Having your Baby at Vernon Jubilee Hospital

There are 34 slides in this presentation.

Introduction

Welcome to a quick tour of VJH's Women's and Children's Health Services

This tour covers several topics, including:

- Parking
- Getting to the Entrance
- After Hour Access
- Things to Bring
- Patient Registration
- Public Elevators
- Arriving on the Unit
- Accommodation
- Privacy
- Newborn Experience
- Cesarean Delivery
- Special Care Nursery
- Family Waiting Room
- After Delivery
- Going Home
- Breastfeeding

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 Vernon Jubilee Hospital.

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

Introduction

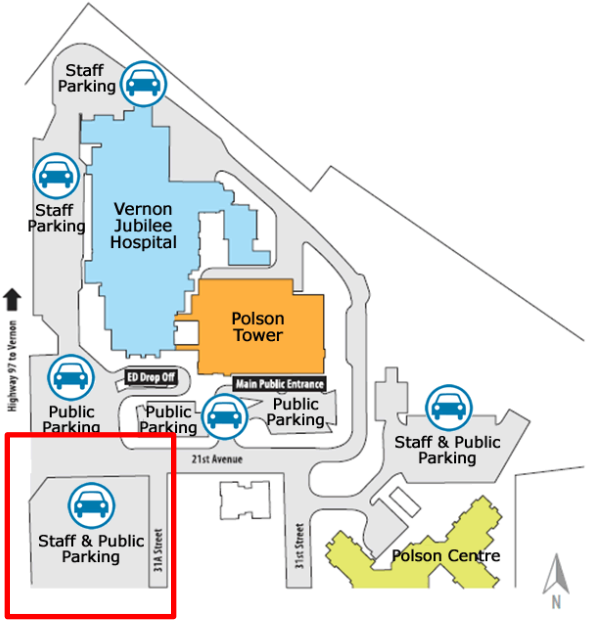
Note

Did you know…

We deliver almost 800 babies each year!

Parking

We are located at 2101 32nd St., Vernon, BC, on the corner of Highway 97 and 21 Ave. When you arrive, have your support person park in the public parking to the south of 21 Ave.



Parking

You will need to purchase a parking ticket and display it on your dashboard.

Please follow the directions that are posted for our parking lots.

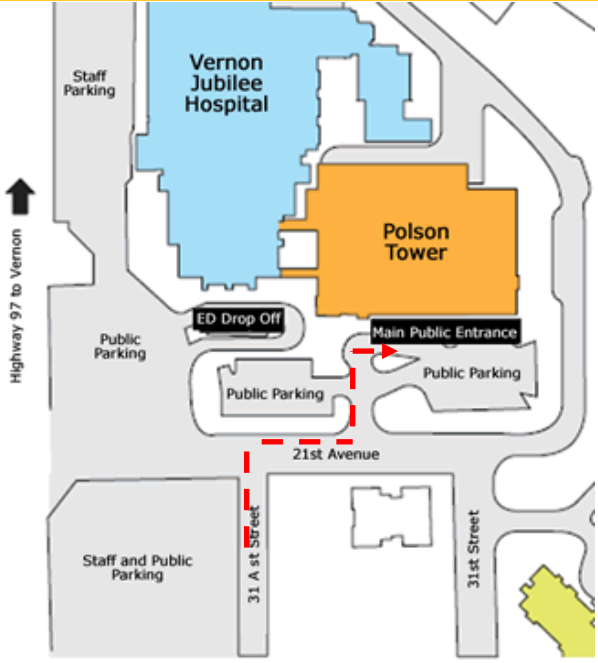
Make sure your support person brings a small amount of cash for the parking meter. The machine will also accept credit cards.

Getting to the VJH Entrance

Walk from the parking lot to the main public entrance of the VJH Polson Tower (right under the wooden awning).

There are wheelchairs available outside the main entrance for your support person to help you if you cannot walk comfortably.

You will need to pay a loonie for the wheelchair, but you will be refunded when it is returned.



After Hour Access

After 930 p.m., the VJH Polson Tower main entrance is closed. Please enter through the Emergency entrance - just follow the signs to Emergency.

To gain access to the Women's & Children's Health Services Unit after hours, touch the screen on the white console to speak with the switchboard operator.

Things to Bring

Only bring those items you will need:

- slippers
- toothbrush
- hairbrush
- nightgown or T-shirt
- medication.

Items for the baby can be left in the car until later.

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.

Patient Registration

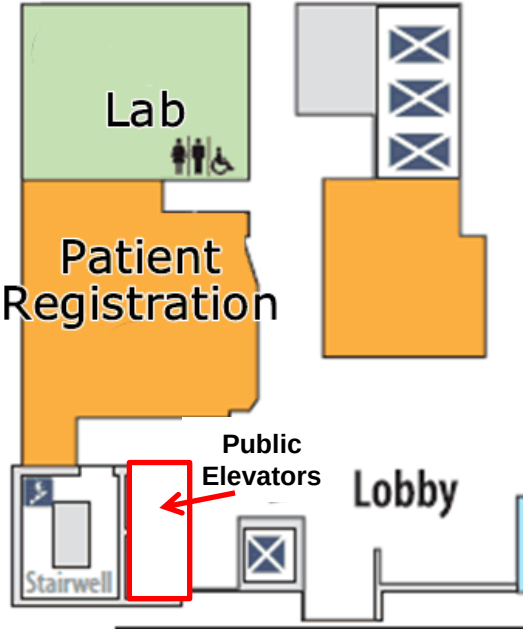
Self registration kiosks are located inside the Polson Tower hospital entrance – at the Patient Registration area as well.

You can use these kiosks to check in for your reoccurring appointments for non stress tests and avoid the wait at the admitting desk

Public Elevators

Women's and Children's Health Services is located on Level 4.

Use the Public Elevators to get to this floor.



Arriving on 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 area. The triage area is used for:

- non-stress tests
- for inducing labour
- to assess women who have come to the hospital in labour.

The nurse will determine how your labour is progressing. At this time you may have a fetal monitor placed on your belly to assess your baby.

When you are in active labour you will be moved to a Labour, Delivery, Recovery, Postpartum (LDRP) room.

Accommodation

Vernon Jubilee has seven Labour, Delivery, Recovery and Postpartum rooms (LDRP) .

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, and
- a telephone to connect you to your family and friends.

Accommodation

A private bathroom with a shower and bathtub are also conveniently located in every LDRP 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 delivery area with an ice machine.

We encourage support people to bring and label 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.

Newborn Experience

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 Experience

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

Your baby's safety is very important to us. An electronic security tag will also be placed in your baby's cord clamp. This tag will activate an audible alarm if the baby is taken off of the unit.

Cesarean Delivery

If you require a Cesarean delivery, there is a special delivery room located on the 3rd floor directly below the Women's & Children's Health Services unit.

After routine pre-operative procedures, you will be taken to the Cesarean delivery 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 Women's & Children's Health Services unit.

To support breastfeeding, if nursing staff are able, newborns are taken to the recovery room to initiate breastfeeding.

Special Care Nursery

At VJH, babies stay in the room with their families 24 hours a day.

A special care nursery (SCN) is also located on the Women's & Children's Health Services unit. The nursery cares for babies who require special attention for the first few days or weeks of their lives.

Babies born early (preterm), full-term babies who have unexpectedly become unwell, or babies with health problems may stay in the special care nursery.

Parents or guardians are welcome in the special care nursery to spend quality time with their new baby.

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.

Other visitors are encouraged to visit between the hours of 10 a.m. and 9 p.m. and are limited to two at a time.

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. Lactation Consultants are also available daily to assist with special breastfeeding concerns.

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.

Before going home you will need to complete required paperwork and your doctor and your baby's doctor will need to write orders.

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

Going Home

Babies must always travel home in a special baby car seat. Be sure to have a safe car seat ready to bring to the hospital for your discharge day, even if you are getting a ride from a friend or taking a taxi.

Have your support person bring your car seat to your room before you are ready to go home.

Note

Your nurse will check that your baby is secure in the seat before you leave. For information about car seats, go to www.childseatinfo.ca 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.

Note

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

Health Link BC

Breastfeeding.com

Dr. Jack Newman: Breastfeeding online

Special Circumstances

Women's and Children's Health Services 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 before, during or after 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.

Some helpful links:

www.kcr.ca/page/adoption-centre-of-bc
www.nona-cdc.com
www.vernonfrc.ca/pdf/Resource_Guide_2010.pdf

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

http://www.interiorhealth.ca/uploadedFiles/Health_Services/Aboriginal_Health/Contact/ABORIGINAL_PATIENT_NAVIGATORS_Rev_May_11-11.pdf

Conclusion

You have reached the end of the Virtual Tour of VJH's Women's & Children's Health Services ward.

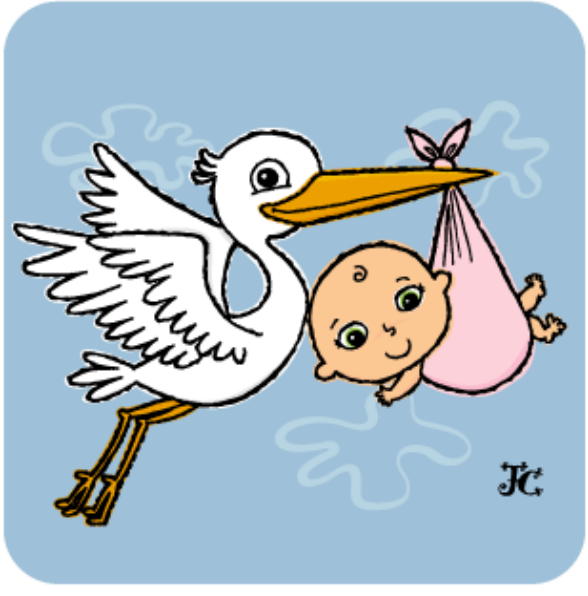
If you need further information, you can try these links for general resources:

Best Chance Website

Newborn Screening Health File

Period of Purple Crying

Postpartum Depression



Conclusion

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

Women's & Children's Health Services
250-558-1200 Extension 51213

Hospital Social Worker:
250-558-1200 Extension 51595

Hospital Breastfeeding Support:
250-558-1200 Extension 51383