

Neonatal Unit (NNU) Gloucestershire Royal Hospital

Introduction

This leaflet provides you with information about the Neonatal Unit. We understand that Neonatal Units (NNU) can be very different to other wards so we want to involve you in all aspects of your baby's care and make you feel welcome on the unit.

Planning to go home

We start making plans for your baby to go home as soon as possible but there are many factors which have to be considered. Usually babies need to be taking all sucking feeds, growing and able to maintain their own temperature. This will usually be at around 36 weeks of gestational age, however it may be earlier or later dependant on their progress while on the unit.

When planning for discharge we will work with you to make sure that you are confident to take on the various aspects of your baby's care such as feeding, bathing and giving medications. For very preterm or sick babies, who are with us for several weeks, parents will gradually take on more of the practical side of care, whereas for others, the process may be quicker.

Parents may feel anxious when the time comes for their baby to go home. To help make the transfer from being in hospital to taking your baby home feel less scary, we have 2 parents rooms, where parents can have their baby with them all the time and take on the day to day care. Alternatively we have Nursery 5 which is a 4 bedded room, where mothers stay with their baby.

Support will be available from a member of staff in the room.

Babies sometimes quickly learn how they need to be feeding so you may only be given 24 to 48 hours' notice that they are ready to go home.

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Department

Neonatal

Review due

April 2023

**Patient
Information****Staff**

We will always try to keep you informed about how your baby is doing but please feel free to ask a member of staff if you are not sure about something.

Your baby will be under the care of one of the 6 consultants on the unit. The consultant will answer any questions you may have. The consultant may also see your baby at a follow-up clinic appointment after discharge.

The unit is staffed by senior sisters, junior sisters, staff nurses and nursery nurses, ward clerks and dedicated housekeepers and cleaners. We also have Advanced Neonatal Nurse Practitioners (ANNPs) who have had further training and have a doctor-like role.

Daily routine

The nursing staff have a changeover of shift at 7:00 am, with a handover before the new team continue looking after the babies.

At 9:00 am each day, the medical team who have been on duty overnight hand over to the day-time team. The ward round starts at about 9:30 am.

Please join us on the ward round so that you are involved in the planning of your baby's care. On Fridays the medical round starts at about 10:00 am and may involve other health professionals.

Quiet time on the unit is between 1:00 pm and 2:00 pm when we try to give the babies a period of reduced lighting and no procedures. This time allows the babies to rest and grow.

There is a changeover of some of the nursing staff at lunchtime and another change at 8:00 pm. The medical team may handover at 5:00 pm and again at 9:00 pm.

The care of your baby will continue seamlessly. Where possible, most procedures are carried out during the day.

**Patient
Information**

Spending time with your baby

Parents, named carers and your baby's brothers and/or sisters (siblings) can visit at any time.

Access to The Women's Centre and NNU is via the Tower Block between 7:00 am and 10:00 pm. Outside of these hours, you will need to press the buzzer at the back door on the service road, Mayhill Way, to be let in.

For other family and friends, visiting time is between 1100 am and 9:00 pm each day. We are sorry but children under 16, who are not siblings, are not allowed to visit; this is to reduce the risk of infection. Occasionally visiting hours may be reduced but you will be notified of these changes at the time.

No more than 4 visitors at any one time are allowed on the unit.

One of these people must be the parent/named carer. Any other visitors must wait outside the unit until one of the other 3 visitors has left.

The family room at the end of the corridor is not a waiting room for visitors and we respectfully ask that visitors wait outside the unit.

We ask that all visitors respect the privacy and needs of other families and staff if they are busy. If a member of staff is wearing a red apron please do not disturb them as they are often checking complicated medication regimes.

If any potential visitor feels unwell, we kindly ask that they do not visit the unit until they are well, this includes parents/nominated carers.

Photographing your own baby is allowed, but we ask that you do not film or take photographs of other babies or staff. We offer secure video messaging which requires an email address and your written consent. These videos can be sent to you if you had difficulty visiting at any stage.

Please leave your coats on the rail in the family room. Lockers are available for valuables and require a £1 returnable deposit. The Trust and NNU cannot be held responsible for the loss of any personal items on the unit.

Patient Information

Do remember to use the alcohol gel on entering and leaving the NNU and to wash your hands before and after handling your baby. You must also use the alcohol gel on entering and leaving the nursery.

Feeding

Breast feeding

We encourage all mothers to breast-feed their babies where possible. There are many health benefits as well as financial benefits in doing so. If your baby is not well or old enough to feed from the breast, you can express your milk, firstly by hand and then using a pump. We have an expressing room on the NNU with hospital grade electric pumps and a special fridge and freezer for breast milk storage. You will be advised how to label your milk for your baby. Labels can be found in the expressing room; please feel free to take some home with you to label any milk you express while at home.

We are only able to store a certain amount of your milk but you can store some in your freezer at home. We will give your breast milk to your baby using a tube or cup, until you can breast feed.

You can hire a pump from us free of charge; we ask that you return it when your baby is discharged from the unit. If you would like a pump for home use please ask a member of staff. There are Infant Feeding Specialists as well as our midwives who can help with all types of feeding options.

Bottle-feeding

If your baby is bottle-feeding on discharge, we will ask that you to bring in your own bottles, cleaning brushes and teats so that your baby can get used to them before going home.

Please can you also provide your own bottle brush to wash all your expressing kit or bottles if needed?

Pain relief

There are a number of ways in which together, we can reduce your baby's possible distress during any procedure by:

- Swaddling or gently holding them and speaking soothingly

Patient Information

- Allowing your baby to suck on a soother, clean finger or at the breast
- Give a sugar solution to your baby by sterile syringe onto their tongue. This has been shown to increase a baby's natural pain relieving endorphins

Some babies who require ventilation or complex procedures may be given morphine for pain-relief and sedation.

Use of dummies/soothers

Mothers intending to breast-feed are advised that dummies are not recommended until breast-feeding is well established. For full term babies this is at around 4 to 6 weeks. This is because the way babies suck on dummies is different from how they suck on the breast. However, there are occasions when use of a dummy may be beneficial, but we will always discuss this with you first and ask for your consent. For example, some small babies on CPAP (a form of breathing support given via a mask over the nose), may be more comfortable if their mouths are closed around a dummy.

Transfer to other units

The Neonatal Unit in Gloucester is part of the South West Neonatal Network. This is a group of units, working together to deliver the best in neonatal care.

Babies needing either a procedure or level of care which we don't provide will usually be transferred to one of the other units in the network.

Transport is provided by NEST (Newborn Emergency Stabilisation and Transfer), a specialist transport team.

The network has a website with lots of useful information that you may find helpful.

Website: www.swneonatalnetwork.co.uk

**Patient
Information**

Safety advice for after discharge

We strongly advise parents not to smoke around their children. This is especially important for preterm babies, who may react badly even to the residual smoke on their carers' clothes. We will continue to perform CO monitoring as we did during your pregnancy and we have dedicated staff who will offer support in smoking cessation.

Sleeping in the same bed as your baby puts them at an increased risk of sudden infant death. The current advice is that the safest place for your baby to sleep is in a cot in your room for the first 6 months of their life.

It is strongly advised that you do not fall asleep on a sofa with your baby.

The Foundation for the Study of Infant Deaths (FSID) provides further information and advice on this issue. Please visit the Foundation for the Study of Infant Deaths (FSID):

Website: www.fsid.org.uk

Remember 'feet-to-foot' and 'back-to-sleep' saves lives. While we hope that you will never be in the position of needing to undertake resuscitation, BLISS (see last page) have made a DVD on resuscitation of infants. We have copies for you to watch before going home.

If you would like a practical demonstration please let us know and we will be happy to demonstrate how to perform resuscitation on infants via a specially designed mannequin and give you the opportunity to practice yourself.

If you need advice about your baby after going home, you can phone the unit, or speak to your midwife, Health Visitor or GP.

The NNU has a parent led support group called 'HOPE'.

They meet for tea and cake most Tuesdays at Finlay Children's Centre, Gloucester, GL4 6TR. They have a closed face book

page www.facebook.com/groups/hopegrnnu and can be contacted by email at Boppertwins@gmail.com.



**Patient
Information**

The HOPE group can provide emotional and practical support for mothers, fathers and carers both throughout their neonatal stay and after discharge. A representative of the group usually runs a drop in session on the unit.

Support and Help for Every Dad

S.H.E.D aims to support and help every Dad who have experienced or are experiencing having their baby start its life on the Neonatal Unit.



S.H.E.D, who are affiliated to Gloucestershire Royal Hospital Neonatal Unit, wants to bring together these Dads, to make sure that everyone has the opportunity to speak, learn or listen to other Dads who have walked the same journey; balancing caring for a new child, partner, siblings and families - while in many cases having to continue to work to provide for their family.

Through sharing experiences, S.H.E.D is looking to make the journey of neonatal care a less stressful time.



Scoop-B-Doo is our own charity which has supported the NNU at Gloucestershire Royal Hospital for over 25 years. Much of our equipment has been bought using money raised by them. There are leaflets at the reception desk, or you can visit the website: www.scoop-b-doo.org.uk

Patient Information

Bliss

for babies born too soon,
too small, too sick

Bliss is a large, nationwide charity, which supports neonatal care in the United Kingdom. You can download free information on a huge range of topics, including those useful for after you go home such as weaning preterm babies.

There are Bliss support groups. There is one locally which is run separately from the Neonatal Unit, details of which can be accessed via their website or by calling their information and support line on:

Tel: 0800 801 0322 Website: www.bliss.org.uk

Tommy's

...is another baby charity, which has useful information about preterm birth. www.tommys.org/



Contact information

Neonatal Unit

Tel: 0300 422 5570

Tel: 0300 422 5529

Website: www.gloshospitals.nhs.uk/your-visit/our-wards/neonatal-unit/

**Patient
Information**

Feedback

Please let us know if you have any suggestions for improving the experience for parents on the Neonatal Unit. We welcome all feedback in order to improve the service and care we provide to both babies and their parents/carers. There is a survey available at the reception desk, please take a copy. Completed surveys can be left at the reception desk or posted back to the unit.

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