

## INFORMATION FOR PARENTS AND CARERS

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# Neonatal Transitional Care



This leaflet provides you with information about the Neonatal Transitional Care (NTC) service which we offer at Sherwood Forest Hospitals.

NTC is a service in which a specialist team are available to deliver enhanced newborn care and support you as parents/carers to care for your baby at your bedside. The service aims to ensure that women/birthing parents and their babies are cared for together in more relaxed environment on the postnatal ward, reducing the need for separation when babies require additional neonatal care. The service also helps you to care for your baby independently with support from our multi-disciplinary team.

### Benefits

NTC helps to keep families together – there is no need to need to separate you for care, tests or investigations. It provides you the opportunity to grow in confidence in all aspects of your baby's care, while any extra newborn care is delivered by the NTC team.

### How it works:

- If your baby/babies are born between 34-36 weeks and otherwise clinically well they will be under NTC care and remain with you on the maternity ward.
- Babies weighing between 1.6kg and 2.0kg will be cared for by the NTC team on the maternity ward. If your baby weighs less than 1.6kg they will be cared for on the Neonatal Intensive Care Unit. They may move to NTC care as they gain weight and/or their medical care needs change.
- We provide enhanced feeding support and can offer feeds using a feeding tube into the nose or mouth. Our staff can teach you this skill and support you to safely give your baby tube feeds if this is something you would like to do.
- Some babies require a period of intravenous (in the vein) antibiotics. We will attend your cot side to administer antibiotics to your baby/babies.

- We also support babies who may require enhanced monitoring for jaundice, low blood sugars and congenital abnormalities. This will be discussed with you, and you will have the opportunity to ask questions and give feedback to the TC team.

### **Daily routine**

You will receive your care by the midwifery team, whereas your baby will receive the enhanced care by the transitional care nurse and team.

Any routine newborn baby support such as daily baby checks and weights can be delivered by any member of the NTC or midwifery team. We will work together to ensure that you have access to support at all times during your stay.

Ward midwives, support workers and the NTC team will provide ongoing feeding support during your stay. Additionally, the Lime Green Team (LGT) healthcare support workers offer a daily ward education round for feeding related matters. The LGT also provide breast/chest feeding support at home if you are receiving postnatal care from our community midwives.

We also have a Home Care Team (specialist neonatal nurses who provide support in the community) who follow up any preterm infants and may be able to facilitate babies going home with certain elements of enhanced care. This will be discussed with you if felt necessary.

The doctors will review your baby daily and will be able to answer any questions you may have.

### **Visiting**

You can have one partner/supporter with you on the ward 24 hours a day. Your own children can also access the ward between 7am and 10pm. We respectfully request that visitors do not arrive or leave between 10pm and 7am to minimise disturbing other people on the maternity ward. Two other people can visit between 11.30am and 7.30pm.

Unfortunately, no other children are allowed to visit due to health and safety reasons. Please ensure visitors wash their hand appropriately and do not sit on the beds as these are an infection risk.

### **Facilities**

If you are an inpatient and your baby is cared for under the NTC service and are located on the postnatal ward, you will have meals provided for you by the hospital. The hostess will take your daily order each morning.

We have televisions next to every bed space on the maternity ward; you can view the television for free between 8am and 12pm. Outside of these hours there is a charge, starting at £7.90 for one day. You can listen to the radio for free, all day.

Tea/coffee rounds are completed during the day by a ward hostess on the maternity ward and overnight there are facilities to make your own hot drinks. A vending machine is located on the landing outside the maternity ward.

You can get food and drinks on site at the following café's/shops:

- **Spice of Life restaurant** - breakfast from 8am to 11am and lunch 12pm to 3pm daily. A vending machine serving hot and cold food is also available.
- **WHSmith** - open Monday to Friday, 7:00am to 8:00pm and weekends 9:00am to 5:00pm.
- **Costa Coffee** - open from Monday to Friday, 7.30am to 6pm, and weekends 9am to 5pm.
- **Daffodil Café** – open Monday to Friday, 8am to 4pm.
- **Blossom Wood** – open 07.30am to 10.30am and 12pm to 13.30pm.

Parents/carers of babies who are admitted under the NTC service will receive a car parking ticket to help with costs.

### **What will I need for my stay?**

Please bring in your clothes, nightwear, slippers, towels and toiletries. You can bring any drinks or snacks that you think you may need. We ask you provide nappies, cotton wool, and your baby's clothes.

There is a kitchen for parents/carers to prepare feeds for their infant, there are no facilities to make up feeds using powdered milk, so if you are using artificial milk please ensure it is premade formula.

If you are breast/chest feeding your baby or expressing milk you do not need to bring anything with you to feed your baby - you do not need to bring your own formula 'just in case'.

If you plan to mix feed or formula feed please bring one or two starter packs of formula into hospital.

If bringing in larger premade formula, please bring one or two of your own bottles and teats to decant milk into these to feed your baby.

Cold water sterilising tanks will be provided to use for the duration of your stay for feeding or expressing equipment.

Please be mindful that space can be quite limited, and each bed has one bedside locker only, so only bring in the things that you need.

### **How long will I need to stay in NTC?**

You will need to stay with your baby at all times. The plan of care will be discussed daily with you. Your baby will need to be able to meet certain milestones before they can be discharged home. These include maintaining their temperature, breathing without support (excluding long-term oxygen), and completing full feeds. Babies will also need to have had their NIPE (newborn initial physical examination) and their hearing screen. Some families may be suitable for an earlier discharge home with support from the Home Care Team – if this is suitable it will be discussed with you.

### **Mobile phones**

Mobile phones should be switched to silent, but please feel free to make and receive calls using quieter areas and times. You may take photographs of your baby, but please **DO NOT** include images of any other babies, families or staff in your photos.

### **Safety**

Whilst under NTC care, we follow Lullaby Trust and NHS guidance for safe sleeping. As your baby meets the criteria for high-risk infants, we do not recommend co-sleeping. Further information will be given to you for safe sleeping recommendations both in your baby's child health record (red book) and verbally. Please also look at your own Badger.net account for safe sleeping advice.

Please ensure that your baby is not left unattended on the ward; another responsible family member must be with your baby if you leave the ward.

If you feel unwell at any time during your stay, please let a member of staff know; they will liaise with the appropriate team.

### **Smoking**

This is a non-smoking hospital. Smoking is not allowed anywhere on hospital grounds (this includes outside the hospital entrance doors).

**If you have any queries about the information on this leaflet, please see a member of the nursing or midwifery team.**

## Feedback

Please could you complete the feedback form via the QR code below to provide feedback on the care and services you have received from the transitional care team.



**Transitional Care**

Family and Friends Feedback

(For infants who are receiving  
care under the Transitional Care  
service)

QR code



<http://ratenhs.uk/hFcUb9>

## Discharge information

A midwife will come to visit you in your home the day after you are discharged. This may be anytime from 9am to 5pm. Please contact us if you have not had a visit by 4pm:

**Daytime (Monday to Friday): 01623 676170**

**Out of hours: 01623 655722**

## Contact details

Kelly-Marie McMinn, Transitional Care Lead Nurse, on 01623 622515, extension 2772.

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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 for this leaflet (if relevant) please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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