
**Welcome to the
High Prairie Health Complex**

**Prenatal
Virtual Tour**



High Prairie Health Complex Prenatal Virtual Tour



July 2022

Welcome to the High Prairie Health Complex

- This information is designed to answer some questions you may have about giving birth at the High Prairie Health Complex

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 about your baby's movements

What should you bring to the hospital?

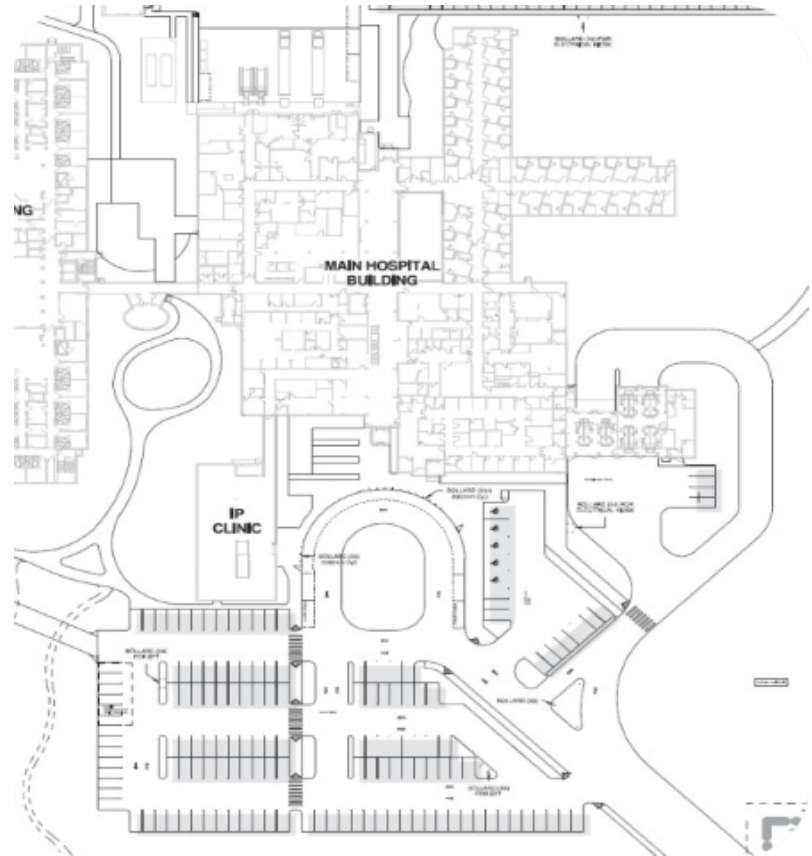
- Prenatal records and a pen
 - Lip cream/massage cream
 - Washable robe and slippers
 - Supportive bra, breast pads, underwear, maternity vaginal pads (incontinence underwear may provide a comfortable alternative to maternity vaginal pads)
 - Toothpaste, toothbrush, mouthwash, soap, shampoo, hairbrush/comb
 - Coaching supplies- stop watch, snacks, pencil, paper
 - iPad/tablet, music, books, cell phone and charger
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What do you need to go home from the hospital?

- Car seat
 - Change of clothes
 - Clothes and blankets for baby
 - Arrange for a ride home if needed
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Coming to the hospital

High Prairie Health Complex is located at 5101 38 Street.



Loading Zone

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



Parking

Free parking is available at the front of the hospital for all visitors, patients and their families.



After Hours Access

If you are having a baby and arriving at the hospital after 9 p.m., proceed to the Emergency Department



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

For the latest updates and information, visit the AHS [COVID-19 Family Support & Visitation of Patients](#) webpage

COVID Visitor Screening

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

- Verified and wearing a 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
- Visit the [AHS website](#) for more information

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 unless Designated Family/Support Person(s)/visitors are living in the same household.

You & 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:

- 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
- NICU (Neonatal Intensive Care Unit)
- Addiction Services
- Canadian Blood Services
- Medical and nursing students

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Lobby

Once screened to enter the hospital, you will be directed to acute care



Acute Care entrance

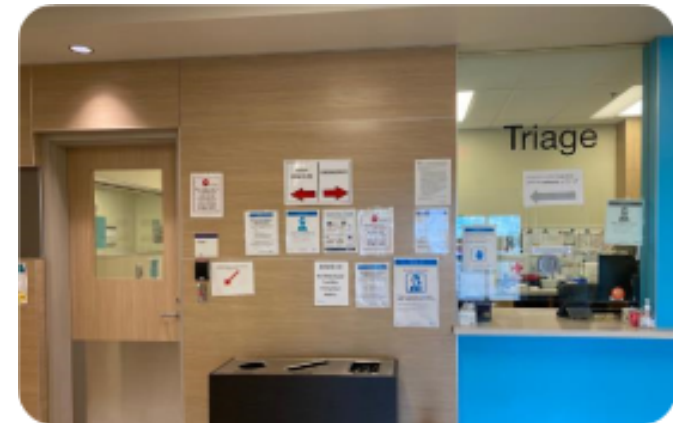
Assessment & Induction

If you have come to the hospital for:

- Assessment
- Induction of labour
- Or think you are in labour

Proceed to the emergency room triage space, and you will be greeted by a triage nurse at the main desk

Your support person may join you.



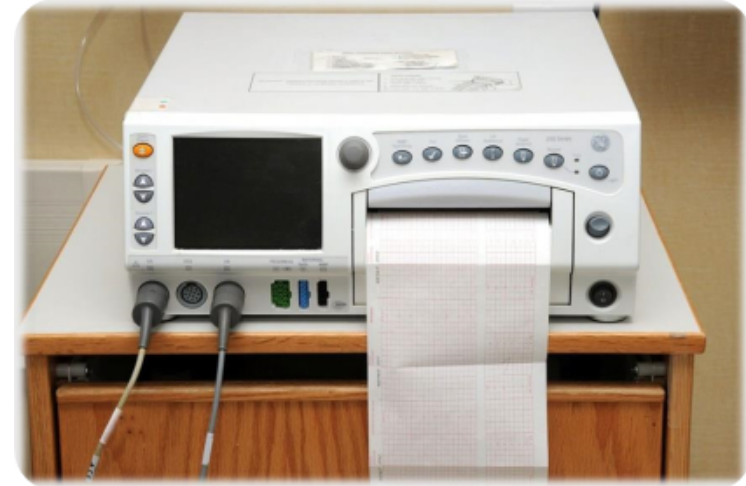
Patient Identification

- Your patient identification will be checked upon arrival at the hospital and several times during your stay
- Accurate verification of patient identity helps ensure that each patient receives the health service intended for them and thus avoids harmful incidents 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 will ask your permission at the beginning of each shift to do a report at your bedside.
- This is a quick conversation between outgoing and oncoming staff. You are part of your healthcare team and are welcome to participate in the bedside 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 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.

Birthing Room

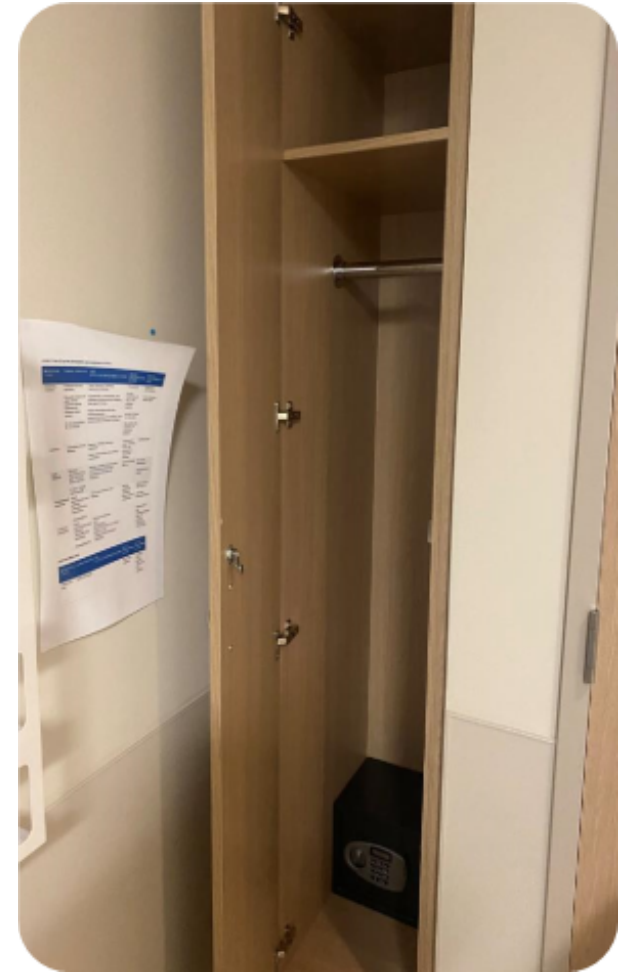
This is a room with the equipment needed for labour and delivery.



You will go here after you have been assessed and admitted for labour.

Patient Closet

- There is a closet in each room for your belongings, which includes a safe.
- Leave all valuables and large amounts of money at home



Latex & 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 & 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 and off.



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 & Delivery

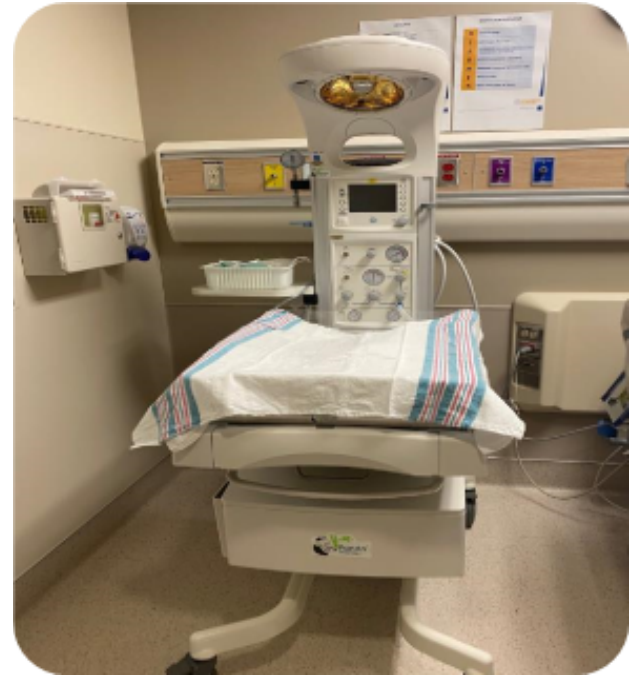
- Normally, after your baby is born they will be placed on your stomach. The umbilical cord will be clamped and you or your support person can cut the cord.
- There is an infant care area in each room with equipment such as oxygen and suction in case your baby needs additional care.

Labour & Delivery

- Your baby will be weighed, and an identification band with your name will be placed on your baby's ankle and wrist.
- Your baby is kept in the room with you and you can begin feeding your baby as soon as you and your baby are ready.
- Following the delivery, you and your baby will be transferred to the maternal/newborn care unit.

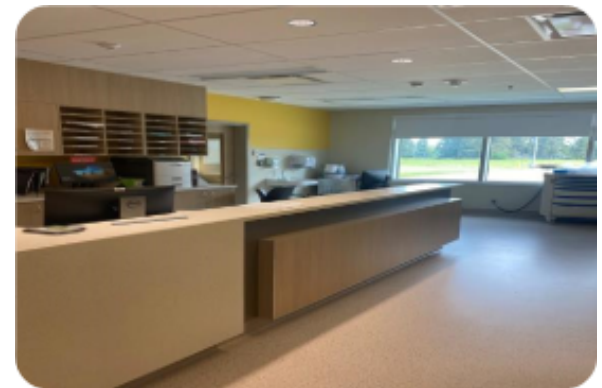
Newborn Resuscitation & Stabilization

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



Cesarean Section Recovery Room

- Your baby will go to the recovery room with you, if all is well.
- 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.



Postpartum Care

- You can expect to stay in the hospital for approximately 24 hours following a vaginal delivery or 2 days following a cesarean section.
- Each individual is unique and hospital discharge will be made at the discretion of your care team.

Semi Private & Private Rooms

- All rooms at the High Prairie Health Complex are private

Lactation & Infant Feeding

Nursing staff will help you and your baby with breastfeeding as soon as your baby is ready to feed.

Exclusive breastfeeding for the first six months of life and continued breastfeeding up to two years of age and beyond is recommended.

Encouragement and support from your partner, family, friends, and your healthcare providers can help you feel more confident and make breastfeeding easier. Ask for help early and as often as you need it.

Your healthcare provider is there to help you make informed, safe feeding decisions. If you wish to discuss other methods of feeding or have questions, speak with your healthcare provider.

Discharge

- During your stay you will work with your care team to get ready for discharge. We try to discharge by 11:00 a.m. so we can get the room ready for the next patient.
- 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 regarding your recovery and newborn care

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 bring your car seat, baby blankets, baby clothes and diapers to the hospital when the baby is discharged.



Cultural, Spiritual & Religious Diversity

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

Additional Parent Resources

- AHS Virtual Prenatal Classes
- Healthy Parents, Healthy Children
- [MyHealth.Alberta.ca](https://myhealth.alberta.ca)