

# Common treatments

## Isolettes

Isolettes are heated and help keep baby warm. They give a clear view of bub and oxygen can be provided if they need it.

## Heart and breathing monitors

Bub may be monitored by three dots attached to their chest. The monitor records the heart and breathing rate.

## Oximeter

The oximeter is a small disk taped to bub's hand or foot. It shows a red light and tells us bub's blood oxygen levels.

## Oxygen

If bub needs extra oxygen after birth, this can be given through the isolette, or a nose tube.

## Blood sugars

A small drop of blood from bub is taken using a heel prick soon after birth. The blood is checked in a machine and gives us a sugar reading.

## Jaundice

Jaundice is very common in premature and newborn babies. It is a yellow colouring of the skin. It is easily treated by having bub in the isolette under special lights called phototherapy. The lights may be needed for several days and the jaundice level will be checked each day until it becomes normal. Breastfeeding is encouraged, but bub needs to spend as much time under the lights as possible.

## Intravenous (IV) feeding

For different reasons, such as low blood sugars, your baby may need a few days on intravenous feeding of dextrose and water (like sugary water). This should not stop you from cuddling or feeding your baby.

## Pain management

The Special Care Nursery has active pain management for bub if they are having any painful procedure. Breast milk, kangaroo cuddles (skin-to-skin contact cuddles), sucking and sucrose can also be used to reduce the pain.

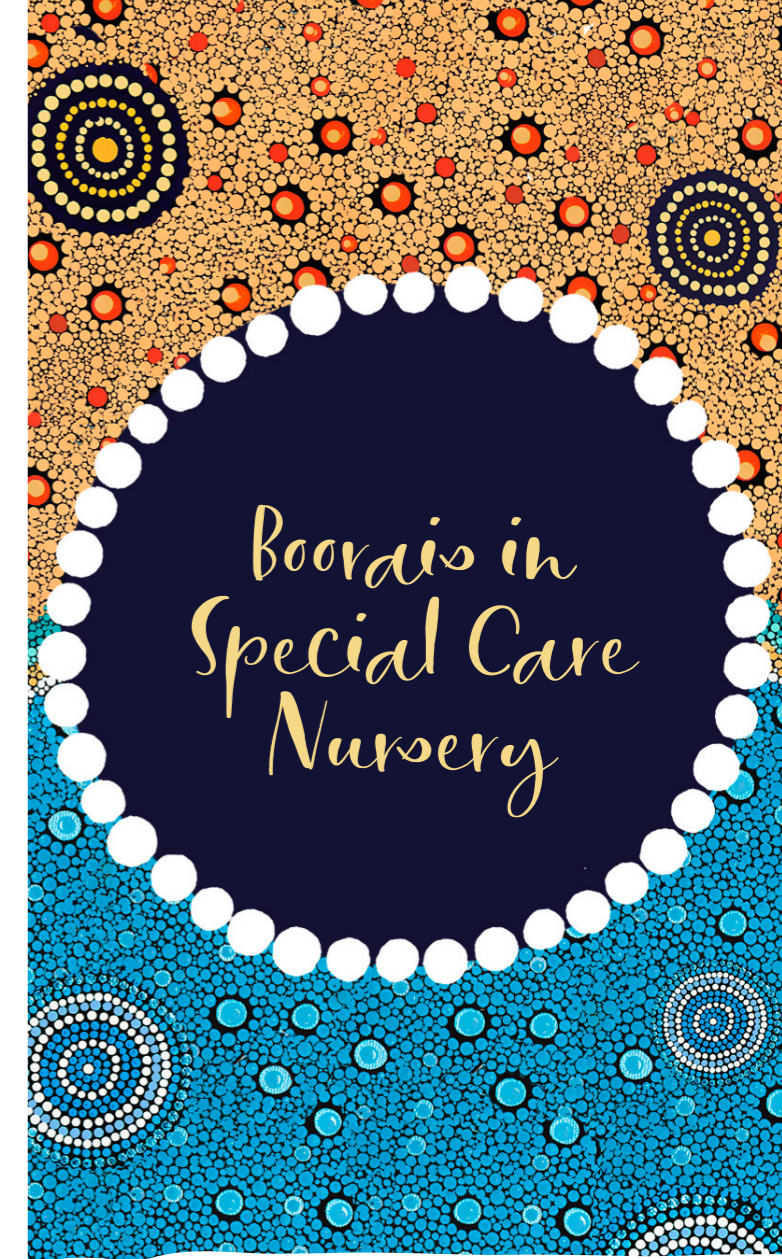
## Newborn Emergency Transport Service (NETS)

If bub does become seriously ill, it may be necessary to transfer the baby to an intensive care nursery in Melbourne. The transfer is done by NETS, an ambulance from Melbourne with specially trained staff. Any decision to transfer will be discussed with you before it happens. If baby is transferred to Royal Children's Hospital (RCH), the Aboriginal Health Liaison Officer at Barwon Health can help you find accommodation and support through Wadja Aboriginal Family Place at RCH.



Get to know our team and learn how the Aboriginal Health Unit can support you.

"Ngardang (mother)" painted by Ammie Howell  
(Arrernte woman - Alice Springs, NT)



Barwon Health

# Aboriginal Health Liaison Officer

The Aboriginal Health Liaison Officer (AHLO) provides support to Aboriginal and Torres Strait Islander women, and women birthing Aboriginal or Torres Strait Islander babies, and their families, at Barwon Health.

The AHLO can provide support for you and your family during your boorai's stay in Special Care Nursery.

## Visitors

Parents are encouraged to be with and feed their bub at any time. Brothers and sisters can visit anytime (unless COVID-19 restrictions or other restrictions apply).

Visiting hours for all other family and friends is 8am to 8pm, two visitors at a time. Any person that is unwell should not visit.

## Parking

Metered parking around the hospital is patrolled regularly. Please reach out to the AHLO if you need any assistance with parking.

## Nursery routine

Hand-washing is important. Parents and all visitors coming into the nursery must wash their hands and use the pink antiseptic hand lotion at the cot.

The nursing handovers are usually between 7-7.30am, 1-1.30pm and 9-9.30pm.

Paediatricians visit the nursery daily, usually between 8-9am. For confidentiality, parents are asked not to be there during paediatric rounds. Parents can arrange a time to meet with the doctors if needed, or you can ask the nurses to relay your questions to the doctors.

To respect the privacy of all babies and families, parents and visitors should stay with their baby and not walk around the nursery or touch other babies.

Mobile phones must be turned off or on silent.

## Paediatric Home and Community Care (PHACC)

Paediatric Home and Community Care is a home visiting service for some babies. Home visits are provided by nursing staff, and, after a period of weeks care is taken over by a maternal child health nurse.

## Bath time

Babies in isolettes who are well enough are sponged daily. They will have a bath when they are well enough to move from the isolette to a cot, and they can maintain their body temperature.

Nursing staff will show you how to sponge bath and change bubs nappy.

## Baby's clothing

All bub's clothing is supplied by the hospital, but you can bring in your own if you like.

Write your bubs name on all the clothes and toys that you provide.

Disposable nappies are not supplied except if your baby is receiving phototherapy.

Cloth nappies are available at the nursery to use free of cost.

If you prefer disposable nappies, you will need to supply them.

## Weight and length

Bub will be weighed each day to make sure they are putting on weight. Bub's head circumference and length are measured soon after birth or with their first bath.

## Boorai's progress

Any changes in your bub's condition will be discussed with you. As parents, you need to know what is happening with your baby. Ask the nurses, doctors or the Aboriginal Health Liaison Officer to explain anything you do not understand.

## Expressing milk

Bub might not be able to breastfeed each feed time, so you might need to express milk to stimulate your supply and to provide breast milk for your baby. A breast pump kit will be provided for you to use in hospital. If you want to express at home, you can hand express, hand pump, or you can also hire or purchase an electric breast pump. Please ask nursery staff for more information if you need it.

## Rooming and going home

Being a new mum can be hard sometimes. A parents' room is attached to the Special Care Nursery. You are encouraged to have bub sleep in your room, as this provides you the opportunity to fully care for your boorai for 24 hours and develop confidence to mother your premmy baby before going home. Bub must be feeding well at all feeds for at least 48 hours, and gaining weight, before they can be discharged.