

# **VISITING GUIDELINES FOR LABOUR, BIRTH, RECOVERY & POSTPARTUM**

**TRIAGE & ASSESSMENT:** up to TWO support people are permitted in the triage room

**LABOUR & DELIVERY:** the number of support people is based on the wishes of the patient

## **PLEASE NOTE...**

- Each support person who remains in the room shall have a dedicated roll with labour support. This role needs to be communicated to the nursing staff
- All other visitors must remain in the waiting room
- Should a caesarean section be necessary, only one support person will be permitted in the operating room
- If general anaesthesia is required, support people will not be permitted

## **THE GOLDEN FIRST HOUR:**

The first hour after a baby's birth is a magical time. After months of waiting, a new mother gets to hold her baby for the first time. Babies need to bond with their parents early on. Research has shown that we can maximize this bonding by providing an environment supportive of uninterrupted skin-to-skin contact, for a minimum of 1 hour. Uninterrupted skin-to-skin between a mother and her baby during "The golden first hour" is critical to every baby's safe transition to life outside the uterus, as well as normal growth and development. To maximize this safe transition and bonding, visitors other than the primary support person will be asked to wait in the waiting room until after "The Golden First Hour"

## **VISITORS/SUPPORT PERSON(S) SHALL.....**

- Refrain from excessive amounts of traveling into and out of the LBRP unit
- Wait in designated waiting areas if not in a patient room
- Use designated visitor restrooms only
- Wash their hands upon entering and leaving any patient room

## **VISITORS/SUPPORT PERSON(S) SHALL NOT...**

- Stand in the hallways
- Use patient washrooms
- Visit the Women's and Children's unit if they have experienced fever/chills, sore throat, cough, vomiting, or diarrhea in the previous 48 hours
- Leave children unattended in the hallways or waiting areas

**POSTPARTUM:** Visiting is based on the condition, care needs, and wishes of each patient. Because of this, visiting times, and the number of visitors may vary between patients and from one day to the next. One support person is permitted to stay with the patient overnight

**PARTNER IN CARE CARDS:** upon admission, one Partner in Care Card will be issued to the primary support person. This card grants access to the locked doors on the Women's & Children's unit. A 10\$ deposit is required.

***The Women's and Children's Unit staff reserve the right to override these guidelines as deemed necessary for the privacy and safety of all patients.***