slot where the forms are found.

Helping with your baby's care

We encourage you to stay with your baby as much as possible and help do personal care such as bathing, feeding, and diapering. If you don't feel comfortable taking part in some aspects of your baby's care, please let your baby's nurse know. Nurses can teach you how to feed, bathe, and look after your baby so you can increase your comfort and confidence.



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If you feel unwell, please tell your nurse. If you are sick, please call the unit and let them know you are not well.

Expressed breast milk

We store expressed breast milk in a locked refrigerator near the Nursing Station. If you are expressing breast milk, please keep it at your baby's bed side. Your nurse will take it to the refrigerator after checking to make sure it is labelled correctly.

Playroom and Outdoor Patio

The playroom is located in across from the Nursing Station. It is open from 8:00AM to 8:00PM. You can get to the outdoor patio by going through the playroom. The patio is locked overnight, and the key is at the main Nursing Station. Please ask us to unlock the door for you.

Staff only areas:

Nursing Station, Supply Room, Medication Room

Safety

Prevent falls. Make sure the crib rails are all the way up and latched when your baby is in the crib.

Prevent accidental burns. Do not bring hot drinks onto the unit.

Protect from second-hand smoke. If you smoke, wash your hands and wear a yellow gown before visiting and touching your baby. Exposure to second-hand smoke increases the chances of Sudden Infant Death Syndrome (SIDS).

Prevent allergic reactions. The hospital is scent-free and balloon free.

- Do not wear scented products such as perfumes or colognes.
- Do not bring in latex balloons or other latex products.
- Tell nurses if you have an allergy or sensitivity to certain scents or latex.

Keep your baby's hospital identification bracelet on until you take your baby home. If you notice the bracelet has fallen off, please ask for a new one.

Ask who is caring for your baby. Everyone who works or volunteers in the hospital wears identification with their photo, name, and title.

Car Seat Safety

It is the law. Babies must be in a car seat when travelling in a vehicle.

Your baby's nurse can review car seat safety and fitting with you before you take your baby home.



Visitors

Visitors of all ages (including children) are welcome as long as they are healthy.

Please ask them not to visit if they are ill or have been recently exposed to an infectious disease such as measles, mumps, rubella, chickenpox, or viral illnesses.

Children must be supervised by an adult at all times.

Please be quiet and respectful to other families and patients in your room. Respect their space and keep noise to a minimum.

Note: We might restrict visitors to the hospital or the unit when we are trying to control an outbreak of an infectious disease or if there is an emergency.

My questions

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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