

Welcome to the Transitional Care Unit (TC)

Introduction

During your stay with us we aim to provide a safe and caring environment in which you can care for your new baby with the help of a specialised nursery nurse or nurse and we encourage parents and carers to participate in their baby's care. Mothers will also have access to midwifery care as TC is situated on our postnatal ward.

TC is a 6-bed unit on the postnatal ward that is run by a partnership of neonatal and midwifery staff. You will see nursery nurses, midwives, staff nurses, advanced neonatal practitioners and neonatal doctors, who will all help you to care for your baby. All plans of care for your baby will be discussed with you and fully explained. If you have any questions about anything then please don't hesitate to ask the nursery nurse or midwife caring for you and your baby.

The unit's aims

Our aim is to provide your baby with the little bit of extra support that they may need without separating you from them. On the TC you may see some equipment that you are not familiar with, such as:

- Hot cot: This is a cot with a special warming gel mattress for your baby to lie on. Some babies need a little extra warmth and this can provide that.
- Phototherapy unit: This is a blue light that we use to treat babies who have jaundice and need help for this to resolve. Your baby will wear goggles to protect their eyes. You can still breastfeed while your baby is having phototherapy.
- Feeding tubes: This is a small tube inserted through your baby's nose or mouth and is used if they are having difficulty feeding or not completing feeds.

Staying with your baby

You will be able to stay with your baby the whole time that they are in TC. If you would like to know more about any treatment your baby is receiving on the unit, please ask the team and they will be happy to explain.

How do we decide which babies are suitable for TC?

Babies meet certain criteria which are listed below:

- Babies born between 34+0 and 35+6 weeks who do not need any other help other than phototherapy, extra warmth from a hot cot or help with feeding.
- Babies born weighing between 1600g and 2000g who may need a little extra help to keep warm or feed.

- Babies who need some extra help feeding via the feeding tube.
- Babies whose mums had diabetes requiring insulin in pregnancy, or diet controlled diabetes if baby meets another criteria.
- Baby has been cold on the ward and has not warmed up despite skin to skin and/or dressed warmly.
- Babies that are re-admitted from outside the hospital with jaundice and weight loss.
- A discussion has taken place between all involved in babies care that TC is the best place for baby to be.

What happens if baby needs to move?

We try to keep your baby with you at all times; however, sometimes your baby may need extra care on the special care baby unit (neonatal unit). This will be fully discussed with you by those involved in the care of your baby. Ideally, we will try to give your baby any medications that they are prescribed on TC. However, sometimes they may have to go to the neonatal unit for these and you can either accompany your baby or they will be returned to you as soon as those medications are given.

Unit information

- Visiting hours are 8.00am-10pm for the mothers partner/birth partner and siblings of the new baby. Visiting for other family or friends is between 2.00pm-3.00pm and 7.00pm-8.00pm. No other children under the age of 16 will be allowed onto the ward for infection control reasons and we ask that you have no more than three visitors at a time. This is due to lack of space and to keep noise to a minimum for the other mums and babies on TC.
- For your safety and privacy we do not disclose any information about you or your baby over the telephone, irrespective of who may be asking. If you are moving your baby around the ward please move them in the cot rather than carry them, to avoid the risk of trips or falls.
- Mealtimes are: breakfast at 8.00am in the dining room, at 1.00pm the lunch trolley arrives and the dinner trolley arrives around 6.00pm. Meal cards are collected in the evening for the following day's meals. There is also a patient kitchen available. This has a fridge for your own food (labelled with your details) and a microwave and toaster.
- We aim to support you with caring for your baby as much as possible, so we are happy to show you how to clean your baby, change nappies, bathe your baby and help you with whichever method of feeding you choose. Please ask us for assistance with anything you would like to do/know how to do. We provide soap/alcohol gel on the ward for both staff and patients/visitors to use. We would ask that you provide your own nappies, cotton wool/wipes and clothing/blankets/supplies. If you are choosing to formula feed then we ask that you bring in your own formula.
- Whichever feeding option you choose we are here to support you. Breastfeeding has many benefits for both you and your baby. Breast milk is full of antibodies which can help your baby to fight infection, it helps to 'line the gut' with good bacteria to build up natural flora to help your baby fight infections, and helps to promote bonding between mum and baby. Babies who breastfeed have a lower risk of:

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- Gastroenteritis
- Respiratory infections
- Sudden infant death syndrome
- Obesity
- Type 1 and 2 diabetes
- Allergies such as asthma or lactose intolerance

Please see www.unicef.org.uk/babyfriendly for further information on breastfeeding or ask one of our team and they will be happy to help.

We have a special fridge to store your breast milk if you choose to express while on the ward. All of our staff are trained to be able to help you establish breastfeeding and guide you on your feeding journey. We have a specialist Infant Feeding Team who can help support you during your stay with us; please ask any of the unit staff if you would like to see them.

Help and information

If you need any help or guidance during your stay with us on TC, please do not hesitate to ask and we will be happy to help.

The unit can be contacted via Iffley Ward telephone number: 0118 322 7323.

For more information about our hospital visit our website: www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

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Paediatric Department, December 2018.
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