

Healthier Communities,
Outstanding Care



Sherwood Forest Hospitals
NHS Foundation Trust

Welcome to The Neonatal Unit
at King's Mill Hospital

**Congratulations on the birth of
your baby/babies**

Information for parents

Family Integrated Care

When your baby is admitted to the Neonatal Unit you may feel that you are often separated from your baby/babies. Separation can impact the physical, psychological, and emotional health of you and your baby/babies.

Family integrated care (FIC) is where you are valued as true partners in your babies' care. The goal of FIC is to promote information sharing between you and staff and to provide you with support in becoming a part of our neonatal team in providing active care for your baby.

Ways you can provide care for your baby/babies on the Neonatal Unit:

- Nasogastric Tube (NGT)/ Oral Gastric Tube (OGT) feeding.
- Nappy changes.
- Oral feeding.
- Mouth care – giving your baby expressed breast/chest milk for mouth care. Or sterile water if expressed breast/chest milk is not available.
- Taking your baby's temperature.
- Giving oral medications.
- Bathing.
- Developmental care – meeting your baby's comfort needs. Helping your baby to feel secure. Decreasing over stimulation from noise, lights or procedures. Helping your baby to develop normal sleeping patterns.
- Skin-to-skin/ Kangaroo care.
- Changing the oxygen saturation probe and ECG leads.
- Train-to-Home discharge pathway.
- Communicating to your baby by talking, singing, reading and giving your baby lots of eye contact.
- Weighing your baby.
- Communicating your family's and baby's likes/dislikes.

Healthcare professionals are available to support you in carrying out any care for your baby if you require. Some of the above may be your baby's first, for example your baby's first bath. These are important milestones, and FIC is a great way to take the lead in these key milestones. You as parents/care givers have open access to the Neonatal Unit and we encourage you to be with your baby/babies as much as you can.

Neonatal ward rounds

Below is a timetable of our neonatal ward rounds that happen every day. The ward round is where all the team with you as parents/care givers review and discuss your baby/babies care and then a plan of care is made. We would love to see and have your input on ward rounds as they work the best when you are present.

Neonatal Unit ward rounds – what to expect?

	Mon	Tues	Wed	Thurs	Fri		Sat	Sun
When?	11.00	11.00	11.00	11.00	11.00	13.00	Variable	
Who?	Neonatal Hot week consultant and Neonatal consultant	Neonatal Hot week consultant	Neonatal Hot week consultant	Registrar led training round with Neonatal Hot week consultant supervision	Neonatal Hot week consultant (trouble shooting)	Grand Round (week and weekend teams)	Registrar review Board round with on call Consultant Consultant review as required	
Where?	Cot side	Cot side	Cot side	Cot side	Cot side	Doctors' Room	Cot side and Board round	

Your baby's consultants

Each baby has both an ongoing named consultant and a day-to-day on call/hot week consultant. The named consultant will take ongoing responsibility for longer term issues and see your baby in clinic after discharge. The on call/hot week consultant will review care on a day-to-day basis

Every day

Each baby is reviewed every day by the paediatric team. During the ward round, they are then discussed with the team and a plan is made. Occasionally if the team is busy looking after a sick child, times may vary. The team will update both paper and electronic Badger records.

Take part

We welcome you to play an active part in the ward round. How is your baby? What are your concerns? What questions do you have?

Privacy and Confidentiality

We would kindly request you respect the privacy of other babies and families.

We encourage you as parents/care givers to be on the unit and to get involved as much as you can. Research shows us by doing so:

- Your baby is less stressed.
- Spend fewer days in hospital.
- Less likely to be readmitted.
- These babies are likely to breast/chest feed for longer which provides a host of long-term benefits.
- Increases your confidence ready for the transition from hospital to home.

While on the Neonatal Unit

We understand that being on the Neonatal Unit can be a financial burden. There are a few ways we can help to relieve this pressure:

- We provide you, parents/care givers with free car park passes for the main hospital car park. Tickets are available from a member of staff as and when you need one.
- We have a range of bus passes available, please liaise with the team to ensure you are given the right bus pass for your area.
- We have kitchen facilities on the unit – you can bring in your own food to store in the fridge. In the kitchen area there is a microwave, toaster, and hot water facilities. The hospital provides you with bread, butter, a range of preserves, milk, cereal, tea, coffee, and sugar.
- On admission you will receive a welcome bag from the Emily Harris Foundation, which will contain a neonatal diary, cotton wool, nappies, a baby blanket, and some other treats to help you on your neonatal journey.
- Once a day both parents/care givers can have one meal voucher each for the Spice for Life restaurant situated on level six. These are available from any staff member as and when you need one.
- Once during your stay, the Emily Harris Foundation provides families with one voucher to go to the King's Mill Farm restaurant (across the road from the hospital) to get a meal – again please liaise with a member of the team for more information about this.
- On the BLISS (for babies born premature or sick) website there is financial information for families.

This will hopefully make your stay with us a little easier. If there is anything else you would require support with, please do not hesitate to ask.

Our Vision

Infants and families are at the centre of our services and we will constantly strive for excellence in clinical care, service, and communication.

Our Mission:

- To provide high quality family integrated and family centred care, through continuous research and education.
- To maintain the privacy and dignity of our patients and families.
- We support infant feeding and relationship building between families and infants. We value parents as partners in care.
- We will provide a safe friendly environment, that promotes team working and fosters learning and research, in a culture of openness and honesty to maintain our high standards.
- We are accountable to our patients, communities, and each other to provide the best service we can.
- Ensure collaboration within our institution and with other agencies who share our mission and goals.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PII202309-01-FIC
Created: September 2023 / Review Date: September 2025