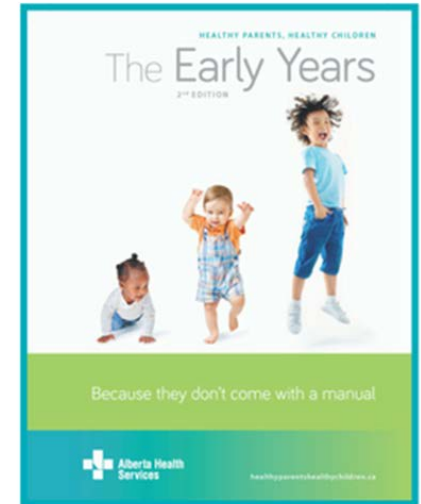

Welcome to the
Chinook Regional Hospital
Maternity Virtual
Tour



June 10, 2020

Packing for Labour

- A suggestion of items to bring to the hospital is available in the Healthy Parents Healthy Children 'Pregnancy and Birth' book or online.
- Information for parents from pregnancy through to age six.
- For more information visit <https://www.healthyparentshealthychildren.ca/>



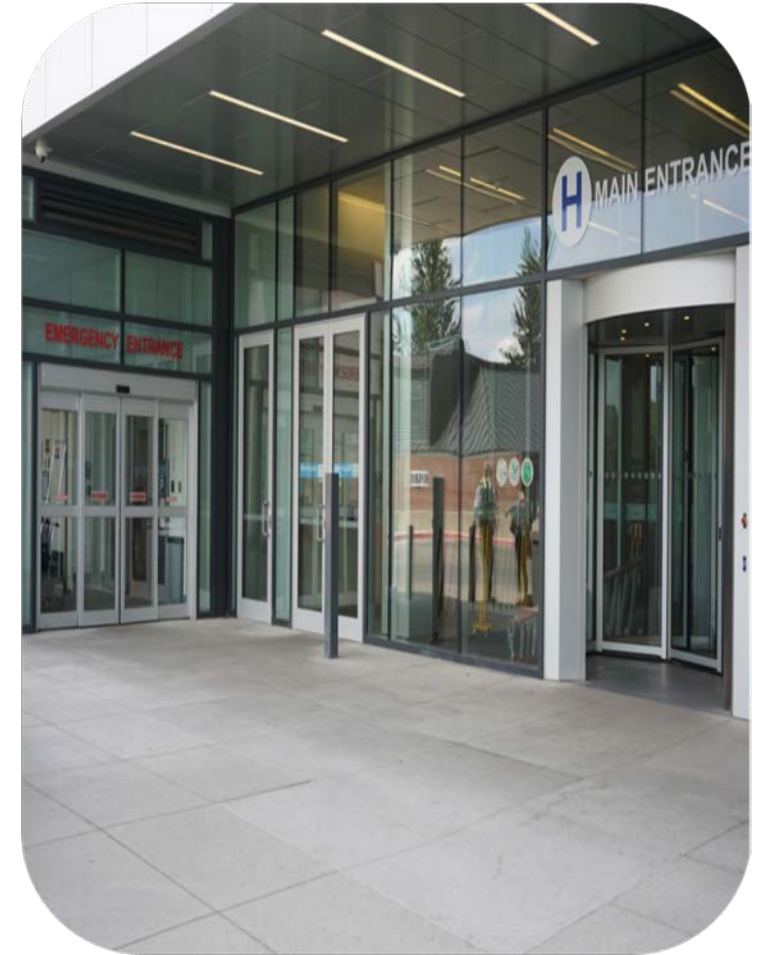
Time for Baby

- The Chinook Regional Hospital is located at 960 19th Street South.
- Labour and Delivery is on the 3rd floor on the North side of the building.



Emergency Entrance

- After hours you must use the emergency entrance.
- The Emergency Entrance is located to the left of the Main Entrance.
- You can proceed directly to Labour and Delivery.



Parking



- Parking is available in the parkade across from the Emergency Department. It is accessible from 17th Street South.
- There is a patient drop off in front of the doors to the Main Building.

For more information visit:

<https://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityID=1100587>

3rd Floor – Labour and Delivery

- Elevator is on the right side of the hallway, directly across from the gift shop.
- Take elevator to 3rd floor and follow the signs to the Labour and Delivery unit.
- Please have your Alberta Health card and a piece of identification ready.



Triage Assessment

- Stop at the intercom to and they will buzz you in.
- Proceed through the doors and head to the Triage Desk.
- You will then be moved to a triage bed for assessment.
- You may be sent home if you are in early labour.



Assessing Your Labour

- You will be taken into a triage room where the nurse will assess your labour, including monitoring your contractions and your baby's heart-rate.
- After the assessment is completed, your doctor will be notified.
- If you are in active labour you will be admitted and moved to a labour and birthing room.



Nursing Desk

- If you have labour support arriving after you have been admitted, they will need to check in at the Triage desk so they can be directed to the appropriate room.



Your Labour and Birth Room

- Your private birthing room has a bed and couch. Your nurse can show you how to use the bed and can also supply you with a birth ball so you are more comfortable.
- There is a fetal monitor beside the bed, which will be used intermittently throughout your labour.
- You will stay in this room for the labour, birth and the first few hours after the baby is born.



Your Labour and Birth Room

- There is a small closet in each labour room.
- Bring only what you'll need for labour, and leave the items you'll need after the baby is born in the car until you are moved to the Maternal Child unit.



Using Water in Labour

- Women in labour often find using water an effective comfort strategy.
- Each labour room has its own bathroom with a large shower.



Support During Labour

- You are welcome to have 2 support people with you during your labour. They will be given a hospital wrist band. These two support people can not be changed during your stay in Labour and Delivery.
- (note: support >16 years old)
- There is limited space for family and friends to wait in the family lounge on Labour and Delivery. They may wait on the main floor of the hospital or at home.
- It is beneficial to choose supporters who are capable and comfortable with providing the emotional and physical comfort measures that you will learn about in your prenatal classes.



Caesarean Birth

- Should a caesarean birth be needed, there is an operating room on Labour and Delivery.
- One support person may be able to accompany you to the Operating Room.
- After the birth, mom is taken to the recovery area on the unit.



After a Caesarean Birth

- You will be moved to a recovery area to be monitored.
- Skin to skin time with your baby.
- The nurse can also help you with baby's first breastfeed.
- You will then be taken to your post partum room for remainder of stay.
- Average stay is 48 hours.



LDR Amenities for Families



Nutrition Station



Family Lounge

The Postpartum Unit

- You and your baby will be transferred by wheelchair to the postpartum unit, Unit 3A, about two hours after delivery.
- Your support people who were with you in labour and delivery may accompany you to the unit.
- You are able to have 1 support person spend the night(s) with you.
- Two adult visitors are allowed, but ensure you have time for privacy, self care, and rest.
- To ensure safety and privacy, visitors must use the intercom to the left of the doors to gain entrance to the unit.

The Postpartum Unit

- A bassinette, a package of diapers and one or two baby gowns will be provided for your baby.
- You will be provided with one package of pads, mesh panties and a perineal bottle.
- If you need more supplies, please let your nurse know. You may use your own supply if you wish.
- Your baby will stay with you in your room during your stay. As much skin to skin care as possible is encouraged.



Nutrition for Moms

- There is a Nutrition area on the unit where Mom can get snacks, juice, ice, or make hot drinks.
- The hospital has a coffee shop and cafeteria where your support people can get something to eat and/or drink.



Newborn Assessment Room

- There is no nursery at Chinook Regional Hospital.
- There is a newborn assessment room that is available if a procedure needs to be done or baby needs to be monitored.



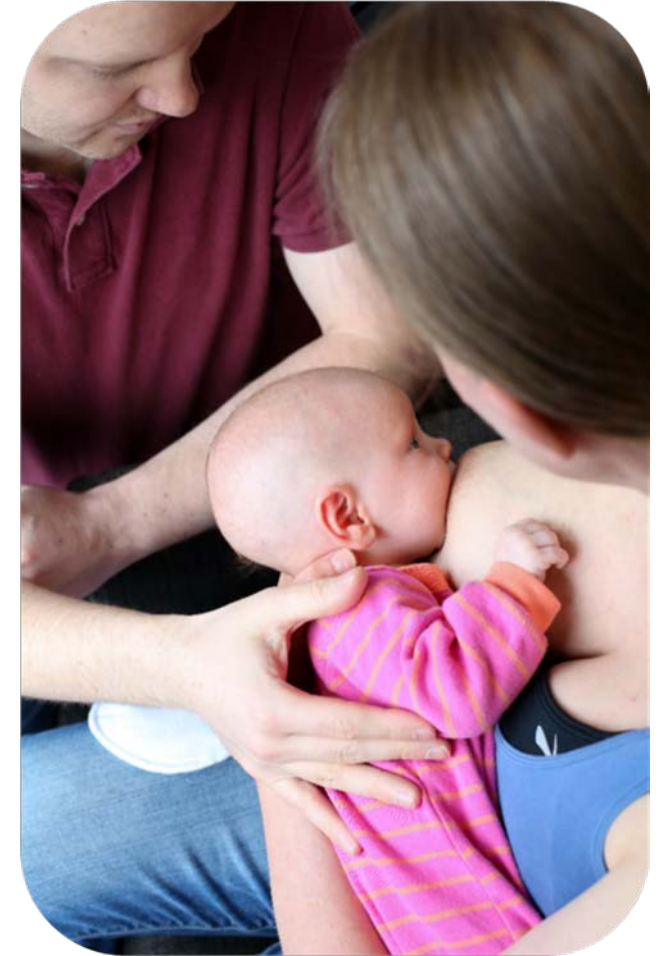
The Importance of Skin to Skin

- Calms and relaxes both mother and baby.
- Regulates baby's heart rate and breathing.
- Stimulates digestion.
- Regulates temperature.
- Stimulates feeding behavior.
- Stimulates the release of hormones to support breastfeeding and parenting.
- Enables colonization of baby's skin with parent's friendly bacteria, thus providing protection against infection.
- Helps preterm babies to be more stable, maintain their temperature, fight infection, grow, develop and be discharged from hospital sooner.



Infant Feeding

- Newborns feed at least 8-12 times in a 24 hour period.
- Frequent feeds help your body establish your milk supply.
- Your nurses will support you in your feeding choices and help you learn how to feed your baby.
- For additional information on infant feeding visit: <https://www.healthyparentshealthychildren.ca/im-a-parent/feeding-your-baby>



Neonatal Intensive Care Unit (NICU)



Some babies need to spend time in the NICU, which is just down the hall from the Labour and Delivery Unit. Parents will have access to the NICU 24/7.

NICU

- Parents are welcome to stay with their babies in their room on the NICU. Each room has a single sleeper sofa and pull out chair.
- Two adults are permitted to visit at one time.
- Children under the age of 16 years are not permitted on the NICU.
- In order to protect the vulnerable patient population, there is a strict hand washing policy, which staff will remind you of.



NICU Amenities for Families



Family Lounge where parents can take breaks and visit away from the baby's room.



Nutrition Station with a fridge, microwave and storage.

Golden Eagle Lodge

- The Ceremony Room in the Chinook Regional Hospital is named Golden Eagle Lodge
- Room number 4L101.
- One of two Sacred spaces serving persons in hospital from all cultures and all spiritual or faith backgrounds.
- Spiritual Ceremonies that involve Sweetgrass or incense can safely be held in this location because of its special design for air flow.



Community Garden



This beautiful space, which is accessible from the fourth floor, is available for use by patients, visitors and staff.

Going Home

- According to Alberta law, infants must travel in an approved rear-facing car seat.
- Purchase this seat before your baby is born, and read both the manufacturer's instructions and your vehicle owner's manual for correct installation.
- You can get your car seat checked for free by a certified car seat technician before your baby is born at the health unit or safety city.



The Public Health Nurse

A Public Health Nurse (PHN) will continue your follow up care in the community. You will have the option of booking either a telephone appointment, or a home or office visit.

The PHN is a Registered Nurse who can:

- Provide an assessment of you and your baby.
- Answer your questions.
- Support you with any feeding questions or challenges.
- Provide support and information on other services available to you and your baby.



Public Health Follow-Up

- If you are discharged Monday-Friday between 8:00am and 4:30pm, you can book your follow up with the PHN by calling 403-388-6666.
- If you are discharged on a weekend/statutory holiday, the PHN will contact you within 48 hours of when you were discharged from the hospital.
- Complete your Public Health Referral form with up to date contact information before discharge from hospital.

**Best wishes to
you, your baby
and your new
family.**



For more information on the pregnancy, birthing and other classes
AHS offers in Lethbridge, visit: www.ahs.ca/prenatal