



Welcome to our Special Care Nursery

Parent Handbook

About the SCN

Babies are admitted to the SCN because they need specialized medical and nursing care. This can be a very stressful and confusing time for you and your family. *Our goal is to provide your baby with the best possible care so that he or she can be discharged home as soon as possible.* During the first few hours of life, your baby may need many treatments and tests. These tests may vary, depending on the problem your baby may have.

Separation from your new baby is difficult, but your baby's health care team will help you to understand why your baby needs special care and explain what is happening to your baby. We will get you into be with your baby as soon as we can and in the meantime please try to be available for us to speak with you.

Our first priority is the care and health of your family. We want to work with you to meet your baby's needs and make sure your baby's stay is as positive as possible. Please ask questions or discuss concerns with your baby's nurse or doctor. If you are feeling overwhelmed, the Women's and Children's staff are always available to support you and your family. You may also speak with other resources available to help you including our Social Worker, Public Health Nurse, your midwife or your spiritual advisor.

The Health care team is a team of specialized people who will care for your baby. All members of the team, along with you as the parents, work together to create a plan of care that will provide your baby with the best possible care. Although staff may have different approaches to care, the goal is providing excellence in care.

Transferred From another Hospital

Your baby's transfer to our hospital is a wonderful milestone in your baby's journey home as it indicates that your baby is medically stable. Your baby has begun to take and tolerate feeds either by tube or by mouth. Your baby may have an IV, which will be cared for by the nursery staff.

Contact Information

Please call the SCN anytime day or night if you have any questions or concerns about your baby. The **SCN telephone number is 519-631-2030 extension 2214.** Information by telephone will be provided to the parents only.

Visiting the SCN (see attached guidelines)

Our SCN values family centered care; we encourage parental contact to promote attachment and the development of the family unit. We want to foster parent participation of the baby's care during their hospitalization. Early parental involvement promotes bonding, improved parental self-esteem, and increases the incidence and duration of lactation especially when associated with "kangaroo care".

We recognize that family members and friends provide parental support and they are welcomed to visit accompanied by a parent. If there are certain members of your family that can visit your baby without you, we will document these names on your baby's chart. Siblings are allowed to visit as long as they are properly supervised and infection free.

Leaving the hospital without your baby is very difficult to do; especially if you live far away. However your baby still needs your love and attention, and we encourage you to come to the hospital as much as possible. Your visits will help you and your baby get to know each other and you will be involved in feeding, bathing and changing your baby as soon as possible.



Visiting Access to Our SCN: Guidelines

Parents are welcome anytime, including report time 7:00 -7:30 both morning and evening, but for confidentiality reasons will be asked to leave the SCN when other infants are being discussed.

We will provide the parents with a Partner in Care badge that will grant you access to the SCN locked doors. Do not give this badge to other family members or friends. Please gel or wash your hands upon entering the SCN.

Entrance to the SCN may be denied at any time related to the care of the infants in the nursery. If your baby or another infant in the room with your baby is requiring specialized care, you may be asked to wait in the waiting room, until it is a better time to care for your baby.

Preventing Infections

Babies in the SCN can get infections very easily. Infections can delay discharge and may have long-term effects. With this in mind, we have developed the following guidelines:

- **Individuals that come into the SCN must be free from infection.**
- Hand washing is the major precaution that we take to prevent infection in the SCN.
- Please do not visit, and make your family aware that they are not to visit either, if you or they have: cough, rash weeping cold sores, diarrhea, fever, pink eye, sore throat, measles, chicken pox, runny nose, vomiting, mumps or flu like symptoms.

- Parents are responsible for ensuring that all visitors, including siblings, are free from colds, flu or any other illness. Exposure to chicken pox, mumps, measles, whooping cough or any other childhood illness within the last 14 days is also considered infectious and these visitors should not come to the SCN.
- All parents and visitors to the SCN need to respect the privacy of the other families and are asked not to wander to other bedsides or to ask questions about other babies or families.

Please remember that your premature infant needs rest and time to grow. Kangaroo care is highly recommended to support your baby's development. (See page 5)

What to expect

The equipment and alarms that you hear may make you anxious. This section will explain some of the equipment and what it is used for.

Isolettes

- Isolettes are used to keep your baby warm, in a quiet atmosphere. They also allow for close monitoring.

Monitors

- Monitors provide the health care team with your baby's heart rate, breathing rate, blood pressure and oxygen saturation
- They are equipped with alarms that are set to ring if there is an increase or decrease from the normal ranges. They will also ring if your baby is active.
- Monitors allow the health care team to know what your baby's vital signs are at all times without disturbing your infant.

Intravenous (IV's)

- IV's provide access for fluid, sugar, antibiotics or nutrition (TPN) if this is what your baby requires. All intravenous infusions are run on a continuous infusion pump.

CPAP (Continuous Positive Airway Pressure)

- Nasal CPAP is given by small prongs or a mask that fits your baby's nose. This provides small amounts of pressure to inflate your baby's lungs and may also provide oxygen.
- Your baby is breathing on its own the CPAP makes it easier for them.

Phototherapy

- About 80% of premature infants and many term infants will develop jaundice
- Jaundiced is caused from an increase of bilirubin in the blood that causes the skin to turn yellow and sometimes eyes to turn yellow.
- Jaundiced is treated with lights that are placed over or below your baby to break down the bilirubin at the skin level.
- Your baby's eyes will be covered with eye patches to protect them.

Parents' Guide for Baby Care in the Special Care Nursery

Delivering a premature baby can be a frightening experience. Spending time caring for your baby is the best thing you can do. This will help you feel comfortable caring for your baby before you go home. Each day you will learn more about your baby.

Kangaroo Care

Kangaroo care is a special way of holding your baby. Your baby is placed on your chest next to your skin beneath your clothing. Your baby listens to your heartbeat and enjoys the warmth of your skin. Parents and selected support people can provide Kangaroo care.



Feeding Your Baby

It is normal for premature babies to take time to learn to feed. Sometimes babies can only do 1 thing at a time. The following suggestions might make feeding easier for your baby:

- Decrease noise and avoid talking while you feed your baby.
- If you are in a rocking chair, don't rock.
- Hold your baby more upright.
- Hold your baby face to face.

Caring for Your Babies Skin

The skin of a premature baby is very fragile. It feels and looks dry and that is normal. To protect your baby's skin:

- Check your baby's diaper often. If it is wet or has stool, change it.
- Use a soft cloth with water for cleaning your baby's bottom.
- Do not use perfumed lotions or baby powder.
- Don't use the diaper to wipe off the stool. The diaper is rough.

Reading Your Baby's Signals

Even though babies cannot talk they can communicate. Your baby can tell you when it is time to stop feeding or time to rest or sleep. Signals to look for:

- Looking away from you.
- Hands spread apart, giving you a "stop" sign.
- Hiccupping or yawning frequently.
- Shutting down, becoming limp.

Developmental Care

The health care team creates an environment in the SCN that supports your baby's growth and development. This includes keeping the noise level low, dimming the lights when possible, covering isolettes to help babies get to sleep, trying not to disturb them when they are sleeping and using rolls and blankets to keep their arms and legs close to their bodies for comfort. Sleep time is very important to help babies grow and recover from illness and prematurity. Together with the health care team, you will be shown how to cluster your baby's care to promote growth and development and provide undisturbed sleep periods for your baby.

Discharge Planning

The length of time that your baby will stay in the SCN will depend on the reason for admission and what gestational age your baby was at birth. There is no specific weight requirement for discharge from the SCN. The criteria for discharge from the SCN is that the baby is taking all its feeds by mouth with weight gain. This may be around your original due date. When baby is close to going home, a date will be arranged for Care by Parent. You will be given the dates of any follow up appointments that your baby may need such as special infant clinic, RSV clinic and eye clinic. We will provide you and your family doctor a copy of the discharge information.

Care by Parent

Just prior to discharge 24-48 hours you will be stay in our care by parent room. This is a room that is provided for you and your baby where you will have the baby with you at all times. Parents are expected to provide all care for the infant with the support of the nurses from the SCN. This is an opportunity for parents to spend time with their baby alone and to get to know their infants cues prior to going home.

Wayfinding

Please park in the East Parking Lot accessed from Elm or Wood Street. Enter on the Ground Floor of the hospital; go down the hall, elevators on the left hand side. Go to Third (3) Floor Nurses Station (directly across from elevators). See Map on back of this handbook.

Notes/Questions:

- SOUTH BUILDING**
- GROUND FLOOR**
- Diabetes Education
 - Financial Services
 - Foundation
 - Gift Box
 - Patient/Family Resource Centre
 - R40 Meeting Room
 - Talbot Trail Physiotherapy
- AMBULATORY CENTRE - A WING**
- Ambulatory Care
 - Chemotherapy
 - Elgin Orthopaedics
 - Lab Services - Outpatient
 - Ophthalmology Clinic
 - Pre-Admission Clinic
- AMBULATORY CENTRE - B WING**
- Cardio Diagnostics
 - ECHO - ECG Holter Monitor
 - Stress Test Arterial Doppler
 - Pulmonary Function Testing
 - Ophthalmology Clinic
 - CPAP
 - Internal Medicine
 - Obstetrics & Gynecology
 - Sleep Studies Clinic
- MAIN BUILDING**
- Adult Surgical Reception (Second Floor)
 - Mental Health Reception (First Floor)
 - Pediatric Surgical Reception (Third Floor)
 - Special Care Nursery (Third Floor)

