



Having your baby at Kootenay Boundary Regional Hospital

1200 Hospital Bench
Trail, B.C.



Introduction

Congratulations!

This is an exciting time as you prepare for the birth of your child. We want to make sure you are as comfortable and confident as possible when you arrive at Kootenay Boundary Regional Hospital (KBRH).



This tour of the KBRH Maternal Child Unit will provide an overview of our maternity services so you know what to expect when you come to the hospital.

Introduction

The KBRH maternity/paediatric unit received \$1.9 million of upgrades in 2010 thanks to the [KBRH Health Foundation](#) Children's Health Care Initiative, the generosity of individuals and organizations across the region, and support from the West Kootenay Boundary Regional Hospital District. Our continued thanks for making these services possible.

This tour covers several topics, including:

- Prenatal Registry
- Parking
- Things to Bring
- Patient Registration
- Public Elevators
- Arriving on the Unit
- Accommodation
- Privacy
- Newborn Experience
- Cesarean Delivery
- Special Care Nursery
- Family Waiting Room
- Hand Washing
- After Delivery
- Going Home
- Breastfeeding



Introduction

Did you know...

We deliver almost

250

babies each year!



Healthy From the Start

Healthy From The Start is a one stop shop that connects pregnant women with services in the community to help her have a healthy pregnancy.

Register as early in your pregnancy as possible so that you can:

- have questions answered and get important information
- get a free copy of Baby's Best Chance book
- feel supported
- get connected to services, such as support from a public health nurse

www.interiorhealth.ca/YourHealth/HavingABaby

1-855-868-7710



Student Practice

Kootenay Boundary Regional is a teaching hospital where nursing and medical students complete practical (hands-on) parts of their learning.

During your stay, you might meet students and be asked to have them play a part in your care.

Students give you care under the guidance of an instructor.



Parking

We are located at 1200 Hospital Bench, Trail, BC. When you arrive, have your support person park in the public parking. There are dedicated spaces outside of ER. There are additional spaces beyond the hospital.

! In the case of an emergency, please go to the **Emergency Department**.



Maternal Child Unit Access

For your family's security, our Maternal Child Unit is secured 24/7. You will be provided with a security access card during your stay so that you can enter and exit the unit at your leisure.

! Please bring \$20.00 with you to use for a security card deposit. When you return the card, your deposit will be returned.



Things to Bring

Only bring those items you will need, for example:

- toiletries
- slippers
- pajamas and comfortable clothing
- sanitary supplies and underwear (we supply 14 pads, 2 pairs of underwear in our postpartum pack)
- infant diapers and baby wipes (we supply 10 diapers)
- personal prescription medication
- an extra pillow
- \$20 security card deposit
- your music player



Items for the baby can be left in the car until later. These include a CSA approved baby car seat that you have put together and know how to use, seasonally appropriate clothes and blankets for going home.

In the Hospital

You may use your cell phone and other wireless devices in most areas of the hospital. Please speak quietly when using your cell phone so you do not disturb others. KBRH has WIFI available.



KBRH buildings and grounds are smoke free. If you or your support person are smokers, please talk to your doctor or midwife about ways to cope while you are in the hospital.



! Help To Quit

[Quit Now Services](#) provides free support 24/7 for people who want to quit smoking. Visit their [website](#) or call 8-1-1.

Infection Prevention

You can stop the spread of germs!

Wash your hands before and after touching your baby, and before and after being in your room.

Use soap and water or an alcohol-based hand sanitizer.

It's okay to ask visitors, nurses, doctors and other members of your health-care team if they have washed their hands.



Patient Registration

When you have an appointment booked or you feel like your labour has begun, you will proceed to the Patient Registration desk when you arrive at the hospital.

! In the case of an emergency, please go through the **Emergency Department**.



Arriving on the Unit

The Maternal Child Unit is located on the fourth floor of KBRH. Use the public elevators to reach the unit.

When you arrive at the unit, proceed to the reception desk. They will have your information on file.

The Nursing Unit Assistant will ask you some questions about your visit and will direct you to the most appropriate area.



Arriving on the Unit

You may be directed to the triage room. The triage room is used for assessment and outpatient care.

KBRH maternity welcomes any team members you have chosen to be a part of your birth experience.



Accommodation

Kootenay Boundary Regional Hospital has three Labour, Delivery, Recovery and Postpartum rooms (LDRP) and two post op cesarean section rooms.

Each LDRP room is designed for single room maternity care with:

- a birthing bed
- a cozy sleep chair that extends into a bed for your support person
- a television
- a telephone to connect you to your family and friends



Accommodation

A private bathroom with a shower and/or bathtub are also conveniently located in every room.

The LDRP rooms are fully equipped with state of the art equipment to accommodate pregnant women and their new babies.



Accommodation

There is a small kitchen in the Maternity Unit with an ice machine, microwave, kettle and a coffee pot.

We encourage support people to bring and label drinks and snacks, which you can keep in the kitchen's fridge throughout the birthing experience.



Privacy

Privacy and confidentiality are of the utmost importance.

Photos and videos are permitted before and after the birth however there is to be no photography during medical procedures of the mother or newborn or during the birth unless your care provider has given permission.



You must also ask permission to take photos of any hospital staff member.

Birth Plans

Please ensure you bring a copy of your birth plan with you to the hospital if you have written one.

This can be done anytime during your pregnancy so we can keep it on your prenatal file.

In addition, if you have any special requests for your placenta, please inform the nurse when you are admitted.



Newborn Experiences

At birth, your baby will be placed on your chest skin-to-skin to support the baby's breathing, initiate breast-feeding within the first half-hour of birth, and bonding.



Your baby will be assessed by your care provider and the nursing staff while on your chest or beside you on the warmed infant care bed.

Newborn Experiences

At this time your baby will also have identification (ID) bracelets placed on one ankle and one wrist.

You and your baby need to have an ID bracelet on at all times.

Check to make sure the information on the ID bracelet is correct.

Your health-care team will check your ID bracelets before starting any procedure or giving medications.



Cesarean Delivery

If you require a Cesarean delivery, the Operating Room is located on the second floor.

After routine pre-operative procedures, you will be taken to the operating room for approximately one hour.

Along with your chosen support person, there will be several other essential staff members in the delivery room with you.



Cesarean Delivery

After the delivery is complete, you will spend an hour or so in the recovery area before you are taken back to your room on the Maternal Child Unit.

To support breastfeeding and bonding, newborns remain with you in the recovery room. Your partner will also be able to stay with you.



Special Care Nursery

At KBRH, most babies stay in the room with their families 24-hours a day.



The Special Care Nursery (SCN) located on the Maternal Child unit is staffed and equipped to care for babies who require close observation or a higher level of care than can be provided in their mother's room, such as preterm or unwell infants.

Parents or guardians are encouraged to spend unlimited time with their new baby in the special care nursery. If you wish for other family and friends to visit your baby in the nursery, please discuss with your care team. Siblings are welcome with supervision. A health questionnaire will need to be completed prior to a sibling entering the nursery to visit.

Family Waiting Areas

Family and friends awaiting the arrival of your baby are welcome to stay in the designated waiting area during your labour. Your chosen support person is welcome to visit you anytime you choose. Any persons you choose to be with you during your labour and delivery are welcome.



Visitors are welcome on the unit.

Please let your nurse know if you would prefer for visitors to return at another time so you are able to rest.

You may also use a dry erase white board on your door to leave messages for visitors and staff.

Family Waiting Areas

To prevent the risk of infection to new babies, we recommend that small children, other than your own, do not visit while you are in the hospital.

Your children must be attended at all times by a responsible adult.

Visitors must be free of infectious illness such as flu, colds, etc.



After Delivery

After delivery, you and your new baby will remain in your LDRP room to rest and get to know one another.

All of our nurses are trained to attend to all of your mother, baby and basic breastfeeding education needs.

Your support person should bring something appropriate to wear for sleeping. Your support person can stay in the room with you 24 hours per day.



After Delivery

It is important that your baby is never left unattended while at the hospital.

Do not leave the unit with your baby until you have been discharged.

While you are here, your baby will have a blood test to identify a number of treatable disorders and Newborn Hearing Screening.

Ask your nurse for details about these tests.



Going Home

Most mothers stay 24 hours after an uncomplicated vaginal delivery and 48-72 hours after a Cesarean delivery.

You will want to have comfortable loose fitting clothes for yourself and pre-washed clothes for your baby to wear home.



Going Home

Babies must always travel home in a CSA approved car seat. Please bring it to the hospital for your discharge day, even if you are getting a ride from a friend or taking a taxi.

! Your nurse will check that your baby is secure in the seat before you leave. For information about car seats, go to www.bcaa.com/roadsafety or call the Child Seat Information Line: 1-877-247-5551.



Going Home

A Public Health Nurse will contact you 24 to 48 hours after you are discharged from the hospital.

The nurse will do an assessment of you and your baby and answer any questions you may have.

! If you have concerns before the nurse calls you, contact [HealthLink BC](#) at 8-1-1 or your doctor or midwife.



Breastfeeding

Along with the lactation consultants and the specially trained nurses in the hospital and at public health, you may also find breastfeeding information at:

[La Leche League](#)

[HealthLink BC](#)

[Breastfeeding.com](#)

[Dr. Jack Newman: Breastfeeding online](#)



Breastfeeding

Breastfeeding, like any new skill, takes time, patience, and practice to get it right.

Breast milk is nature's perfect food for babies. Breastfeeding benefits babies, moms, dads, families, and our environment.

! Contact your local Public Health Office for breastfeeding support. You may also visit our infant feeding drop in.



Special Circumstances

Kootenay Boundary Regional Hospital offers the support of a registered social worker to assist patients and their families.

The social worker is available to meet with patients and their families during their stay at the hospital.

If you or a family member would like to meet with a social worker, ask the staff or your care provider for a referral.



Aboriginal Patient Navigator Services

Interior Health offers the support service of an Aboriginal Patient Navigator to patients and their families who identify as Aboriginal.

The Aboriginal Patient Navigator can assist with:

- understanding the hospital care system
- spiritual connection
- discharge planning
- community and hospital linkage
- promote access to community services



[www.interiohealth.ca/
YourHealth/Aboriginal
Health/](http://www.interiohealth.ca/YourHealth/AboriginalHealth/)

Conclusion

You have reached the end of the Virtual Tour of KBRH's Maternal Child Unit.

If you need further information, you can try these links for general resources:

[Best Chance Website](#)

[Newborn Screening Health File](#)

[Period of Purple Crying](#)

[Postpartum Depression](#)



KBRH Contact List

And, of course, you can always reach us at:

Maternal Child Unit:

250-364-3444

Hospital Social Worker:

250-364-3490

Family Obstetrics Department:

250-364-5131

Mountain Midwives:

250-231-0656



Interior Health