

## WARD ROUNDS

Regular medication rounds take place to ensure you receive adequate pain relief and remain comfortable during your stay. If you require pain relief at any other time, please alert a Midwife so we can ensure you're comfortable.

## DISCHARGE

The best place for you to recover and get to know your baby is at home. We encourage new mums to be discharged from hospital as early as possible, and this will always be based on you and your baby's individual needs. The length of stay on the postnatal ward varies for each mother from 2 hours to 24 hours following a normal birth and 24 hours following a Caesarean section. If you choose to birth in the hospital you will be discharged to your named community midwife and the team will provide care and support in the community which will be planned with you.

You should expect a phone call from a community midwife between 9am and 5pm the day after you leave the hospital with visits planned around you and your baby's individual needs, until you are discharged to the Health Visitor.

If you are breastfeeding you will be contacted by the infant feeding team. If you need to contact the team for anything please call 01698 366710.

## ADDITIONAL INFORMATION

Additional information can be accessed via the following links

<https://www.facebook.com/NHS-Lanarkshire-Mums-Babies-1143509525809542>

<https://www.parentclub.scot/baby>

<https://www.facebook.com/groups/297075294589627> for breastfeeding support

- ❖ UNICEF Baby Friendly Initiative [www.babyfriendly.org.uk](http://www.babyfriendly.org.uk)
- ❖ National Childbirth Trust [www.nct.org.uk](http://www.nct.org.uk) 0870 770 3236
- ❖ NHS Direct online [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)
- ❖ NHS Choices Website [www.nhs.uk](http://www.nhs.uk)

<https://www.nhsinform.scot/ready-steady-baby>  
Telephone 01698 366220/01698 366221

Senior Charge Midwife - Elaine Daly



[www.careopinion.org.uk](http://www.careopinion.org.uk)



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# Welcome To Ward 22

Postnatal department  
Information for patients

Congratulations on the birth of your baby!

Our Postnatal ward aims to support both yourself and your partner during these early days of parenthood. Our midwives are supported by a team of maternity care assistants and clinical support workers who care for women and babies, with medical staff available 24hrs a day if required. We have a strong focus on team working within the unit to promote good communication, safe, personal and effective care.

## WELCOME TO WARD 22

As well as the daily check you'll receive from the midwives your baby's hearing will be assessed by our team of newborn hearing screeners. Your baby will also receive a full top to toe newborn examination from either a specially trained midwife or a pediatrician, either in the hospital or at home following discharge. This examination will include a check on your baby's heart sounds, hips and you'll have the chance to discuss common problems and/or minor illnesses that you or your baby might have in the postnatal period.

## SAFER BABIES

Within University Hospital Wishaw we have a responsibility to provide a safe, secure environment for you and your baby and we make sure that all babies have 2 name bands on their wrist or ankles. We also ask that when you change your baby's nappy or clothes you do this in, the cot. The safest place for your baby to sleep is in their cot, particularly after delivery when you may have taken medication that might make you both sleepy. Staff will support you with safe sleeping advice.

All staff are trained and available to provide you with the necessary support to ensure you are confident in handling, feeding and changing your baby, so please ask staff if you need any help at all.

We would ask you to keep the curtains open around the bed. This is to ensure that the midwifery staff can see that you and your baby are safe and well. You may wish to close them for privacy when you are feeding or having skin to skin contact.

You are encouraged to hold, cuddle and get to know your baby; you will never spoil a baby with cuddles and love. We have a period of quiet time in the ward between 1pm and 2pm to support this.

Please try and keep the area around your bed free of belongings and send any items you don't need home. This is to help us keep your environment clean and reduce the risk of infection.

## VISITING TIMES

During your stay your partner is very welcome to stay with you following the birth of your baby. Once you are transferred to the postnatal ward, partners are encouraged to attend between 9am -9pm. Where additional support may be required, please inform the Midwife caring for you loved one where the option of a partner staying overnight can be discussed.

While you're in hospital, the visiting times will be in accordance with the Government guidelines. Please discuss this with the



ward staff if you have any questions.

We have to be mindful the increased risk of infection within the 4 bedded bays and as a result our visiting hours may have to change to increase safety for our mums and babies.

If your partner has developed any symptoms of COVID 19 they should not visit you. Please access the Health Protection Scotland website for the most up to date guidance and we would encourage all partners to take the Lateral Flow Test.

## MEAL TIMES

The Dayroom is available for use by both patients and visitors throughout the day where fresh tea, coffee and water are available.

Breakfast is from 8am and consists of a small selection of cereals, rolls and tea or coffee.

Lunch is served at 12pm and dinner at 5pm with both of these served directly to your bedside. We operate a protected mealtime policy to ensure you have minimal disruption to enjoy your meals - this means that visitors are not allowed on the ward during these times.

Staff will happily provide fresh water and tea or coffee as requested while you're on the postnatal ward.