

Patient information

Ward F11

Telephone: 01284 713216

Introduction

F11 (Shelley Ward) is the antenatal / postnatal ward where women are cared for during antenatal admission and after they have had their babies.

We have 30 beds: these are divided into five bays and four single rooms, one of which has en-suite facilities.

Bay A is an antenatal bay and is primarily used for induction of labour (IOL).

Bay B is used for antenatal women who may require an antenatal stay during their pregnancy.

Bay C is a postnatal bay and is used for women who have had a caesarean section, an instrumental delivery, or an epidural, and for women who may require close observation. Women are moved to an alternative bay after twelve to twenty-four hours, when their condition is stable, or they may be directly discharged.

Bays D is a postnatal bay into which women may be 'stepped down' following a period of close observation. It may also be used for low risk women and babies and for mothers awaiting a newborn examination, hearing screen, or who would like additional breastfeeding support.

Bay E is our Neonatal Transitional Care (NTC) bay. The NTC bay has a 'joined up' care approach. Care will be provided by midwives, maternity care assistants, neonatal nurses and nursery nurses. This bay is for babies who do not require an admission to the Neonatal Unit but do require an extended stay due to care needs such as antibiotics or jaundice. Mothers and their babies can stay in this bay while they are receiving additional care needs.

There are four side-rooms: one antenatal and three postnatal. These rooms are used for a variety of reasons including for women transferring from another hospital, women with diarrhoea and vomiting, and readmissions for both mothers or mothers and their babies from home. These rooms are not used for women who require an immediate postnatal stay in Bay C (see above). These rooms can also be used as amenity rooms.

An amenity room is available to NHS patients who wish to pay for the privacy of a single room. These are available for a statutory fee. The advantage of having an amenity room is that it can provide privacy and a quieter setting for mother and baby. However, if another woman requires the side room for clinical reason, you will be moved immediately into a bay and the ward cannot guarantee we will be able to reoffer an amenity room.

Amenity rooms cannot be pre-booked. Please ask a member of staff about their availability at the time of your admission. The care you receive is the same as for other women on the ward and is provided by the same team of staff.

During your stay

There are toilets and bathroom facilities near each bay and these are for the use of inpatient women only. A toilet is available just outside the ward for partners and visitors. Staff will be happy to show you where this is located. During your stay you will be provided with a meal 3 times a day and we will endeavour to accommodate all dietary requirements however if you feel there is something you would particularly like, bring it with you and we can put it in the ward fridge. There will be regular tea, coffee and fresh water provided, although we are unable to provide refreshments for birth partners. There is a selection of shops and restaurants to buy food or alternatively you can bring a cool bag with your birth partner's food in.

Please be aware your antenatal stay or induction of labour may take time so bring items in to keep you relaxed. We do provide birthing balls for you to use. Further information can be found in your 'Induction of Labour' leaflet or speak to your community midwife.

If you are admitted for any reason during your pregnancy, you will be seen by one of the obstetric consultants on a daily basis. The ward round usually takes place in the morning and is an opportunity to review your care plan. It is important to understand that, as the situation changes, your care plan may change along with it. In other words, you and the consultant may agree a plan one day and after a day or two, the plan may change. If you are unsure about any decision that is agreed, or change your mind, never be afraid to tell your midwife or doctor. You and your baby are at the centre of each decision and if you feel unsure or need more information to make a choice, please voice this.

A small bedside locker is provided for you during your stay. Please only bring in essentials and limit the amount of valuables you bring as the ward cannot be held responsible for your belongings.

Information about you and your baby is kept confidential and medical records are stored away from the bay areas in order to maintain your privacy.

Please inform all relatives and friends that we are unable to provide information about you and your baby over the phone for confidentiality reasons. You may have your mobile phone switched on for them to call you directly. Whilst using your mobile phone please do not take photos of any other mothers or babies.

Midwives and maternity care assistants will undertake routine maternal observations (ante and postnatally), CTG's and fetal auscultation regularly throughout your stay.

Pain relief is provided regularly throughout your stay.

During your postnatal stay there will be a laminated folder on your bedside locker which contains lots of useful information for you to read. There will be general information about F11, breastfeeding, hand expressing, formula feeding, sterilisation, making up formula feeds, and newborn examination and hearing screening.

F11 has two types of cot for your baby. There is a standard cot which is used throughout the maternity unit. We also have six cots which have an adjustable height and can be manoevered over the bed so mothers who may be immobile can still feel close to their babies and provide care as required. These are mainly used by mothers in Bay C. During your stay we ask that you or any of your visitors do not carry your baby in the corridor of the ward, but use the cot provided.

Feeding your baby

Breastfeeding is the most beneficial method of feeding your baby. The staff on F11 are fully trained to offer support and advice. We have been recognised for our level of support and commitment by the 'Baby Friendly Initiative' and have been awarded level 3 status.

If you have made an informed decision not to breastfeed your baby, the ward does provide some formula for your use. You do not need to bring in any bottles for this.

Contraception

There will be two types of contraception available to you prior to discharge. Both of these are suitable to commence immediately following your pregnancy. Please read the 'Contraception after pregnancy' leaflet which is also available on the West Suffolk Hospital website if you would like more information.

Discharge

All the maternity staff on F11, the paediatricians, hearing screeners and hospital pharmacy, work closely together to give you a timely discharge. However due to the nature of the maternity department this can be unpredictable, so please be aware that your discharge may take time.

Contact your lift home only after your midwife has informed you, to prevent them waiting and incurring additional car parking charges.

Please make sure that you have some basic analgesia at home, paracetamol and ibuprofen are suggested, as long as you do not have any medical reason to avoid them. They are not provided for you to take home after an antenatal admission or after the birth. If you need to take other medication home, your midwife will explain how and when to take them.

Your midwife will explain your ongoing plan of care. If you have any queries or you are not sure about your plan of care, please discuss this with your midwife before you go home.

Safety and security

In order to maintain security for you and your baby, the main entrance door to ward F11 is locked at all times. Hospital staff who have access will have a pink name badge. We ask that all visitors use the intercom before coming onto the ward and wait for a member of staff to respond. There may be a delay in answering as we may be providing clinical care at that time so please be patient. Please do not allow anyone to enter with you as this may pose a security risk. All visitors must speak to a member of staff before entering the ward. If you are unsure about anything please ask a member of staff.

You will be given an ID band on admission. While newborn babies are inpatients within the maternity department they will also have an ID band on each ankle. Please make sure they remain in place at all times. If they come off you or your baby please ask a midwife to replace them.

For safety reasons it is important that during daylight hours the curtains around your bed space are kept open unless you are breastfeeding. This allows all staff to have a clear view of you and your baby, to observe your wellbeing and so that you can see staff if you need assistance.

Visiting times

Infection prevention is a priority throughout the hospital. There are hand gel dispensers that you or your visitors must use when entering and leaving the ward at any time.

Your husband / partner / birth partner and your own children may visit from 9:00am – 9:00pm.

Other visitors are welcome at the following times: 2.30pm – 4.00pm
7.00pm – 8.00pm

Children under the age of 12 years who are not your own will not be allowed on the ward. The visiting schedule is strictly adhered to in order to make sure that the new mothers have enough rest during the day, and staff can undertake their work. The maximum number of visitors per mother is four at any time.

Babies cannot be taken off the ward at any time or taken to the main ward door to see visitors.

We ask that if you are admitted during your pregnancy, only one person accompanies you onto the ward.

We offer overnight stay for one birth partner throughout the induction of labour (IOL) process. This designated birth partner cannot be changed during this period so please make necessary arrangements before coming onto the ward for IOL. Your midwife can provide more information on this when discussing induction. If you have organised a second birthing partner to support you in labour, they will be called once you are transferred to the Labour Suite.

Although we are able to accommodate birth partners staying during IOL we are currently unable to provide this service during your postnatal stay. Birth partners can stay with you on Labour Suite in the immediate postnatal period and will be able to accompany you briefly to the postnatal ward after your delivery. There are no visitors outside of visiting hours on F11 to prevent disturbing other mothers and babies especially at night. Please consider and make travel arrangements for birth partners to go home after you have been transferred to the postnatal ward especially during the night. This policy is under constant review by the maternity service and the West Suffolk Hospital Trust.

Unfortunately, no flowers are permitted on the ward.

Who you will see on the ward

The ward is staffed with:

Ward manager senior midwife and deputy ward manager

Midwives and student midwives

Infant feeding specialist midwife

Maternity care assistants

Neonatal nurses

Neonatal nursery nurses

Neonatal hearing screeners

Housekeepers

Volunteers

Doctors: Consultant obstetricians, obstetric registrars; obstetrics Foundation Year (FY) 1 and 2 doctors, paediatric consultants, paediatric registrars, paediatric FY 1 and 2 doctors, medical students.

We look forward to meeting you and your family during your stay on F11.

If you have any questions about anything relating to F11 please feel free to contact the Ward Manager or Deputy Ward Manager at any time. If they are unavailable a member of the team will be more than happy to help.

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nsh.uk. This will in no way affect the care or treatment you receive.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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