



Hand in Hand

Pediatric Intensive Care Unit and Neonatal Unit
Perinatal Center Level 1



Contents

Neonatal and Pediatric Intensive Care Unit.....	4
We kindly ask for your understanding,	4
Hygiene	5
The first visit	5
Monitoring your child	5
Your child's breathing	6
Feeding your child	6
Meals.....	6
Infusion	8
Diagnostic and therapeutic measures	8
Contact with your child.....	9
Discharge of your child	10
Support and assistance for parents	10
Parents' oasis, parents' room and cafeteria	10
Literature for parents	10
Our parents' oasis	11
Directions	12

Click on one of the desired topics
to go directly to the corresponding section.





Dear Parents,

Your child is currently on the Neonatal Unit or the Pediatric Intensive Care Unit of the Department of Pediatrics and Adolescent Medicine at Klinikum Mutterhaus der Borromäerinnen. In this brochure we provide information about the units and our work.

With best wishes for you and your child.

*Priv.-Doz. Dr. med. Wolfgang Thomas
Head of the Department of Pediatrics and Adolescent Medicine*

Neonatal and Pediatric Intensive Care Unit

Parents are welcome at any time; other visitors may come accompanied by a parent and after prior arrangement. Siblings may accompany their parents after receiving a sibling pass. Please bring the vaccination record before the sibling's first visit and ensure they are free of infection.

Neonatal Unit N6.1 Elevators 7 + 8, Building N, Level 6

Phone N6.1: 0651 947-53940

You can reach us at any time by phone. To receive information about your child, we require a password from you.

Pediatric Intensive Care Unit N6

Phone N6: 0651 947-53930

You can reach us at any time on both units by phone. To receive information about your child, we require a password from you.

We kindly ask for your understanding that ...

- only **two adults**, including one parent (and at the same time one sibling), may visit your child. This applies to you and to other persons who visit your child in your company after consultation with the ward staff.
- the visitor balcony may only be used after consultation with the ward staff.

Hygiene

We greet each other with a smile and refrain from shaking hands!

On your first visit you will be instructed in the required hygiene measures.

To protect your child, we ask you to ...

- remove rings, wristwatches and bracelets before visiting your child.
- inform us before contact with your child if you have a cold, diarrhea, vomiting or a herpes infection. Protective measures may be required.

The first visit

Please set your mobile phone to silent before entering the unit.

You will be accompanied by a nurse who will assist you and provide initial information.

To give your premature or ill newborn warmth and security and to allow close observation, they are cared for in an incubator or heated bed.

You can reach in through openings to care for your child. Please touch your child calmly, no matter how small it is. Please consult the attending nurse beforehand.

Monitoring your child

Pulse, breathing and oxygen saturation are monitored at the patient bedside and recorded.

Alarm signals identify changes early so that appropriate action can be taken.

Your child's breathing

Some Children need an increased supply of oxygen. Other children are still too premature or too ill to breathing support or artificial ventilation and are cared for in the Pediatric Intensive Care Unit.

Feeding your Child

Growth and weight gain require the supply of appropriate nutrition. Of course, we advocate feeding with breast milk and support you with individual breastfeeding counselling.

Feeding for premature babies or for children with breathing support or breathing disorders is done via a gastric tube (thin plastic tube). Through this tube we begin as soon as possible with the offering of breast milk, donor milk (women's milk) or special preterm infant formula.

After appropriate explanation and instruction you are welcome to take this over yourself. Whether you wish to breastfeed your child or feed by bottle: the right time for the first drinking attempt depends on the general condition and the maturity of your child. We try to introduce your child to independent drinking as early as possible.

Meals

The frequency of meals depends on the weight and condition of your child.

Breast milk

As long as you are a patient in our hospital, you have the opportunity to pump breast milk in the newborn room as well as on the Neonatal Unit. After your discharge you only have the opportunity to do so on the Neonatal Unit N6.1.

If you cannot put your child to the breast, you should begin colostrum massage for breast milk production in a timely manner after birth. For further questions please contact the specialist staff.

Correct labelling of the bottles with breast milk must be particularly observed. You will receive patient-specific labels from the nursing staff.



Correct labelling of breast milk containers

Important: Please stick the label vertically onto the bottle!

Peel off the label and fold the label section with the barcode towards the back.

17.01.2020 M ST-N6.1
Muttermilch vom: _____
Uhrzeit: _____

17.01.2020 M ST-N6.1
Muttermilch vom: _____
Uhrzeit: _____

17.01.2020 M ST-N6.1
Muttermilch vom: _____
Uhrzeit: _____

If you bring the breast milk daily from home, special measures are required for storage and transport:

- Sterile bottles are provided by the unit.
- Please label bottles with name, date and time.
- The cold chain may not be interrupted for transport. Please store the milk at refrigerator temperature at approx. +4 °C (cool bag with cooling packs).

Concrete instructions for action are provided in a separate information sheet on this topic.

Infusion

In order to ensure good thriving, it may be necessary as support for your child to administer nutrients and fluids via an infusion. For this, a thin tube must be placed in a superficial vein on the head, leg or arm. Medications can also be administered via this.

Diagnostic and therapeutic measures

For diagnostic and therapeutic reasons, sometimes extensive measures such as e.g. blood sampling, X-ray and ultrasound examinations and the placement of infusions may be necessary.

We ask for your understanding if you must briefly leave the patient room for these reasons.





Contact with your child

We work according to the concept of development-promoting and family-centred care, which includes that we accompany you and your child individually.

For the positive development of your child it is important to build a good parent-child relationship. Through your closeness and attention as well as through your skin contact you give your child the feeling of security and warmth. Your child is pleased when you touch it and talk to it. Therefore we ask you to reduce the use of your mobile phone during your visit to a minimum.

To make the environment of your child friendlier and more personal, you may bring a small cuddly toy, a music box or pictures.

We are happy to involve you in the care of your child right from the start. The nursing staff will help you with care measures such as changing diapers or taking temperatures and will support you with breastfeeding or feeding.

If you would like to look after your child all day, it may be possible to take them with you to an accompanying room or "breastfeeding room." Please discuss this with the nurse in charge or the ward manager.

The "kangaroo" method, i.e., resting your child on your skin, promotes early bonding between you and your child, as well as your child's trust and development.

As soon as there are no medical reasons against it, we will offer you this special form of contact with your child. A duration of 2 hours is recommended and can be adjusted at any time to suit your individual needs and those of your child.

Discharge of your child

In order for you to still have sufficient opportunity to discuss and clarify important questions, the discharge of your child will be agreed with you as early as possible.

Support and assistance for parents

In addition to support from our medical and nursing staff, the following services are additionally available to you:

- Parents' oasis
- Parents' room
- Psychological service
- Pastoral care
- Breastfeeding counselling
- Care by midwives
- Physiotherapy
- Baby massage
- Villa Kunterbunt (social service, psychological service, occupational therapy)
- Milk café
- Premie café
- Parents' café
- Family paediatric nurse

Parents' oasis, parents' room and cafeteria

For parents who are with their child all day, the parents' oasis (further information on the following page) and a parents' room are available.

Please speak to us!

Literature for parents

Literature is available on the units and may be borrowed.

Our parents' oasis

At Krahenstraße 41, in the immediate vicinity of the hospital, our parents' oasis is available to you as a retreat. In the comfortably furnished room you can bridge longer waiting times or let relatives wait while you yourself visit your child.

There you have the possibility to prepare yourself a tea or a coffee, eat a small snack or simply gain some rest and strength in an exhausting phase.

Occasionally we as an interdisciplinary team also use this room to talk with you in the most pleasant atmosphere possible.

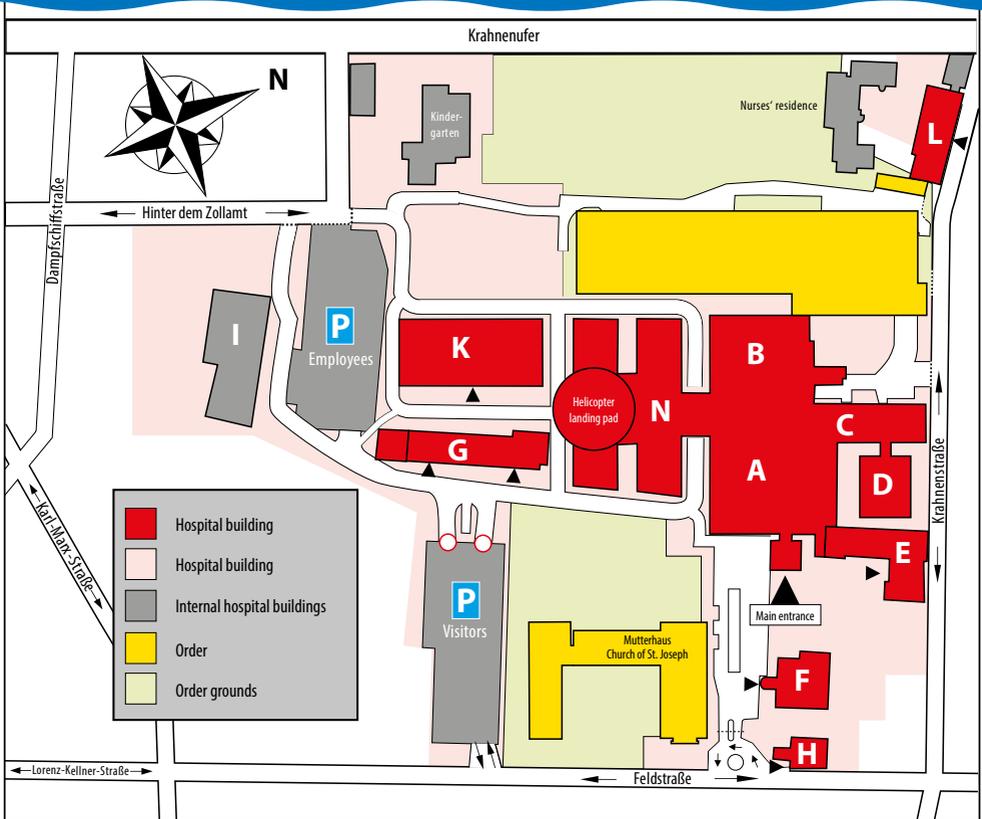
Please leave the parents' oasis after use in the condition in which you found it. You will receive the key and the directions upon request on the two units.



To bridge shorter waiting times, you will find a small parents' room in the transition area between unit B6 and our units. Please speak to us if you wish to use it.

Directions

Mosel



Parking options: Access to the visitors' parking lot via Feldstraße, public paid parking spaces in direct proximity (e.g. City parking garage)

We want you and your child to feel comfortable with us.

Let us work together to promote your child's development in the best possible way – with our expertise, your affection, and our shared care.

The team of the Neonatal Unit N6.1 and the Pediatric Intensive Care Unit N6