Welcome to the Mother-Baby Unit

Congratulations! This is an exciting time for your family and we would like to make your stay with us as comfortable and pleasant as possible. It will also be a very busy time for you and your newborn; a time when you are trying to rest and recover from your delivery while also getting to know your newborn, and how to care for and feed him/her.

When it’s time to have your baby you will be admitted to The Birthing Center on McClure 7. After a recovery period of about two hours you and your newborn will be transferred to the Mother-Baby Unit on Baird 7.

Let us tell you about what you can expect during your stay on the Mother-Baby Unit and introduce you to our team that will be involved with your care.

Mother-Baby Unit

Baird 7

Accommodations: Baird 7 has twenty-three private rooms and three semi-private rooms. At times of maximum patient census our semi-private rooms are shared.

Nursing: Our staff includes nurses and licensed nursing assistants (LNA). Your assigned nurse will provide the care you need to heal and assist you with caring and feeding your newborn. Education will be provided to prepare you and your family for discharge. Each shift, our unit has an assigned newborn charge nurse who coordinates newborn care and a unit charge nurse who oversees and coordinates the overall unit needs.

Breastfeeding Support/Lactation Services: All Mother-Baby staff are experienced in supporting you and your newborn in those important first few days of breastfeeding. If you require more intensive support with breastfeeding, an International Board Certified Lactation Consultant (IBCLC) is available most days. Home lactation services are also available in the community. Please check with your insurance company before your delivery to arrange for lactation support after discharge. Arrangement ahead of time ensures breastfeeding support right when you get home.

Unit Secretary: Unit secretaries are present each shift and provide support services to the clinical staff.

Medical Team: Your care team includes your attending physician or midwife, a resident physician, as well as medical students, or nursing students.

OB/GYN Providers: After your delivery, you can expect to see and be examined by a provider daily. Each patient is seen early in the morning by the resident staff and later by an attending from your practice.

Pediatrician: Your newborn will be seen and examined by a provider from your Pediatricians office each morning. Please make sure you have chosen a pediatrician prior to delivery and have their full name, practice location and phone number. Most parents like meeting the pediatrician prior to delivery. If your pediatrician does not have admitting rights at UVMCC the pediatric hospitalist will see your baby during your inpatient stay.

Audiology Staff: Your newborn will have their hearing tested prior to discharge by an audiology technician. This is a quick procedure which is done in your room.

Housekeeping: Our housekeeping staff will be in daily to tidy up your rooms and empty the trash and recycling. If you need additional assistance please let your nurse know.

Dietary: After you have placed your order, a dietary technician will deliver your meal tray to your room. A dietician will also see you to ensure your diet needs are being met.

Laboratory Staff: A phlebotomist will come to your room to draw blood if your provider has ordered it.
WHAT TO EXPECT DURING YOUR STAY:

**Length of Stay:** Most women are discharged 1-2 days after an uncomplicated vaginal delivery, or 3-4 days after a cesarean delivery—the national average is 24-48 hours.

**Welcoming Policy:** The Mother-Baby Unit has a Welcoming Policy in place where you, the patient decide who you wish to have with you at your bedside. Your friends and family are welcome to visit during the hours that work for you. We ask that all guests to our unit be in good health and that children 12 years and younger be accompanied by a responsible adult (other than yourself). During your stay, one support person is chosen to stay at the bedside overnight. Children are not allowed to stay overnight, even if accompanied by another adult.

While we have open Welcoming Policy, we respectfully request all visitors be aware of new parents’ need to rest, recover, and bond with their baby. Due to room size and care needs we may occasionally limit the number of visitors. Please discuss any visiting requests with your nurse.

**Patient Centered-Report:** This occurs during each shift change with the outgoing and incoming nurse providing your care. They will discuss key information regarding what happened during the last 8-12 hours to ensure that all important safety information gets passed on. We invite you to be part of this process and encourage you to help set goals for the oncoming shift. Medical information will be discussed at these times. Feel free to ask visitors to leave for privacy.

**Hourly Rounding and Pain Management:** Unit staff will check on you each hour to ensure your safety and your newborn’s safety and to ask you about your comfort level and needs.

**Examinations:** Physical assessments are performed by nursing staff for you and your newborn each shift and by the medical staff every morning.

**Safety:** You will be provided with two wristbands to wear, one for you and the second for your newborn. Your newborn will also have two bands, one is placed on the wrist, and the second is on the ankle. These bands contain identifying information and will be check by nursing staff each shift and anytime that you may be separated from your newborn. Your partner or spouse will also be provided with a newborn wristband.

Each Baby will be given a “Hugs” tag to wear. The Hugs band will be placed on your infant’s ankle. This is a security device that will set off an alarm if the infant is brought close to the unit exit doors. If you notice that the Hugs tag has slipped off of your newborn’s ankle please notify nursing staff immediately.

Please read the enclosed brochures regarding Safe Sleep Practices. Our nursing staff will review this with you and help you to practice safe sleep habits during your stay with us so that you may continue these practices once you are at home.

Staff members have a teddy bear on the upper corner of their badge. This means that they are recognized by the hospital as being able to care for your newborn. Always check staff badges and never let your newborn go unaccompanied with staff that does not have these teddy bears on their badge.

**Discharge Preparation:** A number of tasks and procedures must be completed prior to discharge. Infants are typically not discharged prior to 24 hours of age to allow for recommended screenings to be completed. Upon admission you will receive a folder with further information. Please review the discharge checklist and work with your nurse to complete the tasks which include our discharge Book and Webb App “Understanding Mother and Baby Care”. We ask that all parents complete their baby’s birth certificate paperwork within 24 hours of birth.

**Car Seats:** It is strongly recommended that you have your car seat fitted to your car before delivery. There are many places near you that can provide this car seat fitting service, including many fire stations and police stations: look at this web site for a place near you: [http://www.beseatsmart.org/](http://www.beseatsmart.org/). You may make an appointment at the hospital to have your car seat fitted by calling 847-1215 (appointment needed). Bring your newborns car seat to the unit before discharge. It is expected that the baby will be discharged in the seat after the straps have been checked by your nurse.