

Rooming-in

Information booklet for parents

Special Care Baby Unit



Patient information leaflet

What is Rooming-In?

'Rooming-in' is the term used when you, parents/carers, stay together with your baby in the room, for one or two nights, as part of your baby's discharge planning.

This will allow you to settle into caring for your baby independently in a safe environment.

The aim is to give you a smoother transition prior to taking your baby home.

The time spent rooming in will allow us to assess your baby's readiness for discharge home.

Where do I room-in?

Special Care Baby Unit (SCBU) has two parent rooms adjacent to Room C, near the Nurses station, for this purpose. (See cover photo)

SCBU will inform the following people of your baby's discharge:

- General Practitioner. You should register your baby with the GP prior to rooming-in.
- Health Visitor. Your HV will have been informed of your baby's admission to SCBU and updated on Day 5 after birth.
- Community Midwife, if your baby is going home under 10 days of age.
- Child Community Health Officer.
- Social Worker as appropriate.
- Community Nurse as appropriate.

Your baby may need some Neonatal Outpatient Appointments. These appointments will be specific to his/her needs i.e. Physiotherapy, Eye Clinic, Hip Clinic and Others. These appointments will be sent to you once you are at home.

Feedback

We value your feedback. Please complete our Parent Evaluation Questionnaires to tell us about your experience on SCBU. We would like to know what/when we did well and what/when we didn't. This way we can do even better and improve our facilities in the future

What do I expect from SCBU staff?

As part of our Discharge Planning with you, we will:

- Show you and your partner how to bath your baby and check that the water temperature is correct.
- Provide Resuscitation training with you and your partner, as well as some practical tips on what to do in an emergency, Cot Death and Choking. A step-by-step guide will be given to you to take home.
- Show you how to draw up and administer your baby's oral medications (To Take Out).
- If your baby is being bottle fed, you will be shown or told how to make up the feeds.
- Conduct a hearing screen on your baby. This is usually carried out once the naso-gastric feeding Tube has been removed. The screening process will be fully explained to you and written information about the test is available. Your verbal consent is required prior to the test.
- Provide you with your baby's Red Book, with some pages filled in with relevant information.
- A Discharge Baby Check will be carried out by SCBU doctor, usually within 24-48hrs prior to discharge.

Can I leave the room?

We recommend that you spend as much time as possible with your baby so that you may learn about caring for him/her.

You can leave the unit between your baby's feeds to get drinks, food or shopping. You **MUST** inform a member of staff if you are leaving your baby unattended in the room. Please ensure that your baby is nursed in his /her cot and that the room door is open.

No hot drinks are allowed in the room for Health & Safety reasons.

Food must be eaten in the Kitchen. Please leave your baby nursed in a cot, in your room, whilst you are having your meal in the kitchen. Leave the door open and inform a member of staff.

You must never leave your baby on the bed unattended.

What if I need help urgently?

If you need urgent assistance, an emergency call button is located on the wall behind the bed. For any other assistance, you need to call the SCBU nurse allocated to you by pushing the nurse call button.

What do I need to bring with me?

- If you have one of our hired Breast Pumps, it should be returned on the first day of your 'rooming-in'.
- Car seat. You must take your baby home in a car seat for safety reasons.
- Food for yourself and partner.
- Baby clothes for going home.
- Disposable nappies and wipes (if not already brought in).
- Bottles, teats (if not already brought in).
- Toiletries and clothes for yourself.
- Camera for photos (if you wish, to mark their first bath, etc).

- Anything you like to make it feel more like home (i.e. pillows, blankets).
- Cool bag for the breast milk you have stored in our fridge/freezer to take them home in.

Can my partner stay?

Your partner or support person is welcome to stay. A double bed is available, in each room, for this purpose. A Shower Room is also available on SCBU.

When can I room-in?

The decision to room-in will be made in consultation with you, the nursing staff and your baby's consultant.

Your baby is ready to room-in when he/she:

- takes all suck feeds during the day (breast/bottle or a combination of both).
- shows interest in sucking overnight.
- has gained weight on all suck feeds.
- must weigh 1.800kg or above.
- maintains a stable temperature whilst being nursed in a cot.
- must be at least 35 weeks gestation.
- social support in place where appropriate.

A date for your 'rooming-in' will be agreed between you, your partner and the staff.

SCBU staff will explain the discharge procedure and discuss the things you need to bring in during your stay with your baby.

What happens when I room-in?

- The apnoea monitor will be removed from your baby immediately prior to rooming-in unless otherwise indicated.
- Your baby will be transferred to your 'rooming-in' room with you.
- You will care for his/her needs.

Contact details

Special Care Baby Unit

Telephone: 01483 464834 (direct line)

01483 571122 **ext** 4701 / 6378 (via switchboard)

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–3.00pm, Monday to Friday

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

Past review date: N/A

Future review date: October 2020

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PIN171009–1331

