

# Staying with your baby in the Neonatal Unit

## The Dyson Centre for Neonatal Care

Congratulations on the birth of your baby! We understand that admission to a neonatal unit can be a very difficult and stressful time. We want to support you and make everyone's stay as comfortable as possible.

We have four flats which have double rooms. We have access to four parent beds which can be put up alongside your baby's cot in some of the nurseries.

Our aim is to support you to stay with your baby for as long as, and as often as you wish once you have been discharged from the postnatal ward. If we haven't got a bed we can offer you a reclining chair until a bed becomes free.

### Flats, parent beds and reclining chairs



- Parents whose babies are ready to go home are invited to spend two or more nights 'rooming in' with their baby prior to discharge and will have priority to a flat.
- Parents who have a baby in critical care/high dependency will be offered a flat if available and they wish to stay.

- Mothers of babies in the special care nurseries can use a parent bed/reclining chair as available next to their baby's cot. Again if the flat is available you will be able to use it. Please be prepared to move from flat to parent bed to reclining chair depending on priority needs.

### For capacity reasons and for health and safety we ask you to remember the following:

- We can only offer one parent bed per family. Partners are welcome to stay and will be offered a reclining chair.
- Bring in one small overnight bag only as space is limited and you may have to move if the need arises.
- We have toilets for parents within the unit. Mothers can shower on the postnatal ward; however we do not have facilities for partners to shower.
- Mothers who are staying overnight with their baby can have all meals on the postnatal ward if you wish. Please let a nurse know if you will want meals so they can be ordered. See additional options where you can obtain food and drinks in the 'Parents Resource File' copies of which are in the parents room or expressing room.
- We will ask you to fold up your parent bed each morning by approximately 8am (Please ask the nurse in your room to help you). There are 4 lockers in the parent's cloak room allocated to the 4 parent beds; we ask that you store your overnight bag in this locker to keep the nurseries clear in case of emergencies and allowing our housekeeping team to adequately clean to protect all babies from infection.
- If you are not using the flat/parent beds overnight please inform a nurse so we can offer this facility to other parents.
- Remember to give your flat key to a member of staff when being discharged.

It is important that the accommodation area and the nurseries remain calm and quiet at all times. We ask for your co-operation and sensitivity towards the other babies and their parents.

### Housekeeping and maintenance

- There may be times when access to the flat is required for repairs or maintenance. We reserve the right to enter the flat at a reasonable hour for this purpose. We will endeavour to advise you in advance if we need access to the flat allocated to you.



## Other Children

- We welcome siblings to the flat accompanying an adult family member during the day. Please remember you are responsible for your children. They will need supervising at all times.
- Unfortunately we do not currently have facilities for siblings to stay safely overnight in the flats.

## Fire Safety & Security

- Please ensure you read the Fire Safety Action Notice on the inside of your flat door and at the end of this leaflet.
- We welcome your visitors, but please make sure that we are aware that they are in the room for fire safety reasons.
- The Royal United Hospitals NHS Trust is a smoke free hospital and smoking is not permitted anywhere on the premises.

## Personal Safety

- For your own safety we need to know if you have a medical condition (physical or psychological). Please make the nursing team aware in case you become unwell whilst staying in the nurseries or in the flat.
- If you are receiving or require any treatment, this must remain your responsibility. You will be asked to sign a disclaimer form.
- If you have a condition which may become unstable, such as diabetes or hypertension, there is a requirement that your partner, family member or friend stays with you if you are in the flat.
- Please take care when leaving the shower rooms as the floor may be wet and slippery. We advise you to dry your feet prior to leaving the shower area to avoid slipping.
- Please do not leave your baby unattended while you are resident in the flat. If you need to leave the flat, bring your baby back to the nursery.
- If at any point your baby becomes unwell or unresponsive while with you in the flat, please press the emergency bell immediately to alert nursing staff and start pushing your baby around to the unit in the cot, where you will be met by a nurse.

We hope you enjoy your stay in our facilities and if you have any questions please do not hesitate to discuss them with the nursing team.

### **If you discover a fire in your room**

- Leave the room, close the door and raise the alarm by operating the red manual core point above the fire extinguisher situated at the end of the corridor. Then report to the Nursing Station for further guidance.

### **On hearing the fire alarm ring continually**

- Leave the room, close the door and assemble at the fire exit doors in the corridor between the parent bedrooms and the Neonatal Unit.
- If in the very unlikely event the fire is in the corridor, return to your room, close door and exit your room through glass doors into the garden and re-enter unit by reception. Then await further guidance.

### **If the fire alarm rings intermittently**

- Please remain in your room as this does not require an evacuation. However, you should be prepared to leave immediately if the alarm changes to a continuous ring. A member of NICU staff will come to discuss further actions required if necessary.

Please note: Fire alarm testing is carried out every Wednesday morning.

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656 or 826319.