

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

Royal Columbian 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, your baby will be 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 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. Like the NICU, you can visit your baby at any time, day or night. You can also stay with your baby the whole time your baby is on the Pediatric Unit.

Before the day you take your baby home, we ask that one or both parents ‘room in’ (stay with baby through the day and night) and look after your baby on your own for the 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

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The Pediatric Unit is a small, 12 bed unit in a U shape. Three nurses work during the day and 3 work during the night. The same doctors and other health professionals (such as the physiotherapist, occupational therapist, and dietitian) from NICU continue to care for your baby in the Pediatric Unit.

There is only one entrance/exit. The unit is locked at all times. To enter, you need to ring the bell outside the door and tell them who you are when asked.

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

We have a few folding cots which are available on a first come, first served basis. 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 cot and crib during the night.
- Please fold up the cot during the day.

## Kitchen

There is a kitchen with a refrigerator, freezer, kettle, microwave, and toaster for use during your stay. The room is locked at all times. You need to a number code to enter.



There may be times when the kitchen is closed to all patients/visitors. Your nurse will let you know if this happens.

We do not supply meals for parents. You will need to bring in your own food.

## Bathroom

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

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.



## Helping with your baby's care

We encourage you to visit your baby as often 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 in the kitchen. If you are expressing breast milk, please keep it at your baby's bedside. Your nurse will take to the refrigerator after checking to make sure it is labelled correctly.

## Television

Televisions are available for rent. The price list and order forms are available at the Nursing Station.

## Phones

Telephones are available for use in each patient room. Please dial '9' and then the number you are calling. If calling long distance, you will need to buy a prepaid long distance card.

## **Playroom and Outdoor Patio**

The playroom is located across from the Nursing Station. It is open from 7:00AM to 9:00PM. You can get to the outdoor patio by going through the playroom.

Please ask at the Nursing Station for the key to the outdoor patio.

### **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.

Before you take your baby home, your baby's nurse can review car seat safety with you as well as explain how to make sure the car seat fits your baby correctly.



## Visitors

Visitors of all ages (including children) are welcome between 11:00AM and 8:00PM 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

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[www.fraserhealth.ca](http://www.fraserhealth.ca)

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

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