

Information Leaflet



Liverpool Women's
NHS Foundation Trust

Welcome to Low Dependency

The Low Dependency room is an area for parents and their babies to prepare for home. Our aim as a multidisciplinary team is to provide and assist our Parents/ Carers with parenting skills, support, and advice and help the transition from the Neonatal Unit to home.

Staffing

The Low Dependency Team or Yellow team is led by a Team Leader, Neonatal Nurses and trained Clinical Support Workers. They will support you as you care for your baby in preparation for home.

The HDU Registrar and Advanced Neonatal Nurse Practitioners provide Medical cover for the low dependency nursery. Babies are examined once a week, but can be reviewed at any time if needed to be.

Each morning there is a Consultant ward round around 09.30-10.00. Your baby's individual needs and possible timescale for discharge home will be discussed at this round or at the multidisciplinary discharge meeting on Wednesdays at 14.00 hrs

Infection Control

The hand hygiene guidelines are the same as for the rest of the unit i.e. Use hand gel going in and out of the room. Wash hands on arrival in the room and gel before and after touching baby (leaflet available outside nursery).

Can you ensure that after your baby's care is completed, the only thing left on the cot shelf is the hand gel.

We also ask that you only bring water in a closed container in the room to drink, no food please.

Things You Will Need For Your Baby in Low Dependency

- Nappies
- Cotton wool
- Your own baby's clothes if you wish (2-3 changes per 24 hours).
- A drawstring washable bag for baby's own dirty clothes, (as you will need to take your own baby's clothes home to wash). We do have a stock of premature baby clothes, which are washed on the premises which you can use if you prefer.

Bathing

From about 32 weeks if baby is stable you will be able to bath your baby. It is recommended to bath no more than two or three times a week, and to use plain water if less than a month old. For an older baby you can provide your own shampoo and baby bath.

Developmental Care

Developmental Care items such as gel pillows and rolled blankets are gradually withdrawn from use before your baby goes home and the "Back to Sleep" guidance is followed.

The cot will be put in the horizontal position.

Toys should be minimal and washed by parents weekly. We have a small range of toys to loan for older babies; please ask the nurse looking after your baby.

Kangaroo care/skin to skin is also encouraged in the low dependency areas.

Monitoring

Initially your baby may have a monitor for heart rate and blood oxygen levels, so nursing staff can observe without disturbing them. This will be changed to an apnoea mattress once baby reaches 34 weeks and all observations are satisfactory. The apnoea mattress will be discontinued prior to discharge.

Getting Ready For Home

Before going home your baby will need to be:

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

If your baby is bottle feeding you may bring in your own **sterilised** bottles and teats, in preparation for home. We ask you to sterilise them at home as we are unable to provide this on the unit.

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

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.

Parent Education

Parent/Carer education teaching sessions are provided. We will arrange a date and time with you to attend these sessions. These are taught by our Clinical Support Workers or nursing staff who will discuss the following topics:

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

When the decision has been made for baby to go home, you are welcome to stay for a night prior to discharge (subject to availability of rooms). Please ask the staff member looking after your baby.

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

If you have any questions or concerns, please discuss them with the nursing staff looking after your baby.

We welcome your feedback on the care you have received throughout your baby's stay on the unit, and ask if you could complete one of the discharge questionnaires. These can be obtained from any member of staff in the low dependency areas. This information helps us continually improve the service we offer.

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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