

1. When should I come in?

- If you think you are in labor
- If you think your water has broken
- If baby movements have stopped or you feel less than 6 fetal movements in 2 hours.
- If you have constant abdominal or stomach pain
- If you have changes in vision or unusual headaches
- If you have vaginal bleeding
- If you have any health or pregnancy related concerns contact Health Link at 811

2. What time are the main entrance doors open/ closed?

- The south side main entrance doors are open from 6:00am - 10:00pm during COVID-19 restrictions
- Come through Emergency after the main entrance closes
- Underground public parking on the North side of the hospital-take elevator to 2nd floor and come to Unit 27
- Hand sanitizer and masks are available at each entrance and on the unit.

3. What should I bring?

- Pen
- Going home outfit and blanket for baby
- Comfortable clothing for mom after baby is born. Front opening top if you are planning to breastfeed to provide skin-skin
- Nursing bra or tank top
- 3-4 pairs of maternity **underwear**
- **Generic Pads will be provided.** If you have a specific preference, you will need to bring your own (at least one full pack)
- Plastic (washable) flip flops or croc type sandal
- Camera, cell phone and charger
- Cash/change, debit, credit card for parking and vending machines
- Lotion, lip balm, water bottle
- Soothers are not recommended for 2-3 weeks until breastfeeding becomes established
- You may bring in your own pillow and housecoat-ensure they are clean.
- Unit 25 will provide diapers and wipes for your newborn while you are on the unit.

4. Where is Unit 25 & Unit 27 and how do I get there?

- Both units are located on the second floor of the hospital.
- You can get directions at the information desk located at the South Complex entrance.
- If you arrive through Emergency, security staff will direct you to Unit 25 & Unit 27.

5. What happens when I arrive on Unit 27?

- A nurse will do a physical assessment and find out why you have come in.
- We will listen to your baby's heartbeat, and possibly check your cervical dilation if you are in labor.
- The nurse will call and update your doctor on what is happening.
- You will either be admitted to a labor room or discharged home.

6. What comfort measures & pain management options are frequently used on Unit 27?

- Bath tub, shower, birthing ball, rocking chair, hot packs, cold packs, massage and frequent position changes are encouraged.
- Nitrous oxide “laughing gas”, narcotic analgesic and/or epidural analgesic may be available after your individual assessment is complete.

7. Can I use essential oils or scented products in labor?

- No. The Red Deer Regional Hospital is a scent free facility. Some of our patients and staff are extremely sensitive or allergic to scents from oils, perfumes and even highly scented flowers like lilies.

8. Can I have a water birth?

- If you are under the care of a midwife, water birth **may** be an option.
- If you are under the care of a family doctor or obstetrician water birth is not an option at this time.

9. Labor support people, who can be with me?

- You are able to have 2 designated support person (subject to change based on COVID-19 restrictions) with you. Your support person(s) will be required to wear a mask at all times while in the hospital. You will not need to wear a mask in the delivery room as long as you are free of infectious symptoms. However, you will need to wear a mask when you enter into any public area (i.e. in hallways, going to the coffee bar or cafeteria). Please see the following website for updates regarding COVID-19 <https://www.albertahealthservices.ca/topics/Page16944.aspx>.

10. Can the father/support person stay with me after baby is born?

- Your support person is encouraged to stay to help with baby.
- One support person may sleep in the postpartum room with you. They may sleep in the chair provided. If they are disruptive they will be asked to leave. **Please do not sleep or set anything on the empty extra bed in the room.**

11. What are the regular visiting hours?

- The mother's support person is always welcome.
- Visiting hours are not specific but please be mindful of your roommate.
- The number of visitors at the bedside should not exceed 2..
- Anyone who is sick should postpone their visit until they are recovered.

We strongly discourage parents from taking infants to other areas of the hospital where there is a higher risk of exposure to illness. Baby should always be transported in a cot when leaving the unit and accompanied by a person that has a matching ID band. Please ensure when you are taking your baby to the common atriums you keep your baby with you at all times and avoid exposure to anyone with a respiratory-type illness.

12. Will my baby stay with me the entire time after he/she is born?

- Baby will stay with you. There is a bassinette beside your bed. All baby supplies you need will be found under this bed. These include diapers, wipes, baby hospital gowns, and extra blankets.
- Your nurse will provide teaching, support and answer all questions while you stay and care for your baby on unit 25.
- You or your support person are to accompany baby when they are taken out of your room for other assessments and tests
- Your nurse and Primary healthcare provider will perform your baby's assessment at the bedside and we encourage you to ask questions during this time regarding your baby's status
- The only time baby would not stay in the room with you, is if baby needs to stay in our Neonatal Intensive Care Unit (NICU). This happens for babies who are born before 36 weeks, need IV fluids or medicine, oxygen therapy or special observation for medical reasons.

13. Telephones

- Cellular phones are allowed on units 25 & 27. You should not be within 1 meter of medical equipment as it can cause interference with the equipment.
- When in labor please request that friends and family wait for you to call them. Multiple phone calls asking for information takes time and for confidentiality reasons staff cannot provide any updates.
- There is a public Wi-Fi network available

14. Will I have a roommate after baby is born?

- There are only 3 private rooms available on Unit 25 and they are given first to women who **medically require** a private room. These rooms cannot be reserved. If there are private rooms available they are given away in order of delivery and there is a nightly fee charged for them that can be discussed with the admitting department.
- The other 10 rooms are semi private with 2 moms and babies in each room.

15. What are the routine tests/procedures for newborns?

- All babies are assessed by your doctor or midwife after birth.
- Babies are assessed thoroughly each shift. You will be asked to complete a baby feeding diary in partnership with your nurse, and keep track of the number of wet and dirty diapers.
- We weigh your baby and measure their head and length shortly after they are born
- We re-weigh the baby before discharge or as needed during your stay here.
- We routinely give a vitamin K injection into the leg.
- Erythromycin eye ointment is only given to high risk infants (mothers who have a sexually transmitted infection).
- After 24 hours of age we routinely collect a blood sample from your baby's heel. This test is called newborn metabolic screening. This test screens for 17 different disorders including cystic fibrosis. You will be given more information before the sample is taken.
- Before discharge we will use a light meter to check bilirubin (jaundice) levels.
- Babies are not bathed until 24 hours of age to help maintain their body temperature (unless the mother has an infectious disease).

16. What happens if I need a cesarean birth?

- If you are booked in advance for a cesarean section, a nurse from our Obstetrical Preadmission Clinic will call you to complete some teaching over the phone. After this call and a consultation with your obstetrician you will know how to prepare and what to expect during your surgery and hospital stay.
- If you have an unexpected cesarean section your physician and nurse will do all the necessary teaching and preparation at that time.
- Once you have a good understanding of why a cesarean section has been recommended you will be asked to sign consent for the surgery.
- One support person can go with you to the operating room.
 - If you have a spinal anesthetic and are awake for surgery one support person can be in the room with you when baby is born.
 - If you have a general anesthetic and are sleeping for surgery, your support person will wait outside the operating room and will accompany your baby to the NICU or Unit 25 depending on your baby's needs.

17. How long on average should I expect to stay in the hospital?

- 24 hours after an uncomplicated vaginal birth.
- 48 to 72 hours after a cesarean section.

18. What paperwork do I need to fill out in hospital?

- After baby is born you will be given a card with instructions how to register the baby's birth online at www.alberta.ca/birthregistry. For extenuating circumstances (adoption, surrogacy), contact Vital Statistics at number given below.
- The birth mother will complete the electronic form and the father will need to complete his portion. If the father is unavailable at the time of birth, he make be able to add his information at a later date (fees may apply).
- You can save time and money by ordering the birth certificate online after you have registered the birth.
- For any questions or concerns, please contact Service Alberta -Vital Statistics @310-0000 then enter 780-427-7013. Or email - birthregistry@gov.ab.ca
- You can write to Vital Statistics @ Box 2023, Edmonton AB, T5J 4W7
- **Please check the Vital Statistics website for timeframe of completion of registration**

19. What happens if my baby goes to NICU (Neonatal Intensive Care Unit)?

- Your support person will be able to go with baby to NICU immediately after the birth.
- You will be able to see your baby as soon as you are able to walk or ride in a wheel chair.
- Parents are encouraged to spend time in NICU with their baby. Babies can experience stress when separated from their parents.
- Parents will get a full orientation to NICU if baby is a patient on that unit.
- Visiting restrictions may apply to family and friends depending on the health needs of your baby.
- Please do not wear perfumes or bring strongly scented flowers into NICU or the hospital. Strong scents can cause breathing difficulties with some patients and staff.

20. Why does a public health nurse call me after I go home?

- Public Health Nurses are not entering homes during COVID restrictions but you receive a call within 24-48 hours after discharge to ensure you are managing okay. If the nurse feels you need closer follow-up or assistance, she will arrange for you to come to the Public Health Unit at a scheduled time. She will provide information about baby immunization schedules, baby safety and community resources.

If you have more questions call the Unit 25/27 pre admission nurse at 403-343-4856 or speak with your primary healthcare provider or PCN family nurse working with your physician's office.

Hearing screening for your baby

Alberta's Early Hearing Detection and Intervention (EHDI) Program is a province-wide service that identifies permanent hearing loss as early as possible in a baby's life.

Our services include:

- Screening babies for hearing loss by 1 month of age
- Diagnosing permanent hearing loss by 3 months of age
- Ensuring access to intervention by 6 months of age



Babies are never too young to have their hearing checked (screened)



Permanent hearing loss is one of the most common conditions in newborns. Even though a baby may respond to sounds, they may not hear well enough to develop speech and language.

Having your baby's hearing screened soon after they are born is the best way to find hearing loss early and get the support needed to help your baby build speech, language and learning skills.

How is hearing screening done?

While your baby is quiet or sleeping, soft sounds are played into your baby's ears and a computer measures how your baby is hearing sound.

Hearing screening is quick, safe and won't hurt your baby.

When is hearing screening done?

It's done soon after birth, either before your baby is discharged from the hospital or at a community screening site.

When will I get the results?

You will get the results as soon as the screening is done. The result of the test is pass or refer.

What does a pass result mean?

It means that your baby is hearing well on the day of the screening. It is a good idea to monitor your baby's hearing, even after a pass result, using the checklist on the back of this handout.

What happens if my baby doesn't pass the hearing screening (refer result)?

Your baby will need to go for a more specialized hearing test to confirm or rule out hearing loss. Most babies who need further testing are found to have normal hearing, but some are found to have hearing loss. This test is done by a pediatric audiologist (a health care provider who specializes in children's hearing).



Learn more at [AHS.ca/ehdi](https://aHS.ca/ehdi) or by calling Health Link at 811.

NOVEMBER 2015



Bedside Report at Red Deer Regional Hospital Postpartum unit

The Postpartum Unit at Red Deer Regional Hospital is introducing Bedside Report.
Please read this carefully and, if you have any questions, speak to someone on your care team.

We use a patient and family centered approach to care for you. It is important for you, your family, and our team to have good communication about your care.

The bedside whiteboard in your room will have information about your care including the names of your doctors and your care team. It will also include the date we plan to send you home and your plan of care for the current day.

Members of your care team will discuss your care with each other and you, at your bedside at the time of shift change. Our shifts changes are at 7:00am, 3:00pm, and 11:00pm. We welcome you to take part in the transfer of information. It is okay for family members to be with you at this time if you want them to be there.

Thank you for helping us to include you in this process and enable a truly family and patient centered experience for your stay.

So You're Having a Baby!

Prenatal Education Classes

To support you and your growing baby, Public Health offers the following prenatal education classes which will cover a variety of topics:

1. Delivering Your Baby

- Normal changes in 3rd trimester
- The stages of labour and birth
- When to go to the hospital
- Role of the support person

2. Meeting Your Baby

- Decision making in labour & delivery
- When things don't go as planned
- What to expect after delivery
- Getting to know your newborn

3. You and Your New Baby

- Feeding your baby
- Learning to breastfeed
- Understanding and responding to your baby

Coming Soon! Growing Your Baby:

What's a Pregnant Woman to Eat?

*All classes are 2.5 hours in length and welcome both you and your support person.

More information about pregnancy and your baby is available at:

www.healthyparentshealthychildren.ca

Registration Information

Registration is required to attend.

Take the "*Baby Bundle*" and attend all 3 classes for \$60.

Individual classes are \$20. Prices include your labour support person. If finances are a concern, mention at time of registration.

To register call toll free:

1-855-554-4774

You can contact your local Community Health Centre for more details. To find the Community Health Centre nearest you visit www.ahs.ca or call Health Link at 811.

To support you and your growing baby, Public Health offers the following prenatal education classes which will cover a variety of topics:

Information Sources for Parents

- <https://www.birthingbabies.com> –This website offers online prenatal classes and information on all pregnancy related topics.
- www.parachutecanada.org - A comprehensive resource for information on injury prevention. Topics of interest include child safety seats and baby safety/child proofing your home.
- <http://www.artofmanliness.com/2011/08/31/a-mans-guide-to-pregnancy-your-progeny-enters-the-world/>
- **Healthlink** – 811 Call to speak with a registered nurse about a specific pregnancy or a health and safety related concern.



Enhanced Services for Women

For more information about this service please contact us:

Telephone 403-340-5466

Address: 4733-49 Street
Red Deer, AB
T4N 1T6

The Enhanced Services for Women (ESW) program is designed to reach women who need help for a substance use problem or mental health concern during pregnancy or after birth.

The emotional experience throughout pregnancy and after delivery is different for every woman. Hormones, sleep, nutrition, and stress can all impact your ability to cope and feel like yourself again.

It is normal to feel overwhelmed with all of the changes, whether you were prepared for them or not.

Early treatment is important for moms, their baby, and the rest of the family. The sooner you start, the more quickly you will bounce back.

Books

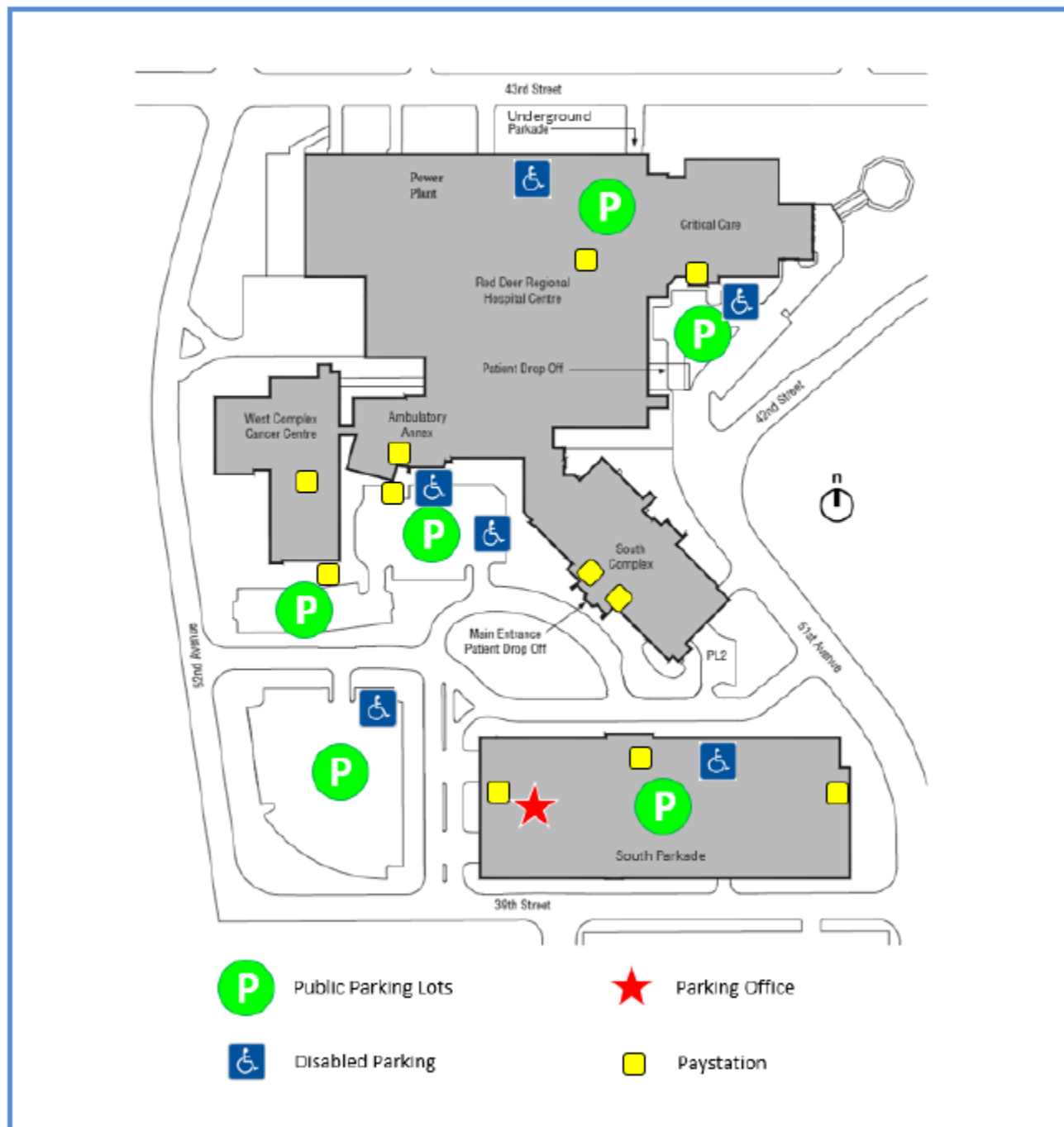
Birthing from within – Pam England

Ina May's Guide to Childbirth – Ina May Gaskin

The Labor Progress Handbook 3rd edition – Penny Simkin, Ruth Ancheta

Breastfeeding Resources for Parents

- 10 Great Reasons to Breastfeed your Baby: http://www.phac-aspc.gc.ca/hp-ps/dca-dea/stages-etapes/childhoodenfance_0-2/nutrition/reasons-raisons-eng.php
- Best Start Resources: <https://resources.beststart.org/product-category/resources/breastfeeding/>
- Dr. Jack Newman:
Information Sheets: <https://ibconline.ca/information-sheets/>
- Videos: <https://ibconline.ca/breastfeeding-videos-english/>
- La Leche League International: <http://www.llli.org/>
- LLLI Answer Pages: <https://llli.org/breastfeeding-info/>
- La Leche League Canada: <https://www.lllc.ca/>
- For parents: <https://www.lllc.ca/information-parents>
- Dr. Jane Morton videos on breastfeeding: <https://med.stanford.edu/newborns/professional-education/breastfeeding.html>
- Global Health Media Breastfeeding videos for parents: https://globalhealthmedia.org/topic/breastfeeding/?_sft_audience=mothers-and-caregivers&_sft_language=english
- Low Milk Supply: <http://lowmilksupply.org/>
- Breastfeeding After Breast Surgery: <http://bfar.org/index.shtml>
- Breastfeeding and medications:
- Hale's Medication and Mother's Milk: <https://www-halesmeds-com.ahs.idm.oclc.org/>
- eLactancia: <https://www.e-lactancia.org/>



RDRH Parking Office

Location: Ground Level, South Parkade

Business Hours: Monday – Friday (excluding holidays): 8:00 am – 12:00 pm, 1:00 pm – 3:30 pm

Phone Number: (403) 357-5191 **Email:** ParkingCentral@ahs.ca

Public Parking Rates

Rates apply 24 hours per day, and are in effect for all public parkers, including those with provincially issued placards for persons with disabilities.

Underground Parkade:	\$1.25 per half hour or portion thereof \$9.50 per 24 Hours
South Parkade/Surface Lots:	\$1.25 per half hour or portion thereof \$8.50 per 24 Hours

Parking Payment Options

PAY BY PHONE



Parking payment can be made using a smart phone. Download the AHS Parking app (search **AHS Parking** on the Android or Apple IOS app store) and use **zone 6482 (Underground Parkade)** or **zone 6483 (South Parkade/Surface Lots)**. Parking can be extended using the app. A valid credit card is required.

PAYSTATIONS



Paystations accept Canadian coins (5¢, 10¢, 25¢, \$1, \$2) or credit card (Visa, Mastercard, American Express).
Paystations provide no change.

WEEKLY/MONTHLY PASSES



\$37.00 per week available on the paystations or at the parking office
\$57.00 per month available from the parking office with a signed authorization form from the nursing unit or social worker

Vehicle and Height Restrictions

Propane powered vehicles are not permitted in the parkade.

Height restrictions: Underground Parkade: 1.83 meters (6 feet)
 South Parkade: 2.13 meters (7 feet)