

Fire

If you discover a fire, you must press the nearest fire alarm and inform a member of staff. The fire alarms are located at either end of the ward. The fire exits are by the nurses' station and at the main entrance.

An intermittent fire alarm means that the unit does not have to be evacuated.

Continuous ringing of the fire alarm means the unit has to be evacuated. The senior nurse and the nurse caring for your baby will have an evacuation plan. You can go with your baby and a member of staff to a designated assembly point. You can return to the unit once the fire service, fire co-ordinator and senior nurse agree that it is safe to do so.

Finally

You do not have to stay in your room. If you have to leave your room for any reason for a period of time, a nurse must be informed so that your baby is appropriately cared for.

You will find that your baby will sleep between feeds so it is recommended that you bring something to do such as reading, sewing etc. You should take this opportunity to have a rest.

We hope that you will feel that you are looking after your baby exactly as if you were at home, but with the advantage that there are always people around to answer any questions.

Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Rooming-in with your baby on the special care unit

A parent's guide



Well done – you are on the road home

Many parents initially find the thought of looking after their baby on their own, away from the security of the nursery, a little worrying.

By rooming-in you will have the opportunity to take over full care of your baby before you go home, with support from the medical or nursing staff. You will be shown a resuscitation DVD and taught basic resuscitation before you are allowed to room-in.

Before you start rooming-in, please make sure that you have made some preparations for taking your baby home and that your home is ready.

Rooming-in is a commitment on your part until your baby is ready to go home.

You will have one staff member per shift allocated to you to check on both of your needs and discuss a care plan for you and your baby for the day.

The usual medical and nursing care will continue for your baby. This includes weighing and assessment of progress and examination of your baby by doctors and nurses.

Your baby will continue to have any medications prescribed. These will be given by you or the nurses.

Prior to rooming-in, you will be offered some training in resuscitation of your baby. This can be repeated before you go home.

Staff presence will not be as visible here but we are always available if you call.

Feeding support

If you are starting breast-feeding, please make certain that you are observed regularly to ensure the feeding capabilities of your baby are assessed and that you receive the support you need.

What facilities do we provide?

Each room has:

- a comfortable bed and colour television
- all bed linen provided
- a cupboard to store your property and
- a 'Do not disturb' sign to ensure complete privacy.

Food and drinks

Please help yourself to hot drinks from the parents' kitchen but note that hot drinks are not allowed in any of the nurseries.

You may bring food into the unit and store it in the kitchen. Items should be clearly labelled and dated.

Meal vouchers are provided for the canteen. Please ask a member of staff for vouchers and opening times.

What do you need to bring?

As you may have discovered, the unit can be very warm, so please bring suitable clothing. However, please note that the rooming-in rooms are cooler than the main ward.

You will also need an overnight bag containing nightwear, dressing gown, towel, slippers and toilet bag.

Please do not bring any valuables with you as their safe keeping cannot be guaranteed.

If you would like to bring your baby's own clothing please do so, but we do not have facilities to wash and dry them.

Please note that Whittington Health does not permit smoking anywhere on hospital property or grounds.