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Visitors to the Maternity Unit

Information for patients and relatives

[Labour Ward: Zone B, Location B17

Ward 21: Zone B, Location B18]

YOUR HOSPITAL *Here to care*

Welcome to our Maternity unit

Thank you for choosing Airedale to provide your maternity care.

We know that having a baby is an exciting time and we want to make your pregnancy, labour and after the birth of your baby a positive experience.

The aim of this leaflet is provide you with information about how we can work together to ensure mums and babies are kept safe and given the best start to life as a new family.

Security:

To protect our new mums and families, CCTV cameras outside Ward 21 (location B18) / Labour Ward (location B17) entrances record all activity.

We politely ask that every visitor to the unit presses the intercom buzzer and waits for a member of staff to answer. (Be aware that there may be a couple of minutes delay in staff answering the buzzer, please be patient as we are often busy providing care and may not be able to answer the door straight away, but staff will know you are waiting as they can see you on the monitor in the ward).

Once you have been given permission to enter the ward, please do not allow anyone else access – other visitors will need to press the intercom and gain admission themselves from a member of staff.

You will need permission to exit the ward, by pressing the intercom buzzer and waiting for a member of staff to release the door. This added security is to protect our new parents and babies and we ask for your cooperation with this system.

Babies love to be close to their parents. However, for safety reasons you are respectfully asked not to walk around the ward environment with your baby and to use the cots provided.

Infection Prevention:

Infections are often associated with hospitals, but sometimes it is visitors who bring these unwelcome guests to our ward environments. Please help us reduce the risks of infection in our maternity unit by:

- Always using the hand gel at the entrance to the ward: on entering / leaving the unit. Please inform a member of staff if the hand gel dispenser is empty.
- Visitors must always wash their hands/ use the hand gel before handling a new born baby. On Ward 21 there should always be a hand gel dispenser at the bottom of your bed: let a member of staff know if this is missing.
- Avoid visiting the maternity unit if you have a heavy cold, any other viral infection or if you are feeling unwell.
- Please be aware that if you have a cold sore (or suspect you may have one you) DO NOT kiss or handle the baby. The virus that causes the cold sore (herpes simplex) can be fatal to the newborn.

Ward 21 (location B18):

Ward 21 is a 15-bedded maternity ward, providing care for women during pregnancy and following birth. How long you remain in hospital will depend upon your individual needs but on average the length of stay following birth is 24-48 hours.

We have 11 side-rooms (2 with en-suite facilities) and a 4-bedded bay. We are unable to guarantee that during your stay you will receive a side room, although we do our best to accommodate your requirements.

On Ward 21, after the birth of your baby we welcome partners (male or female) staying over. Women report finding their partners help and support following birth invaluable. Partners have told us it helps assist them with the transition to family life, and they feel more involved

A few notes about partners staying over on Ward 21:

- To maintain dignity and privacy for other women, partners are only able to stay if you have been allocated a side room.
- Not all side rooms have a pull-out bed. If you have a room with a fold out bed, it is your responsibility to ensure that it is put away by 9am
- You are reminded that this is a hospital environment and for your own safety, and in order for staff to provide care, you are expected to keep your bed area tidy. Lockers are provided to store your personal belongings.
- Partners are asked to provide their own towels and toiletries during their stay. Staff will provide the bottom sheet for the partner's beds but any additional bedding will need to be brought in by yourselves.
- Partners staying over are reminded to pack suitable nightwear so that dignity can be maintained within the hospital environment
- We have a designated shower / bathroom facility on the ward for birth partners who wish to stay over
- Partners are expected to provide their own food: we have a canteen/shop available within the hospital
- The ward has a kitchen, where partners and women can make hot drinks at any time during your stay (tea/coffee/milk is provided by the hospital). The kitchen has a fridge so you can bring fridge items in if you wish (please label with your name), but please be aware there are no facilities to warm food.

Visiting on Ward 21 (location B18):

Partners are welcome to visit anytime

Women's own children are welcome to visit between 10am - 8pm. We respectfully discourage other people's children (eg. Nieces/Nephews/Friends) to visit, this is because we aim to keep a quiet, calm environment for new mums and babies. Please ensure your children do not wander around the ward unaccompanied and please do not allow them to run in the corridors, thus avoiding any accidents to themselves or anyone else. If other children have heavy colds please try & avoid bringing them onto the ward.

General visiting is restricted to 2pm – 4pm and 7pm – 8pm. Mum's and babies go home quickly following birth and you may want to consider visiting/supporting the new family once they are settled into their home environment.

Please be aware that visiting is restricted to 3 people per bedside (this includes partners), as we want to maintain safety, privacy and dignity for everyone on the ward.

Visiting on Labour Ward (location B17):

Labour Ward is a busy area; restricted visiting applies and remains at the discretion of the Labour Ward Co-ordinator or the midwife-in-charge- of caring for the woman.

At Airedale, we are committed to maintaining dignity and privacy for all women. There are no facilities on Labour Ward for partners to stay overnight in the induction suite, and for this reason:

Partners attending the induction suite with women who are not in established labour, are requested to leave at 9pm as there are no overnight facilities to stay.

Feeding your baby

All staff on our maternity unit will support you in your chosen method of feeding.

Developing a close and loving relationship with your baby will lay the building blocks for him/her growing into a happy, secure and confident child and adult. This security comes from not having to wait too long to be comforted when they are hungry or stressed.

For this reason we want you to keep your baby close to you, in the same room both during the day and night so you will be able to respond to your baby quickly.

If you chose to formula feed your baby, please bring with you:

- A tin of your chosen formula milk (you should always give your baby a first Infant Formula milk)
- A couple of bottles
- A couple of teats
- A bottle brush

On Ward 21 we have a designated kitchen where you will be shown (if required) to make up your baby's formula feed and where you will be expected to make your own feed during your hospital stay. We provide sterilisers for you to use.

Things to bring

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… useful items to bring to hospital for labour, giving birth and afterwards!

For Mum

- Ante natal Handheld summary Card (Given at booking)
- Toiletries bag – soap, shower gel, etc.
- Maternity Pads (not period pads) 2 x packs
- Loose, comfortable clothes for labour
- Change of clothes for after birth
- Comfortable clothes for going home in
- Shoes/slippers
- Warm dressing gown/cardigan
- Comfortable underwear (lots)
- Own towel (if you wish – although towels are provided by the hospital)
- Light snacks
- Isotonic drinks (not energy drinks)
- Pen and note pad
- Music/entertainment if you wish, e.g. CDs/playlist on your phone/smart
- device/books/magazines
- Anything that will make your stay more comfortable!

For Baby

- Nappes (1 pack is enough)
- Several vests
- Several babygro's
- Hat for going home
- Cotton wool balls for nappy changes (or make up pads work brilliantly)
- Car seat (can remain in the car)

For Birth Partner

- Lots of drinks
- Lots of snacks (meals are not provided for birth partners)
- A change of clothes
- Bedding – pillow and sleeping bag if you plan to stay over with your partner

If you choose not to breast feed

- 2 x teats
- 2 x bottles
- 1 x tin of powdered FIRST Infant Formula
- Bottles of ready-made Formula if you wish
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Feedback

All feedback is welcome and valued. Our aim is to make sure that Airedale NHS Foundation Trust 'Right Care' values are always delivered. You can provide feedback for each department via:

- Friends and family cards: these are available in each department (in a variety of languages). Please ask a member of staff if you require any help

- NHS Choices: http://www.nhs.uk

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

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