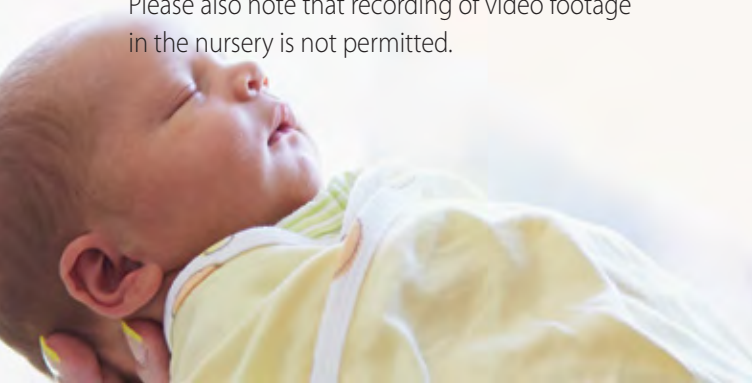




VISITING GUIDELINES

Parents are encouraged to visit at all times, however for the safety of your baby we ask that you observe the following guidelines:

1. Visiting is restricted to two visitors per cot at any one time. **Visitors allowed are parents and grandparents only.**
2. Anyone with a cough, cold, runny nose, diarrhoea, vomiting, viral illness or infectious disease **must not** visit the Special Care Nursery.
3. Visitors, including parents, must not touch or wander around the nursery looking at other babies. This is to protect privacy of other babies and families in the nursery.
4. We are committed to preserving the confidentiality of our babies and families and are unable to release any information regarding an infant's condition to anyone but parents, except in special circumstances.
5. In emergency situations or whilst procedures are being carried out, you may be asked to leave the nursery or access may be restricted during this period.
6. Please ensure mobile phones are on silent at all times. If you need to make or take a call, we request that you leave the nursery for the duration of your call. Please also note that recording of video footage in the nursery is not permitted.



MOTHER CRAFTING

- Generally babies can be discharged from the nursery when they can fully suck their feeds for a 48 hour period, maintain their temperatures and have gained sufficient weight.
- When this time comes, you will be asked if you would like to come and mother craft with your baby. This gives you time to adjust and discuss any concerns or anxieties.
- Appointments will be arranged for follow up clinic before discharge and your child health nurse will be contacted for continuing care.

Special Care Nursery

Joondalup Health Campus



WELCOME TO THE SPECIAL CARE NURSERY

There are many reasons why babies are admitted to the Special Care Nursery at Joondalup Health Campus and it can seem a very strange and frightening environment. The medical and nursing staff are there to help you through this difficult time and are only too pleased to answer any questions or concerns you may have.

We are staffed 24 hours a day by dedicated and skilled nurses, paediatricians and have access to neonatologists as required. Our unit is a Level 2b Special Care Nursery where 16 babies can be cared for at a time. Babies who require level 3 care will be transferred to PMH or KEMH by the Neonatal Emergency Transport Service (NETS).

Staff in the SCN can advise you on your baby's condition and expected rate of development especially if your baby has been born premature. If you have any doubts or concerns about your baby, feel free to contact the staff at any time.

WHERE ARE WE LOCATED?

The Special Care Nursery is located on the 2nd floor, with access from the lifts located in our main public reception. The direct telephone number is **(08) 9400 9286**.

OUR PHILOSOPHY

In the Special Care Nursery, our focus is on providing nurturing, holistic nursing care for you and your baby to ensure you have the best possible experience.

YOU, YOUR BABY AND THE NURSERY

- HANDWASHING – please wash your hands on entry to and on leaving the nursery, and also prior to and after handling your baby. We will ask people to wash their hands in order to protect the babies and we are happy for you to make sure we have washed our hands too!
- Please remove any jewellery on your hands and arms as baby's skin is very fragile.
- Sick or premature babies need a lot of rest to grow and recover. Often we leave babies for up to six hours to sleep between nappy changes.
- The nurse will show you how to comfort your baby with minimal handling. They will be reassured even by the sound of your voice.
- The nursery temperature is set at 24-26 degrees Celsius, to keep the babies warm.
- Establishing feeds can often be a frustrating time. We are an accredited Baby Friendly Hospital and will fully assist your choice of expressing, breast feeding or formula feeding. We have a lactation consultant available on extension 9645.
- Breast pumps are available for use while your baby is in the Special Care Nursery.
- For safety reasons please do not carry your baby around the unit.

KANGAROO CARE

Kangaroo Care is the practice of giving your baby skin-to-skin contact with you. It enables parents to enjoy natural closeness with their baby. Kangaroo Care has been shown to help premature babies grow, reduce their time in the incubator and sleep more peacefully. It has also been shown to increase milk production in nursing mothers. In the Special Care Nursery Kangaroo Care visits usually happen around feeding times. Both mums and dads can provide this care.

