

Welcome to Level 4: Iffley and Marsh wards – Information for your stay

Level 4: Iffley and Marsh Wards are where you will be cared for by our team of midwives, nurses, maternity care support workers and other health care professionals.

We are a teaching hospital and therefore students will work alongside us to provide you with care.

This leaflet is designed to give you information about your stay with us, including when visitors are welcomed onto the wards. It will also tell you when to expect food and any pain relief you may need.

We are here to care for you and your baby. We can support you in feeding your baby and in your recovery. We do sometimes have a full ward so please be patient after ringing the buzzer and always alert us if it an emergency.

Visiting hours

Due to the changing Covid situation, updates to Covid guidance are displayed at ward entrance. Please note, these are subject to change. Please continue to sanitise your hands regularly.

Current visiting hours are:

- 1 x birthing partner: 8.30am–8.30pm
- 1 x second visitor: 4.00pm–6.00pm
- Siblings: 4.00pm–6.00pm

Numbers are limited to two adults at the bedside plus any of your children and/or your baby's siblings.

A day on Iffley and Marsh wards

These times are given as an approximate guide, if you require anything sooner please let us know by pressing your call bell.

- 5am medication and pain relief are offered at your bedside.
- 7am night staff handover to day staff.
- 8am breakfast will be offered to you at your bedside.
- 8am fresh bed sheets will be offered for your bedding, please let us know if you require fresh bed sheets sooner.
- 11am medication round
- 1pm lunch offered at bedside.
- 5pm medication and pain relief are offered at your bedside.
- 6pm supper provided at bedside.

- 7pm day staff handover to night staff.
- 11pm medication and pain relief are offered at your bedside.

During the rest of the day you will be seen by various health care professions depending on your personal requirements. These include, midwives, nurses, care support workers, doctors, physiotherapists and hearing screeners

Eating and drinking whilst on Level 4

It is important to look after yourself after giving birth, make sure you are eating well and drinking plenty of water – aim for at least two litres a day. Fruit squash is available in the family kitchens, please do ask if you would like this.

You will be given a menu to choose from which has balanced meals and dietary requirements catered for including kosher and halal options.

We have a family kitchen where you are welcome to make yourself tea or coffee. There is also a communal fridge where you can store small amounts of food brought in from home (please remember to label it with your name and date first). You will find water coolers around the ward in addition to the water provided at your bedside.

You are welcome to ask visitors to bring you in extra snacks or hot food. **Remember the wards are a nut-free zone please!**

Who will be caring for you and what we ask of you

There is always a trained midwife/nurse allocated to your care and they are assisted by maternity support workers.

We work as part of a multidisciplinary team. On the ward you may meet, midwives, obstetricians, paediatricians, students, maternity support workers, infant feeding specialists, hearing screening specialists, newborn examination specialist, physiotherapists... Each person you meet should introduce themselves and their role to you. If they have forgotten please feel free to ask.

The wards can be busy places with different families requiring different levels of care. It's important to us that you feel cared for and that your baby gets the best start in life possible.

While staying with us we like to remind everyone of a few key things:

- Please be mindful of other women and birthing people during your stay on the ward – particularly when using your mobile phone and when inviting visitors onto the ward.
- We are here to support you to care for your baby, but when you are physically able to, we encourage you to be independent and care for your baby as you will at home.
- We recommend bringing in a travel changing mat in your hospital bag to use in the cot to change nappies, disposable changing mats will be provided on the ward if you do not have one, please ask if you need one.
- Please call us for any help or support with feeding your baby, we have experts available if you are concerned or want to check how your baby is feeding.
- If your baby is being cared for on Buscot Ward, we will support you with your feeding choices. Please let us know if you would like support with hand expressing, using a breast pump or using sterilising equipment.

- It can be helpful to note down your baby's feeds and wet / dirty nappies as this is a good indication of how much milk they are getting.
- Some babies require regular observations to check their breathing, temperature and heart rate. Some babies may also be recommended to have their blood sugar levels checked and more input from the midwives and paediatricians to support you with feeding to ensure their wellbeing. This will be discussed and planned with you depending on yours and your babies' individual circumstances.
- When walking around the ward, please transport your baby in the cot provided, to prevent slips or trips.
- We will encourage you to mobilise once you have had your baby; early mobilisation is essential for your health and wellbeing. If you require support, please do use your call bell.
- Designated storage facilities are provided in the ward nursery for storing breast and formula milk safely in a milk fridge. This fridge is locked and is a national safety standard, so please ask a staff member when you require your milk – please do not leave milk by your bed; ask your nurse/midwife to show you where it is.

Infant feeding room

We have a dedicated room for you to use for feeding your baby. You can use this room 24 hours a day, relaxing chairs are provided for your comfort. Don't forget to bring a drink with you so you are comfortable.



Going home



Our desire is to have you home – safe, confident and well – as soon as possible, with minimal risk of re-admission. You are an individual and **your plan of care will be unique to you**. The process of getting you home is called 'discharging'.

We will always prioritise the care of any unwell mothers and babies and will need to check on everyone in our care before focusing on discharges.

Most discharges take place in the afternoon to early evening.

A number of different medical professionals will be involved in the process of preparing you for discharge home. **Your midwife will be the one to complete your discharge** and will have the best idea of where you are in that process, it's best to check with them if you are keen to know you will be discharged.

There are some checks which everyone requires before discharge. These are listed below. However, it is common to need **additional checks and reviews** which will be individual to your plan of care.

Why not tick these off as they are completed:

- A routine daily check for you (midwife).**
- A routine daily baby check (midwife).**
- A Newborn and Infant Physical Examination (NIPE) check (paediatrician or specialist midwife).**
- Newborn hearing assessment (screening specialist). This may be arranged for a future date if there is no one available during your stay.**
- Feeding assessment – simply use the call bell when feeding and we will be able to complete this (any midwife or support worker).**
- Discharge conversation (midwife).**
- Computer discharge completed (senior maternity support worker).**

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

G Roberts, L4 ward manager (original written 2004)

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