



**Welcome to the
Emerson Hospital
Special Care Nursery**



Congratulations on the birth of your new baby!

Welcome to Emerson Hospital's Special Care Nursery (SCN). We provide a qualified team of health care providers prepared to give the specialized care that your baby needs as a result of prematurity or newborn illness. A pediatric hospitalist is available in the hospital 24 hours a day and the majority of our Special Care Nursery staff have many years of Neonatal Intensive Care Unit experience, and additional neonatal certifications. A neonatologist from Massachusetts General Hospital oversees the Special Care Nursery and is available to consult on more complex medical issues.

Recovering from the stress that comes with the premature birth of a baby or an unexpected illness in a newborn can be overwhelming. We hope the following information will help you to feel more comfortable during your baby's stay in our Special Care Nursery.

As new parents of a baby in the Special Care Nursery, we hope that you feel welcome to be with your baby at anytime. We will strive to meet all your individual needs. Please let us know how we can be of assistance.

Jonathan Cronin, MD

*Director of Special Care Nursery
Associate Chief, Massachusetts
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Ronnie Forand, RN

*Director of Obstetrical
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Boarder status

In the event after your discharge that your baby must remain in the nursery or comes to our Special Care Nursery from another hospital, every effort will be made to provide you with accommodations on the Mother-Baby unit at no cost to you. You will be able to use this bed to relax between the baby's feedings or to spend the night. We will make every effort to notify you as far in advance as possible if a patient will need your bed. The nursing staff will not be able to provide you with any medication or nursing care.

Room service is available for you to order meals and snacks. Please let your baby's nurse know if there is anything else we can do to make your stay with us more comfortable.

There is one designated parking spot on the first floor of the parking garage for our SCN parents. The parking garage has a fixed rate for all-day stays and weekly rates; you will need to ask the garage attendant for more details.

Infant safety

We strive to maintain a safe and secure environment for your baby with a locked unit. On admission, you, your baby and your significant other will be issued matching numbered ID bands. Only those wearing a numbered white ID band may enter the nursery. All maternity employees have a green picture ID badge. Do not give your baby to anyone who does not have a badge. Feel free to ask to see anyone's badge. There is a nurse present in the Nursery/SCN area at all times. For safety reasons please do not walk in the hallways with your baby in your arms. Your baby must be transported in the crib provided. We caution you to never leave your baby unattended in your room. Should you need assistance, please use the call light to summon your nurse.

Visitors

In order to provide a safe environment for your baby to grow and recover, we ask that you adhere to the following guidelines for visitors:

- All visitors must be free of any contagious illness (including: Impetigo, Varicella (Chicken Pox), Tuberculosis, Measles, Mumps, Rubella, Influenza, diarrhea, and upper respiratory infections.)
- All visitors must wash their hands prior to entering the Special Care Nursery.

To protect the privacy of each family, we ask that you and your visitors stay by the bedside of your baby. Although infrequent, there may be times that the nursing staff needs to ask you to step out of the SCN to allow us to deal with an emergency situation with another infant, and we ask for your understanding in these situations.

In order to maintain a quiet and peaceful environment for your baby to grow, we need to limit the number of visitors in the SCN at any given time. If you are unable to come to the SCN, but would like someone else (grandparent, friend) to visit your baby, you may designate this in writing. Please be specific about whether the visitor may be allowed to touch, hold, or receive information about your baby. After showing a picture ID to the Special Care Nursery nurse, that person may then visit. We will be happy to assist you should this special circumstance arise. Due to the newborn's limited immune system no children under 14 are allowed into the special care nursery to visit the baby. If the baby is well enough to leave the nursery your younger visitors can visit the baby in another designated area.

Siblings

We understand the importance of beginning to integrate siblings into the family at the earliest possible moment. We must balance this need with the infection risks to your infant. Siblings who are 14 years of age or older may visit the nursery if accompanied by an adult. Siblings younger than 14 years of age may visit only if the baby is able to leave the SCN setting (such as going to your room to feed).

Education

We want you to feel comfortable caring for your infant. Upon admission you will receive a folder. Inside this folder are many important educational resources for you to read. Your nurses will work with you to answer any questions and prepare you for a comfortable transition home with your baby. The nurses on the unit have written a booklet, "The First Few Weeks," to help new parents with common questions.

For parents of premature babies we have an informational booklet with explanations of what the baby may be trying to tell you with behavioral cues. We believe if you understand your baby's signals or cues, together we can help to create an environment that is in harmony with your baby's needs.

As you feel more comfortable, we encourage parents to assume as much of their baby's care. Your baby's nurse is always available to help you learn how to meet your baby's needs.

Support

Emerson's commitment to high quality patient care is demonstrated through our own Pediatric Intervention Team (PIT). The Pediatric Intervention Team assists families in adjusting to complicated birth experiences. The Pediatric Intervention Team helps families identify and express their concerns, offer supportive guidance, and direct them to appropriate resources.

Some children may be eligible for Early Intervention if typical development is at risk due to illness, prematurity or environmental circumstances. Early Intervention provides family-centered services that facilitate the developmental progress of these eligible children. Early Intervention helps children acquire the skills they will need to continue to grow into happy and healthy children. More information can be found at <http://www.mass.gov/dph/fch/ei.htm>.



Breastfeeding your infant in the Special Care Nursery

We encourage and support breastfeeding in our Special Care Nursery. Our nursing staff is a great resource and will help you get started breastfeeding and pumping if necessary. If you have any questions, don't hesitate to ask.

Emerson Hospital is pleased to offer you the services of certified lactation consultants to assist you in establishing your breastfeeding relationship with your new baby. You may find it helpful to schedule a time to meet with the lactation consultant in the first few days following your arrival at Emerson as her hours are varied. You may reach the lactation consultant by calling 978-287-3317 or by asking the nurse to page the lactation consultant if she is available.

The lactation consultant will be able to offer additional information about pumping to build or maintain your milk supply while your infant is recovering from illness or prematurity. She will also be available to assist you and your baby as you begin to learn the basics of direct breastfeeding. Once you and your baby are at home, you may use the lactation consultant as a resource when questions or concerns arise.

Pumping

There are electric pumps available for you to use in the hospital. You will need to rent an electric pump for home use. Please check with your insurance company as they may cover the cost of the rental.

Storage

There is a large refrigerator/freezer in the Special Care Nursery for breast milk storage. Containers and labels for the breast milk are provided. Please be sure your baby's name, the date and time you pumped are on the label. Your baby's nurse will put it in the freezer or refrigerator for you.

Preparing for discharge

As discharge day for your baby approaches, there are a few screenings and tests that need to be completed to ensure a smooth transition home.

Car seat challenge test

All babies born prior to 37 weeks gestation will have a car seat challenge test. You will be asked to bring in the baby's car seat (including the base) in order to do the car seat challenge. The baby will be placed in the car seat and their heart rate, breathing and oxygen saturation will be monitored for one and one half hours. Your pediatrician will review and discuss the baby's results with you. Occasionally, babies are unable to tolerate being in an upright position in their car seat and a car bed will need to be purchased to transport the baby home. If that need arises, we will be happy to give you more information on car beds. If your baby does not pass the car seat challenge test, it means your baby is not yet mature enough to handle sitting upright in any infant seat, i.e. swing, or other infant carrier.

Hearing screening

All babies will have their hearing screened prior to discharge.

Overnight stay

As the discharge day for your baby approaches, you may be encouraged to spend a night at Emerson with the baby in your room. This provides an opportunity for you to take full care of your baby and to ensure you feel comfortable prior to going home. This overnight stay will give you the opportunity to get to know your baby's habits at night and ask the baby's nurse about any questions or concerns that may arise.

Parent “CPR” Teaching

You may be receiving instructions in Cardio-pulmonary Resuscitation (CPR) as part of your child’s discharge preparation from the hospital.

These instructions are not meant to be a certification course in CPR. However, we believe that everyone should know how to perform CPR and would encourage you to become certified through a class in your community. We would also remind you that anyone caring for your child should know how to perform CPR and know your Emergency Plan. You might suggest they (babysitter, nanny and grandparent) take the CPR class with you.

Local CPR courses are offered through:

- Emerson Hospital 978.287.3268
- American Heart Association 508.620.1700
- Red Cross Association 617.375.0700

Follow up phone call

You may receive a phone call from a member of the staff about two to four weeks after your baby’s discharge. We want to ensure the transition home for you and your baby has gone smoothly. Please don’t hesitate to call us with any questions or concerns at 978.287.3315.

Most of all, we want to develop a meaningful and enjoyable relationship with your new baby. Please let us know if there is anything that we can do better to assist you during this transitional time in your baby’s stay.





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