

**Welcome to the
Northern Lights Regional
Health Centre**

**Obstetrics
Virtual Tour**



Northern Lights Regional Health Centre



Address & Contact Information:

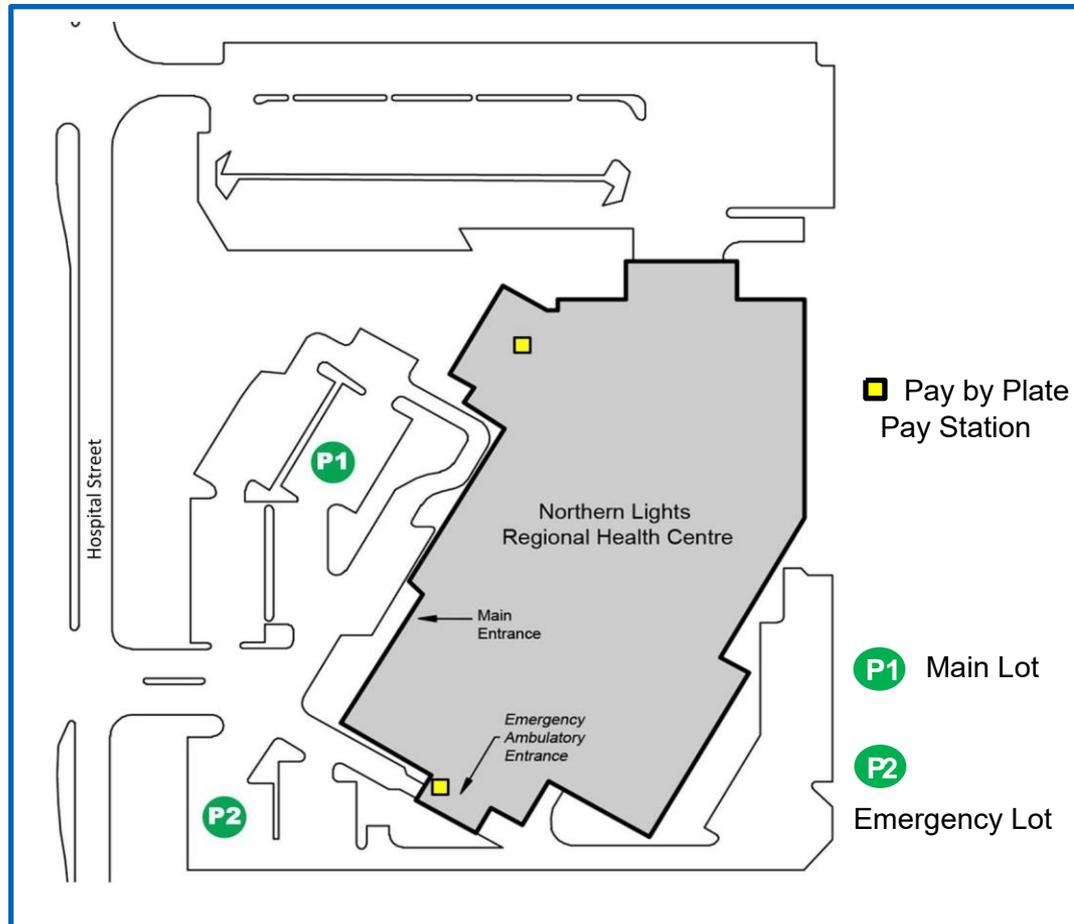
7 Hospital Street
Fort McMurray, AB T9H 1P2
Switchboard: 780-791-6161
Website: www.ahs.ca/nlrhc

- This information is designed to answer some questions you may have about giving birth here.
- For more information on having your baby at the NLRHC, visit: [https://
www.albertahealthservices.ca/assets/hospitals/
nlrhc/nlrhc-having-your-baby.pdf](https://www.albertahealthservices.ca/assets/hospitals/nlrhc/nlrhc-having-your-baby.pdf)

Come directly to the hospital if:

- You have had contractions lasting about 60 seconds every five minutes for one hour
- You are unable to walk or talk through the contractions
- Your water breaks
- You have bright bleeding, like a period
- You are in need of pain medication
- You are worried with your baby's movements

Coming to the hospital



Hospital parking



- Pay stations accept Canadian coins or credit card (Visa, Mastercard, American Express). Maximum 28 Canadian coins per transaction, no pennies. Machines provide no change.

Short Term Public Parking Rates:

- \$1.00 per half hour or portion thereof
- Daily passes: \$7.50

COVID-19 Update: Family support & visitation for Labour & Delivery patients and postpartum patients

- See [COVID-19 Family Support & Visitation of Patients | Alberta Health Services](#) for the latest information and updates.
- For updated maternity visitation FAQ information: <https://www.albertahealthservices.ca/topics/Page17742.aspx>

COVID-19 Visitor Screening

Upon entry to the hospital, our COVID-19 screeners will greet you to conduct a health screening and ensure you are:

- Verified and wearing Designated Family Support or visitor identification
- Feeling well, and complete the health screening prior to entering the facility
- 14 years of age and older OR accompanied by an adult.
- All visitors and Designated Family Support Persons are strongly recommended to be fully immunized

Visit [COVID-19 Family Support & Visitation of Patients](#) for more information

Northern Lights Regional Health Centre

Our COVID-19 screeners in the lobby entrance



While in the hospital, all visitors must:

- Continuously wear a mask that covers the nose and mouth.
- Remain in the patient's room as much as possible and minimize movement within the facility.
- Hand washing and/or use of hand sanitizer when entering/leaving the facility and when entering/leaving the patient's room.
- Practice physical distancing at all times.
- Designated support persons and visitors should assess their risks, role and responsibilities when entering any healthcare site. Review [Knowing Your Risk, Role and Responsibilities: A guide for designated support persons during COVID-19.](#)

Lobby

The Sunshine Café – is available for snacks and gifts.

Hours:

- Mon-Fri- 9:30 a.m. to 4 p.m.
- Sat & Sun- 10 a.m. to 3 p.m.



Admitting & Triage



All mothers in labor or in need of assessment should go to the Triage - Emergency Department before going to Maternity Unit or the Non-Stress Test Clinic.

If you are scheduled for an induction you may go to admitting in the Emergency Department.

Assessment and Induction

After you have been seen in the Emergency Department, you may be advised to go to Maternity for further care.

Proceed to the second floor, and you will be greeted by a nurse at the main desk.

Your support person may join you.



Northern Lights Regional Health Centre



Main Desk



NST Clinic



What you can expect next

Your care provider will meet you to:

- Review the reason why you are here
- Review your prenatal papers
- Check your blood pressure, pulse, and temperature
- Check your baby's heart rate and pattern
- Check your cervix
- Collect urine and blood samples (if needed)

Your healthcare team works together to provide the best possible care for you and your family.

The most important part of the team is you.

We will involve you in the decisions about treatment, care and care plans. Let us know what matters most to you. Your care team will let you know their name, role and why they are here to see you.

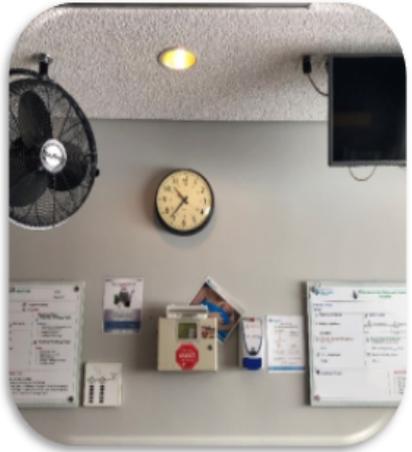
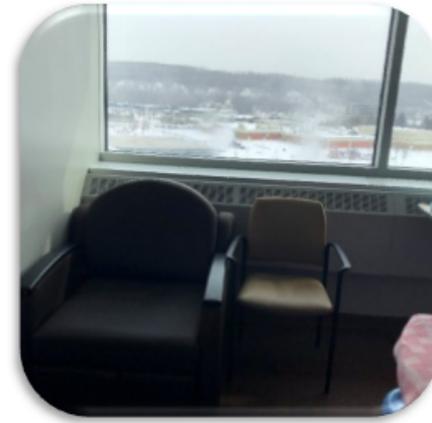
Birth Room



Once you have been assessed and admitted for labor, you will be moved to a birthing room on Maternity when available.

This is a room with the equipment and supplies needed for your delivery.

Northern Lights Regional Health Centre



Latex & Scents

- For the health and safety of patients, visitors and the care teams, do not use scented products like perfume or cologne in patient areas
 - Please check with unit regarding flowers.
 - Please do not bring latex balloons as they are not permitted on the unit.
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Smoking & Tobacco

- Smoking tobacco and tobacco-like products such as e-cigarettes, vaping, or marijuana, is not allowed on Alberta Health Services property.
- If you would like to quit smoking, talk to your care team about helpful resources and cessation aids or visit [MyHealth.Alberta](https://myhealth.alberta.ca)

Clean Hands

- Cleaning your hands is the best way to stop spreading germs.
- Everyone should wash their hands often, including before and after visiting, using the washroom, eating, and donning and doffing personal protective equipment, including putting facemasks on or off.



Newborn Resuscitation & Stabilization

- If your baby needs extra care and monitoring, the labour and delivery unit and operating room have immediate access to special care unit staff and equipment.



Cesarean Section Recovery Room

- Your baby may be able to go to the recovery room with you, if all is well. Check with your nursing staff.
- Your support person may join you in the operating room, but they will go back to the Maternity unit while you stay in the recovery room.



Semi Private Rooms



- Occasionally you may have to share a semi private room.
- If you are staying in a semi private room, you can expect to be sharing your room and bathroom with another patient and baby.

Infant Car Seats

- Legally in Alberta, babies must be in a car seat while in a private vehicle.
- You will require the baby's car seat when you are ready to go home with your baby.
- Remember to bring your car seat, baby blankets, baby clothes and diapers in to the hospital when the baby is discharged.



Cultural, Spiritual and Religious Diversity

- Spiritual, and emotional care is encouraged as patients, residents and families rely upon their own beliefs.
- Multicultural and Indigenous Culture Helpers are honored to provide ceremonies' and support



Northern Lights Regional Health Centre

A **cafeteria** is located in the basement

Hours: 7:15 a.m. to 2 p.m., Mon-Fri
Closed on weekend

Deliveries of outside food can be picked up at the main entrance to the hospital.



There is a small kitchen on the unit for storage of small snacks and ice.

Additional Parent Resources

- AHS Virtual Prenatal Classes:
<https://www.birthandbabies.com/category/101-a-healthy-pregnancy/>
- Healthy Parents/Healthy Children website: .
<https://www.healthyparentshealthychildren.ca/>
- MyHealth.Alberta Pregnancy webpage:
<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=hw197814>