

Welcome to Special Care Nursery



A Parent's Guide

Congratulations on the birth of your baby! The staff of the Special Care Nursery welcomes you and would like to offer you some helpful information about Special Care and your family. We realize this may be a busy and stressful time for you, and encourage you to speak with the staff about any questions you have.

 The Hospital of
Central Connecticut
at New Britain General

100 Grand Street, New Britain, CT 06050
www.thocc.org

 The Hospital of
Central Connecticut
at New Britain General

The Ferdinand Sauer, MD
Family BirthPlace

General information

The Special Care Nursery phone number is 224-5542.

From your hospital room just dial 5542 to connect with the nursery. For confidentiality reasons we can only give information to the parents of the baby, so please let friends and relatives know they should speak to you about the baby's condition.

Visiting in Special Care

Parents may visit the Special Care Nursery 24 hours a day. You may also choose to have an adult visitor (14 years or older) accompany you, but there may be only two visitors at the baby's bedside at a time, and one must be a parent. There are viewing windows in the nursery that give other visitors a peek at your beautiful new baby. For patient confidentiality reasons, we ask that there be no visitors in the nursery during Nursing Rounds in the morning and during Nursing Report, 7–7:30 a.m., 3–3:30 p.m. and 11:15–11:45 p.m.

Hand washing

The most important part of preventing infection in the nursery is hand washing. All staff and visitors must scrub with antibacterial soap for three minutes before entering Special Care. The sink outside the nursery is for your convenience. Any other infection precautions can be discussed with the nurse taking care of your baby.

Transition rooms

Transition rooms are available to provide you and your family with private time when your baby is medically stable.

These rooms allow you to care for your baby when he or she is beginning the process of transitioning to home. If your baby requires specialized care at home your nurse will speak with you about an overnight stay in the hospital before your baby leaves. Here are some guidelines to make your stay more comfortable:

- We have lockers available for you after discharge from The Family BirthPlace. Please bring only minimal personal belongings when you visit your baby.
- Because we want to meet your needs, upon arrival to the nursery, please check with your nurse about room availability.
- Because many people are using the rooms, please do not leave your things in the room unattended while you are not there.
- To ensure you get the room when you need it, please know that babies' medical conditions determine use of the room. Therefore, you may be asked to use alternate waiting areas in The Family BirthPlace.
- Because the census in the Special Care Nursery fluctuates, room availability may be affected. We will make every effort to adjust use of these rooms to meet your baby's needs.

Breastfeeding

Premature and sick babies benefit greatly from the important nutrition that only mother can provide. If your baby is unable to nurse immediately, we have breast pumps for your use while visiting to collect and store your breast milk. When your baby can feed, we will use your breast milk as soon as possible, and will teach you about breastfeeding as your baby becomes able.

Parking

Parking vouchers are available from the Special Care Nursery. Your nurse will provide you with information about how to arrange for parking.

Hearing screening

All babies born at HCC have a hearing screening before hospital discharge.

Resources

You and your family may access the following resources: Social Service, Visiting Nurse association (VNA), Women, Infants and Children (WIC), or Occupational Therapy/Physical Therapy (OT/PT). A social worker is available for all families and may be contacted through your nurse or by calling the Social Service Department at 860-224-5236.

The LOVE Line

If you have questions or concerns after you are discharged, call one of our registered nurses, 24 hours a day, seven days a week for up to six weeks postpartum at 860-224-LOVE (5683).

Who is caring for my baby?

Many people work together as a team to care for your baby in the Special Care Nursery. Neonatologists are pediatricians with specialized training in the care of premature and sick newborns. They are available 24 hours a day to direct and manage your baby's care. The pediatrician is your baby's doctor. He or she collaborates in the care your baby is receiving and provides medical care after the baby is discharged from the hospital. Daily updates about your baby will come from your pediatrician. Physician assistants are trained in the care of newborns and are available in the hospital 24 hours a day for routine and emergency care. They work with the neonatologists to provide the care your baby needs. The nurses organize and provide teaching and support for parents' needs as well. The nursing technicians/secretaries are available to assist the nurse in providing patient care and support services.

The staff of the nursery encourages you to bring concerns and questions to them at any time.

