

Welcome to the Cold Lake Healthcare Centre

Prenatal Tour



Cold Lake Healthcare Centre Prenatal Virtual Tour

This information is designed to answer some questions you may have about giving birth at the Cold Lake Healthcare Centre.



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

What you should bring for your hospital stay

Alberta Health Care Card

Lip balm, massage cream,
nipple cream

Underwear, pads for
postpartum and/or
incontinence underwear
(an alternate option to
pads)

Supportive bra
breast pads

Toothpaste, toothbrush,
mouthwash, soap,
shampoo,
hairbrush/comb, shower
sandals

Coaching supplies: stop
watch, snacks, pencil,
paper, water bottle

ipad/tablet, music, books,
cell phone and charger

Pain management: labor
comb, TENS machine,
tennis ball

Frozen colostrum
collected prenatally, if
applicable. Ask your public
health nurse about this if
you would like more
information

What you should bring to leave the hospital

- Car seat
- Change of clothes
- Clothes, diapers and blankets for your baby
- Arrange for a ride home if needed

Coming to the hospital

The hospital is located at:
314 25 Street
Cold Lake, Alberta
T9M 0E3

Located across from
Kinosso Beach in Cold
Lake North. Enter through
Main Entrance and stop at
Admitting.



Loading Zone

At the main entrance of the facility there is a 15-minute loading zone. This area is convenient for patient drop off and pick up.



Assessment & Induction

If you have come to the hospital for:

- assessment
- induction of labour
- or if you think you are in labour

Proceed to the admitting desk for check-in, then to the third floor, and you will be greeted by a triage obstetrical nurse at the main desk. Your support person may join you.



After Hours Access



If you are having a baby and it is after 11 p.m., go to main entrance and ring the bell if the doors are locked. An employee will greet you and help you get to the third floor after check-in.

IF you feel birth is imminent, let the front desk staff know and you can go straight to third floor and be checked in at the Labor and Delivery Unit, or ask the ER nursing staff for assistance.

Lobby

Once screened to enter the site, you can take the elevator or stairs to the third floor.



You and your healthcare team

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.

Your healthcare team may include the following (as needed):

- You and your family
- Unit Clerks
- Doctors/residents
- Service Aides
- Housekeeping
- Nurse Practitioners
- Social Workers
- Midwives
- Spiritual and Cultural Care
- Nurses
- Research Nurse
- Mental Health Program
- Neonatal Intensive Care Unit (NICU)
- Addiction Services
- Canadian Blood Services
- Medical and nursing students
- Doulas

Patient Identification



Your patient identification will be checked upon arrival at the hospital and several times during your stay. You will need your healthcare number and will receive a wristband.

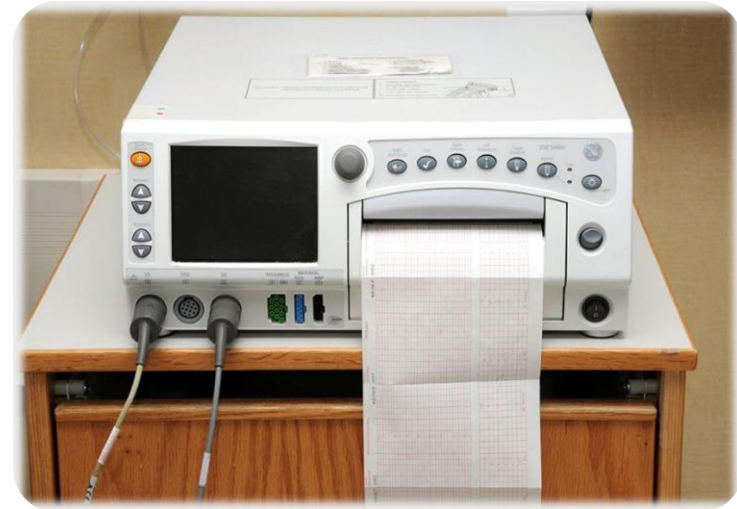


Accurate verification of patient identity helps ensure each patient receives the health service intended for them. It ensures harmful incidents are avoided, such as privacy breaches, allergic reactions, discharge of patients to the wrong families, medication errors, and wrong-person procedures.

What you can expect

Your care provider will:

- Review with you the reason 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



Bedside Shift Report



Staff may do a shift report at your bedside at the beginning of each shift.



This is a quick conversation between outgoing and oncoming staff. You are part of your healthcare team and are welcome to participate in the shift report.



This is one of the many ways we ensure your voice is part of the high-quality, consistent care that you will receive at our hospital.

Whiteboards

Whiteboards may be installed in the labour and delivery room and postpartum room to share information with you and your family.

Your care team will meet frequently to review your progress. We are happy to answer any questions you might have.

If you have any comments or questions let them know.

Birth Room

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



Once you have been assessed and admitted for labour, you will be moved to a birthing/ labor and delivery room (LDR) when available.

Cold Lake Healthcare Centre Prenatal Virtual Tour



Patient Closet



There is a closet in each room for your belongings. This is not monitored or locked.



Leave all valuables and large amounts of money at home.

Baby Pause

A baby pause will be done with you and your support person every time the nurses change or when the doctor comes in to check on you and your baby. This is an opportunity for you and your healthcare team to communicate about how you and your baby are doing.

We will be using medical terms to describe your baby's heart rate, your progression through labour and a plan of care.

You may hear the words *normal*, *atypical*, or *abnormal*. These are not describing you or your baby, but your baby's heartbeat. These descriptions help us develop your care plan with you.

All of the terms and the care plan will be discussed with you and your support person so that you may ask questions and help develop a care plan that keeps you and your baby safe and supports you through your journey.

Labour and Delivery

Typically, after your baby is born, they will be placed on your chest skin to skin. The umbilical cord will be clamped after delayed cord clamping and you or your support person can cut the cord.

There is an infant care area in each birthing room with equipment, such as oxygen and suction, in case your baby needs additional care.

Labour and Delivery: Infant Care Area



Labour and Delivery

- After birth, your baby will be weighed and an identification band with your name will be placed on your baby's ankle and wrist. Your baby's weight can be done at any time and when you are ready. While on your chest, staff will assess your baby and administer vitamin K, with your consent.
- Your baby will stay with you on your chest as long as you both are doing well and don't need further support. Your baby is kept in the room with you and can begin feeding as soon as you are both ready. We recommend breastfeeding as soon as possible after birth, in the "golden hour".
- Following the delivery, you and your baby will be transferred to the maternal/newborn care unit, located on 3rd floor/Acute Care

Cesarean Section Recovery Room

- Your baby will go to the recovery room with you, if all is well.
 - Please discuss your wishes with your care team prior to delivery.
 - You and your baby will be in the recovery room for about one hour.
 - One support person can be with you in the recovery room.
-



Newborn Special Care and Monitoring

If you or your baby need special care and monitoring, transportation will be arranged to a site with higher level of care. This may include a Neonatal Intensive Care Unit (NICU). There is no NICU at our facility.



Postpartum Care Unit

- The third floor is the postpartum care unit
- You can expect to stay in the hospital for approximately 24 hours following a vaginal delivery, or two days following a cesarean section.
- Each individual is unique and hospital discharge will be made at the discretion of your care team.

Semi-Private and/or Private Rooms

- If you are staying in a semi-private room, you can expect to be sharing a room and bathroom with another patient.
- Each room has two closets.
- Often in Cold Lake, postpartum patients have a private room, depending on availability.



Latex and Scents

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

Smoking and 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](#).

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.



Lactation Consultants

A lactation consultant is a nurse who has been trained to teach and advise about breastfeeding.

There is not always a lactation consultant on the floor in Cold Lake, but you can speak with your provider regarding breastfeeding assistance and how to connect with a lactation consultant.

Many nurses have advanced breastfeeding knowledge, and your Public Health nurse will be able to assist you with feeding and continued support after discharge.

Lactation consultants are often most helpful for those who:

- Have never breastfed before.
- Have had previous problems breastfeeding.
- Have a chronic health problem, such as diabetes or PCOS.
- Have had breast surgery or have flat/inverted nipples.
- Are breastfeeding more than one child.
- Plan to breastfeed while working outside the home.
- Need help using a breast pump.
- Have problems with breast or nipple pain.
- Have a baby who does not seem to be breastfeeding well.
- Have a special-needs baby, such as one who was born premature or with a health problem that may interfere with breastfeeding.

Discharge

- During your stay, you will work with your care team to get ready for discharge.
- After 24 hours your baby will have routine bloodwork.
- You are responsible to book your infant's hearing screen at the Cold Lake Community Health Services postpartum.
- You register your baby online: www.alberta.ca/register-birth
- Your nurse will provide you with a card that has a link to the Healthy Parents, Healthy Children website where you will find important information about your recovery and newborn care. Your Public Health Nurse can bring you a hard copy to your home during their visit the day after you are discharged (if you haven't already received one).
- Learn more at: www.healthyparentshealthychildren.ca

Infant car seat

- 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. Please review how to use your car seat before delivery as they are all slightly different.
- Please bring your car seat, baby blankets, baby clothes and diapers to the hospital when the baby is discharged.
- [MyHealth.Alberta.ca](https://myhealth.alberta.ca) has many resources available.



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.
- There is a chapel on the third floor/Acute Care

Additional Parent Resources

- [AHS Virtual Prenatal Classes](#)
- [Healthy Parents, Healthy Children](#)
- [MyHealth.Alberta.ca](#)