

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha



# Transferring Your Baby to Christchurch Women's Hospital Neonatal Unit

Parent/Caregiver Information



# Transferring Your Baby to Christchurch Women's Hospital Neonatal Unit

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Christchurch Women's Hospital (CWH) Neonatal Intensive Care Unit (NICU) has a team of specially trained nurses and doctors who will transport your baby or babies to Christchurch if they require care in our NICU. The midwife or team at your local hospital will have consulted with the CWH medical team about your baby's condition. If the decision has been made to transfer to CWH for ongoing assessment and care our Neonatal Emergency Transport Team (NETT) will be dispatched to transport your baby.

The CWH NICU is a 41 bed unit. On arrival in NICU you may find it overwhelming with the amount of equipment, monitors and noisy alarms. We recognise that this is a time of high stress for families/whanau with their baby in the NICU. Please feel free to ask questions regarding your baby's care and your stay in NICU. We will do our best to provide answers and assist you to adapt to your time with us. You will be given as much information as possible about your baby's condition.

## Why does my baby need to go to CWH?

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Your baby may require care in the Christchurch NICU due to your baby being premature, unwell or in need of investigations/surgery, or is coming back to Christchurch after being born at another hospital.

The team who will transport your baby will be a doctor or specialist neonatal nurse and a transport team nurse. We will arrive with an incubator equipped to provide intensive care (should it be required) and monitoring for your baby. Your baby will be stabilised prior to transport which on occasions may take several hours. Stabilisation often involves interventions and sometimes tests to ensure your baby is in the best condition for the trip to CWH. This will be a team effort between staff at your current hospital and the transport team.

# How will your baby be transported?

This will depend on the distance from CWH, the condition of your baby and the weather. It may be by road in an ambulance (St John), or by a plane (NZ Flying Doctors) or by helicopter (Westpac).



## Can I go with my baby?

Several things determine whether or not you can accompany your baby to CWH. If your baby has recently been born it is unlikely that the mother will be able to accompany her baby. We are focused on providing care to the baby and are unable to provide care to the mother at the same time. The referral hospital will facilitate mother's transfer to be near her baby as soon as possible. If at all possible we will aim to take the father or a support person. There are both space and weight limits when flying (especially in the helicopter) and the final decision is made by the pilots. Often it may be necessary for both of the parents to travel separately to the baby.

If we decide that a parent can fly with the baby please inform us if you have a fear of flying, particularly in a small aircraft or if you are prone to motion sickness. Due to weight restrictions you will only be allowed to bring one small bag with your clothing and toiletries plus a small piece of hand luggage.

# On arrival at Christchurch Women's Hospital

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Your baby will be admitted to the NICU (4<sup>th</sup> floor of CWH). A plan will be made for the ongoing care your baby will receive. We will keep you informed regarding your baby's condition and care. The NICU team consists of many staff that you may have contact with during your NICU stay. If parents/whanau would like support from the Hauora Maori service this is available to them.

Ward rounds are held at 8.30-11.00am each morning for all babies and again between 4.00-5.00pm each day. You are invited to be present when your baby is discussed but you will be asked to leave the room while other babies are being discussed in the interests of protecting the privacy of babies and their families.

## Where is Christchurch Women's Hospital and NICU?

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CWH is situated next to Christchurch Hospital on Riccarton Avenue. If you are driving to CWH there is parking in the Park and Ride car park on Deans Ave. A shuttle bus goes to and from the hospital to this park every 15 minutes and is free of charge from 7.00am until 8.30pm, 7 days a week. Parking costs \$5 per day – you will need coins or a credit card for this payment.

There is no parking in the hospital grounds due to the hospital redevelopment. There is a designated drop off area outside the main entrance of Christchurch Women's Hospital. Waiting is not permitted in the drop off zone.

NICU is situated on the 4<sup>th</sup> floor of the CWH building.

A hospital map can be found on the CDHB website – [www.cdhb.health.nz](http://www.cdhb.health.nz). Click on Hospitals and select Christchurch Women's Hospital for location, map and parking.

## Accommodation

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If a mother requires admission to CWH for ongoing care she will be admitted to the maternity ward on the 5<sup>th</sup> floor of CWH.

Parents from outside Christchurch may have accommodation arranged at either Ronald McDonald House, Ranui House or on occasions at a nearby motel. Accommodation will be organised for you and you will meet with the NICU social worker for ongoing support. Prior to discharge mothers are asked to room in on the NICU where they take care of their baby with the assistance of NICU staff.

## Meals

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While an inpatient in the hospital meals will be provided for the mother. Outside this there are various cafes within Christchurch Hospital and Christchurch Women's Hospital.

## Facilities

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Hagley Park, the botanical gardens and a children's playground are adjacent to the CWH campus and easily accessed for some time out of the NICU. There are various cafes and restaurants within a short distance of CWH. There are bus stops outside the hospital which allow easy access to the city centre if required. NICU has two parent lounges for use by parents and families of NICU inpatients.

## Visiting

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Parents of the baby may visit at any time 24 hours a day. In an effort to lower the risk of infection, protect family privacy and provide a good environment for the baby's wellbeing and development, visiting is limited. For the **Neonatal Visiting Policy** go to [www.cdhb.health.nz](http://www.cdhb.health.nz),

click on CWH website and scroll down to CWH Services and Departments then select Neonatal Intensive Care Unit.

Hands must be washed on entering the NICU to prevent the spread of infections that are carried on the skin.

All visitors are to be accompanied by a parent. Adult visitors are welcome between 11.00am and 1.00pm and again between 3.00pm and 8.00pm. Brothers and sisters are welcome but must be supervised by an adult at all times. Other children under 12 years are not permitted to visit.

Special circumstances are discussed on an individual basis with the Associate Clinical Nurse Manager (ACNM). Visiting between 1.00am and 3.00pm is strictly for parents only to enable them to have uninterrupted quiet time with their baby.

## How long will my baby be in NICU?

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The progress of each baby is very individual and the time needed in hospital depends very much on how premature or unwell your baby is. The timing of discharge is determined by how well your baby is doing with feeding and growing and whether the problems leading to the admission have resolved.

Babies who have been transferred to our NICU from other hospitals will often be transported back to those hospitals as soon as their care can be given at the hospital closer to home. In most situations discharge home may occur directly from the CWH NICU. This depends largely on your baby's ongoing needs. If your baby is likely to require future hospital admissions or follow up it is often better for a hospital-to-hospital transfer to occur, to enable you to meet staff who may be involved with your baby's care and for them to meet you and your baby.

It is our philosophy to work with parents to care for the babies admitted to our service. Parents are welcomed and encouraged to be with their babies at any time. Please keep in mind that both you and your baby will need periods of rest.

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