

Information Leaflet



Liverpool Women's
NHS Foundation Trust

Welcome to Transitional Care

Introduction

Transitional Care (TC) means 'In between care' bridging the gap between the Neonatal Unit and the routine care that all babies receive on the maternity ward.

Transitional Care is an area for mothers who are well following delivery to care for their low birth weight baby with additional support and encouragement from the TC team. The team is able to provide care which exceeds normal routine care.

Admission

Your baby may be transferred into TC after spending some time on the Neonatal unit or maybe admitted with you from delivery suite or the maternity ward to establish feeds, monitor temperature and/ or gain weight. Your baby will stay with you and be cared for by you with support from the TC team and a midwife will provide your maternity care.

Babies on TC will often stay in hospital longer than normal as they would otherwise be nursed on the Neonatal unit. Most babies on TC will remain an inpatient between 5-10 days however due to individual circumstances this stay may be longer.

Staffing

The Transitional Care team is led by a Team Leader, Registered Neonatal Nurses, and Senior Clinical Support Workers. They will support you as you care for your baby in preparation for home.

An Advanced Neonatal Nurse Practitioner provides medical cover for Transitional care. Babies are reviewed daily and examined once a week but can be reviewed at any time if needed.

Things you will need for your baby in TC

- Nappies
- Cotton wool
- Your baby's own clothes if you wish

We do have a stock of premature baby clothes which are washed on the premises which you can use if you prefer.

If at any time the TC staff looking after your baby is out of the room and you require TC assistance, please use the phone on the desk and call Low Dependency room 8 extension 4500 on the neonatal unit and ask for the TC staff to return.

Infection Control

Hands must be washed on arrival in the room and gel before and after touching baby. We do not use powder or sterile water as babies are getting closer to home.

We advise that you do not change your baby on the bed and request that all visitors 2 per bed (unless exceptional circumstances) use the chairs provided and not sit on the beds. Brothers and sisters may visit during visiting hours.

Getting ready for home

Before going home your baby will need to be:

- Feeding well
- Gaining weight
- Staying warm in the cot

Baby will have a hearing test usually on the day of discharge; this is part of the national screening program.

You will also need to register your baby's birth and register baby with your GP. Please inform nursing staff if you have changed your address and/or GP's details.

The TC team will advise, support and discuss the following topics;

- Breast feeding
- Bottle feeding (making feeds, sterilisation)
- Safety at home
- Giving any necessary medication
- Basic resuscitation
- Safe sleeping

Community Care

Your baby may be followed up at home by our Neonatal Community Team who will monitor your baby's weight, feeds and progress. Alternatively, care maybe provided by a community midwife. You will be told which team will visit you prior to discharge.

If you live out of the area then care will be transferred to your local hospital where community staff or your Health Visitor will monitor your baby's well-being.

If a six week follow up appointment is required after your baby is discharged from hospital it will either be given to you at the time or sent out by post.

At follow up clinic you will be seen either by a Consultant or Advanced Practitioner who will review your baby's progress and answer any questions you may have.

This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at pals@lwh.nhs.uk

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