

Transitional Care Unit



Maternity Department

What is our Philosophy of care?

We aim to provide an excellent standard of care within a safe and caring environment, supporting the needs of both Mum and baby admitted to the Transitional care unit.

Both parents are encouraged to continue to support and participate in all aspects of their baby's care, and our aim is to support you and your baby whilst remaining on the postnatal ward.

Introduction to Transitional Care

We recognise having a baby is one of the most precious and emotional times of your life, however when your baby is a not well, then some extra care is needed, and that is what we hope to provide in our Transitional Care Unit.

The Transitional Care unit is a 6 bedded unit, within the postnatal ward. The unit is ran by Midwives, and Transitional care support workers, as well as Paediatricians and an Advanced Neonatal Nurse Practitioner who will come and asses your baby on a daily basis.

All care will of course be fully discussed and explained to you, and consent gained before any treatment can be given, if anything is of concern to you then there are a team of people who are more than happy to discuss things through with you.

The aim of the unit is to offer that extra support that your baby may need, there is a little extra equipment in this bay, designed to meet the needs of your baby, such as a resusitaire, observation machines and phototherapy units.

At all times you will be able to remain with your baby, whilst they receive the additional care that they need.

What is the Admission Criteria for Transitional Care?

- Babies requiring phototherapy for high jaundice levels
- Blood sugar monitoring of babies with low blood sugars
- Babies on intravenous antibiotics for an infection
- Weight loss of 12% or more.
- Babies whose weight is less than 2.5 kg and need help with feeding.
- Babies requiring extra observations.
- Babies who are 34 – 37 weeks gestation at birth.

Our aim is to give you the support that is needed so your baby can remain with you at all times. Sometimes however, there may be a need for your baby to go to special care baby unit (SCBU)

If this happens it will be fully discussed with you with one of the Paediatric Doctors, as well as the midwives looking after you.

Sometimes, if your baby becomes unwell, then they may be taken to SCBU just for bloods to be taken or for a more thorough examination by our Paediatric doctors, but once this has happened they may return to you for ongoing care.

What are our Visiting Hours?

We realise that at this time you and your family want to be together with your baby, we do have a visiting policy in place and it is as follows:

Visiting is the same as it is for the postnatal ward.

- For partners and siblings 09.00–22.00
- Other visitors 15.00–20.00

We do ask that no more than 2 people visit at any one time, and if there are more visitors then we suggest a swap over so we can control the amount of people there are on the unit, a busy unit makes it difficult sometimes for care and treatment to be carried out.

No visitors under the age of 13 are allowed onto the unit unless they are a sibling, this is for infection reasons.

Security is of utmost importance to us, therefore when entering the postnatal ward you will be asked your name and who you are here to visit, before being allowed to enter.

Meal times

- Breakfast 08.30
- Lunch 12.30
- Dinner 17.00

We ask that you fill in the menu choice cards placed at your bedside each day, so we can accommodate your dietary needs. Please let us know if you have any special requirements.

Caring for your baby

You are encouraged as much as possible to care for your own baby, and where possible we ask that you provide your own nappies, cotton wool and supplies. If you are using formula we also ask that you bring in your own formula too.

We like to go through cares with you, teaching you how to clean your baby, change nappies and in some circumstances we may be able to go through a bath demonstration with you , please do ask us for assistance.

We provide alcohol gel for all to use freely on entering the ward, and before and after handling the baby.

The hospital also operates a no smoking policy.

Feeding options

We will support you with whichever method you choose to feed your baby.

Breast milk has so many benefits when it comes to a baby with extra needs either due to low blood sugars or infections. Breast milk is full of antibodies which will help fight infection, or raise blood sugars, as well as lining your babies gut and building up natural flora to fight infections. We will support you in expressing your milk, storage of your expressed milk and how to breast feed your baby at this time. We have a special milk fridge on the ward, to store your milk. Whoever is looking after you will discuss this with you.

Please see additional breastfeeding leaflet for more advice on breastfeeding: Department of Health Leaflet, Off to the best start (2903774)

Babies who breastfeed are at a lower risk of

- Gastroenteritis
- Respiratory infections
- Sudden infant death syndrome
- Obesity
- Type 1 & 2 diabetes
- Allergies (e.g. asthma, lactose intolerance)

Health Benefits: www.unicef.org.uk/babyfriendly

We have various DVD's that you can watch on feeding whilst you are with us, there is a special feeding room equipped with breast pumps, feeding chairs etc. where you can have a little more privacy if you need it.

In the event of difficulties breastfeeding we will work with you to overcome these, giving you guidance along the way on the best options for your baby, all the time respecting your wishes, and implementing the best outcomes for both you and your baby. We have a breastfeeding specialist team who are available on the postnatal ward for extra assistance should you need it.

Key reference sources

- Off to the best start leaflet: Important information about feeding your baby – Department of Health (2903774)
- Unicef UK Baby Friendly initiative: www.unicef.org.uk/babyfriendly

Contact details

We hope you will be very comfortable here in Transitional Care and if you need any further advice or assistance do feel free to ask.

Shere Ward

Telephone: 01483 464134 or **Ext** 4702

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–4.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Author: Jo MacLeod

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