

Further information

Information on who to contact, ie web sites / telephone numbers of other departments / organisations which may be of help.

How to contact us

Transitional Care Unit
Watford General Hospital
West Hertfordshire Hospitals NHS Trust
Vicarage Road
Watford
Hertfordshire
WD18 0HB
Tel: 01923 436770
Ext: 8770



A guide to...

Transitional Care Unit

Parent information Leaflet

Visiting times: 8am – 8pm

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email **westherts.pals@nhs.net**



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Welcome to Transitional Care!

Transitional care is a step down from the Special Care Baby Unit, maternity wards or for readmissions from the community. It is a six-bed ward located on Level 2 of the maternity building which allows mothers to stay with their baby/babies.

For the duration of your stay you will be the main carer of your baby whilst baby continues to be monitored and receive the nursing care he/she requires. You will be supported by a nurse, nursery nurse and a postnatal midwife.

In Transitional Care we are committed to supporting your feeding preference. We are working towards full accreditation for the Baby Friendly Initiative, therefore, breastfeeding is actively supported and any of the nurses and nursery nurses can support you with this. We have breast pumps available on the unit if you choose, or require to pump milk. Please ask a member of staff for a kit and to be trained on the pump.

If you choose to bottle feed, we can provide ready-made formula (SMA / Aptamil / C&G). However, we do ask you to bring in your own bottles and a bottle brush. We will supply a sterilising bag and give training on how to use it.

Reasons for Admission to Transitional Care

- Prematurity (33 weeks corrected and above)
- Unstable temperature
- Unstable blood sugars levels
- Jaundice (requiring phototherapy treatment)
- Feeding support – we can support your feeding preference
- IUGR (small for gestational age).

Ward Rounds

There is a daily ward round with a doctor from approximately 9:30am. A consultant ward round takes place every Wednesday. Please inform the staff if you would like to speak to the consultant.

Visitors

To enter the unit you must press the buzzer outside Katherine Ward on Level 2. A member of staff will verify who you're visiting. Please bear with us if the buzzer is not answered immediately as sometimes staff are busy. Visiting time: 8am-8pm.

For security, please DO NOT let others in behind you as we must be aware of who is visiting the ward.

Health and Safety

- Please wash your hands when entering the unit!
- Curtains are to be kept open at all times apart from when a mother is breastfeeding, expressing or changing. This is important as baby is being monitored.
- When moving or transporting a baby from a different area or around the corridor, a cot should be used.
- You should place your baby in the cot whenever you are not feeding or cuddling due to the potential for falls. Please read the "Baby Falls" poster at the bedside for guidance.
- Call bells are available near your bed if you need help or support from the midwife in postnatal ward.
- Identity bands for your baby and yourself should be worn at all times.

Going home

A baby's time in Transitional Care can vary in length, however, your baby will tell us when they're ready to be discharged home. The nurses and nursery nurses will provide you with information before going home to help you care confidently for your baby.

A car seat should be brought to the unit prior to discharge so the nurse/nursery nurse can assess if baby is appropriately positioned in the seat. An oxygen saturation check may be required whilst your baby is in the car seat (as per criteria based on gestation, weight of baby or as requested by your consultant).