

Neonatal Community Service – Information for Parents



Name:

Notes:

Diana, Princess of Wales
Scarcho Road
Grimsby
DN33 2BA

03033 306999

www.nlg.nhs.uk

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
DN15 7BH

03033 306999

www.nlg.nhs.uk

Goole & District Hospital
Woodland Avenue
Goole
DN14 6RX

03033 306999

www.nlg.nhs.uk



Information for patients

Introduction

It is not unusual to feel nervous about taking your baby home from the Neonatal unit for the first time. This leaflet is provided by the Neonatal Community Service to give you some information that may be useful on the discharge home of your baby.

Additional information is available online from Bliss www.bliss.org.uk

About the Neonatal Community Team

We are a team of experienced Neonatal Nurses at Grimsby and Scunthorpe hospitals and our aim is to work with you to support and empower you to care for your baby at home following discharge from the Neonatal Unit.

The number of visits we will make depends on each individual family and the needs identified. On occasions we may have a student or colleague with us.

Taking your Baby Home

We will try to meet you on the ward prior to your baby's discharge so we can discuss any special needs or concerns there may be surrounding your baby's homecoming.

We aim to telephone you at home within 48 hours of discharge, this is a chance to talk about how you are feeling and answer any questions you may have and arrange to see you at home if needed. If you have any concerns before we contact you then use the numbers at the back of this leaflet.

Visiting you and your Baby at Home

We will assess your baby's progress and feeding, record their weight, take blood samples if required and discuss other nursing care that we can give your baby.

We are in regular contact with your baby's Consultant ensuring they are aware of the progress your baby is making. We work alongside your Midwife if still involved and your Health Visitor who will take over supporting you through your baby's milestones.

If you are still requiring nursing help four weeks after your due date your care will be handed over to the Children's Community Nursing Team and / or specialist nurses if appropriate.

We cover a large geographical area so we ask families to be understanding about punctuality for home visits. We will endeavour to ring should we be delayed, but this may not always be possible.

Occasionally due to bad weather or sickness we may have to cancel or rearrange an appointment at very short notice. However we will always try to speak to you on the telephone in these circumstances.

Information for patients

Breast Feeding

It is important to look after yourself, eat a balanced diet, keep hydrated and set aside time to rest. Initially your baby may want feeding more frequently than when on the Neonatal unit as he / she settles into a routine.

Your Health Visitor will be able to let you know of details of your local breast feeding support group and the infant feeding teams often have seen you prior to discharge.

For more information please refer to Bliss booklet 'The best start: A guide to expressing and breast feeding your premature baby' and the web site: www.bliss.org.uk

Bottle Feeding

On a regime of _____ mls/kg/day = _____ mls/day

Offer your baby _____ each feed

Your baby will not take exactly the same amount of milk each feed so take into account the amount he / she takes over the course of a day.

When making up formula feeds follow the instructions on the tin carefully. Remember the importance of the cleanliness of your hands and the need to wash and sterilise all equipment used.

Once feeding has been established feed your baby when he / she seems hungry. There should be no more than four hours between feeds during the day and no more than five hours between feeds at night. As soon as your baby completes bottles start increasing the amount you offer.

Prior to discharge, please ensure that you have registered your baby with the GP in order to obtain prescriptions prior to discharge. If your baby has been discharged and is feeding on a prescription milk, allow a few days for your GP to write the prescription and your local pharmacy to order it in.

Bowels

Babies do not always have their bowels open every day, providing your baby is having plenty of wet nappies, passing wind and their tummy is not distended, they are not uncomfortable or vomiting. **Do not worry.**

Talk to your Neonatal Community Nurse.

Information for patients

Medications

Your baby may be discharged with some medication which is normally given with a small amount of feed. The ward staff should instruct you on what the medication is for, how to draw it up and how to give it.

Most medications should be renewed by repeat prescription from your GP unless advised otherwise by the Neonatal community team.

Your baby is having:

Medication	Amount in mls	Times / day	Dose / kg

Follow up Appointments

The following appointments have been made for your baby:

Type	Date and time	Place
Neonatal Consultant		
Hip		

Information for patients

Signs your Baby is Becoming Unwell:

- A sudden change in your baby's behaviour
- Feverish and irritable OR cool and lethargic
- Change in feeding – usually becoming disinterested and reluctant to feed
- Vomiting – when this has not been a particular problem before
- Change in stools – more frequent, loose, watery or explosive
- Less aware of you - not as responsive to you as usual, awakens less readily
- More floppy than usual
- Breathing more rapid / noisy or there may be pauses between some breaths
- More pale than usual

If your baby has any of the above please contact your GP.

Urgent Medical Attention is Needed if your Baby:

- Stops breathing or goes blue (follow resuscitation procedure – A Parent's Guide to Infant Resuscitation, Children's Services NLAG)
- Is unresponsive and seems unaware
- Has glazed eyes and doesn't seem to focus
- Cannot be woken
- Has a convulsion – even if your baby appear to recover
- Has blotchy skin, or a rash that doesn't become lighter when a glass tumbler is pressed against it

DIAL 999 AND ASK FOR AN AMBULANCE

Contact Details

Grimsby

Neonatal Community Nurses	03033 303702	mobile 07771 983119
Neonatal Unit	03033 304178	
Rainforest Ward	03033 304477	
Paediatric Assessment	03033 304703	
Breast Feeding Peer Supporters	07785687283	

Information for patients

Scunthorpe

Neonatal Community Nurses	03033 306154	mobile 07917 588595
NICU	03033 302314	
Disney Ward	03033 302090	
Paediatric Assessment	03033 302082	
Breast Feeding Team	03033 303460	mobile 07900 567052

Further Information

For more information see the Bliss Baby Charity website at www.bliss.org.uk Bliss helpline number 0808 801 0322

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at nlg-tr.interpreters@nhs.net

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