

Patient information

Ward F11

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Introduction

F11 is the antenatal/postnatal ward where women and birthing people are cared for during antenatal admissions and after they have had their babies.

We have 28 beds. These are divided into five bays and three single rooms. We have two main shift changes a day that occur at 8-8:30am and pm. Typically on a shift, there will be 2-3 midwives, 1 maternity nurse, 2-3 maternity care assistants and 1 ward clerk plus a maternity discharge coordinator during the day.

Bay A is an antenatal bay and is primarily used for those having an induction of labour.

Bay B is an antenatal bay also, and used for those who may require a stay during their pregnancy.

Bay C is a postnatal recovery bay and is used for women or birthing people who have had a caesarean or instrumental birth, an epidural, and those who may require close observation. You may be moved to an alternative bay after twelve to twenty-four hours if you are well enough, or you may be discharged home from here.

Bay D is a postnatal bay into which you may go if you have had an uncomplicated pregnancy and birth and do not require close observation immediately post birth. Those awaiting a newborn examination, hearing screen, who would like additional breastfeeding support, or have been 'stepped down' following a period of close observation will stay here.

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 prematurity, antibiotics or jaundice. Mothers and their babies can stay in this bay while the baby receives additional care.

Side rooms: There are three side-rooms in total – one private room for induction of labour Dilapan insertion and two for antenatal/postnatal stays. These rooms are used for a variety of reasons including for those transferred from another hospital, inpatients who require barrier nursing, and readmissions for both mothers or mothers and their babies from home. These rooms are not immediately available to women or birthing people who require initial care in Bay C (see above).

Amenity rooms: The side rooms can be used as amenity rooms which are available to NHS patients who wish to pay for the privacy of a single room. These are available for a statutory fee on request but cannot be pre-booked. The care you receive will be provided by the same team and is the same as other inpatients on the ward. The advantage of having an amenity room is that it can provide privacy and a quieter setting for mother and baby. If you choose to stay in a single room, if this room is later required for a patient who needs it for a clinical reason, you may be asked to move into a bay for the time that the room is needed. The ward cannot guarantee we will be able to reoffer an amenity room. Please ask a member of staff about their availability at the time of your admission.

During your stay

Facilities: There are toilets and bathroom facilities near each bay, and these are for the use of inpatients only. There is one unisex visitors toilet opposite the Transitional Care Bay near the far end of the ward or there is a toilet available just outside the ward for partners and visitors. Staff will be happy to show you where this is located.

Refreshments: During your stay you will be provided with a meal three times a day and we will endeavour to accommodate your dietary requirements. However, if there is something you would particularly like, you are welcome to bring it with you and it can be placed in the ward fridge. There will be regular tea, coffee and fresh water provided to those staying on the ward.

Unfortunately, we are unable to provide refreshments for visitors, however, there is a selection of shops and restaurants to buy food from or alternatively you can bring a cool bag with your birth partner's food in, but please bear in mind we do not have facilities for this food to be heated up.

Daily ward rounds: 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.

Bedside storage: A small bedside locker is provided for you during your stay. Please only bring in the essentials that you need. The ward cannot be held responsible for any valuables or belongings that you bring onto the ward. There are laminated folders in each bedspace containing information about F11, including the visiting times, frequently asked questions and lots of useful information about pregnancy and the postnatal period.

What to expect: Midwives and maternity care assistants will undertake routine observations (antenatally and postnatally) and fetal heart monitoring regularly throughout your stay depending on your individualised care plan.

Please bring any medications that you take regularly into hospital with you and inform the staff of this on arrival to the ward.

Pain relief is available regularly throughout your stay so please ask a member of staff if you require any.

Please be aware that your antenatal stay or induction of labour may last a few days so it's a good idea to bring in items to keep you occupied. You are welcome to bring in any books, magazines, games or devices with pre-loaded videos on to keep you entertained. 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.

Feeding your baby

Here at the West Suffolk Hospital, we have been recognised for our support and commitment to breastfeeding and have been awarded Level 3 status by the Baby Friendly Initiative. All our staff undertake regular feeding updates and training to support you to make informed decisions about how you would like to feed your baby. If you choose to formula feed, you are expected to bring formula into hospital with you. We do not currently have the provisions to make up powdered formula so please bring pre-made bottles.

On F11 we have an infant feeding room for you to use and relax in whilst feeding. It has a milk fridge and freezer, as well as a steriliser and television with infant feeding information displayed. We also have an infant feeding team that you can contact anytime during your pregnancy or postnatally for additional support alongside your community midwifery team.

Discharge

All the maternity staff on F11, the paediatricians, hearing screeners and hospital pharmacy work closely together to give you a timely discharge. Due to the nature of the maternity care this can be unpredictable, and delays may occur that were not

anticipated meaning your discharge may take some time whilst staff organise what you need for going home. However, our discharge coordinators will aim to keep you updated throughout the discharge process.

Only contact your lift home once your midwife has informed you the discharge is complete, to prevent them waiting and incurring additional car parking charges.

Please make sure that you have some basic pain relief 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 from hospital. 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

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 and speak to a member of staff before coming onto the ward. 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. If you are unsure about anything, please ask a member of staff.

You and your baby will be given an ID band on admission. 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 we ask that during daylight hours the curtains around your bed space are kept open unless you wish to close the curtains whilst breastfeeding or if you require privacy. 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. Each bedspace also has a handheld call bell which can be used to alert staff if you require help or assistance.

During your stay we ask that you do not take your baby off the ward for security reasons and that you or any of your visitors do not carry your baby in the corridor of the ward, but use the cot provided.

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. Unfortunately, no flowers are permitted on the ward. Pregnant people undergoing induction of labour or in the latent phase of labour can have one designated birthing partner stay 24hrs a day.

Postnatal inpatients can now also have one support person stay overnight for their first full night postnatally. Your support person does not have to be your birthing partner and can any appropriate adult you wish to support you. Please note:

- If you have your baby before midnight, and are transferred to the ward before 4am, then this will count as your first full night
- If you have your baby after midnight, the midwife will review your delivery history with you and discuss whether you wish for this to count as your first night, or to roll it to the following night.

Please see the 'Overnight Visitors Guide' on the West Suffolk Hospital website for our visiting policy, facilities available and code of conduct (access through QR code to the right).



All other antenatal and postnatal inpatients:

- One designated birthing partner: 08:30-22:00
- Own children: 14:30-20:00
- Additional daily visiting (two visitors per slot):
 - 14:30-16:00
 - 19:00-20:00

'Additional visitors' are in addition to your own children and birthing partner but must be over 12 years old.

We ask that visitors do not attend the maternity unit if they are unwell or have been unwell in the last 48hrs.

Who you will see on the ward

The ward is staffed with:

- Ward manager and deputy ward manager
- Midwives and student midwives
- Staff nurses
- Infant feeding specialist team
- Maternity care assistants
- Discharge coordinators
- Neonatal nursery nurses
- Neonatal hearing screeners
- Housekeepers
- Volunteers
- Doctors: consultant obstetricians; obstetric registrars; obstetrics FY1 and 2. paediatric consultants, paediatric registrars, paediatric FY1/2, medical students.

We look forward to meeting you and your family during your stay on F11. If you or your birth support have any questions or concerns regarding your care during your stay on F11, please speak to your midwife first. If this does not alleviate your concerns you can ask to speak to the ward manager, or another member of the management team.

Clinical research

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>

