

Prenatal Education & Support

Health Sciences Centre



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www.easternhealth.ca

Preparing for Birth During Covid-19

We acknowledge that this is a unique and challenging time for those preparing for labour and delivery.

Decisions are being made across all program areas to keep our patients and staff safe during this pandemic.

Please note protocols may change as the situation evolves, please speak with your care provider about the most recent guidelines in place.



Hand Hygiene



You can help reduce the spread of illness by:

- washing your hands with soap and water for 20 seconds, or
- using the alcohol-based hand rubs located throughout the hospital.



For more information, please visit:

<http://www.easternhealth.ca/WebInWeb.aspx?d=2&id=1595&p=1594>

Tour of Hospital

Health Sciences Centre

- Entrances
- Admitting
- Parking
- Elevators
- Visitors
- Case Room
- Obstetrics/Unit (also referred to as 5NB)

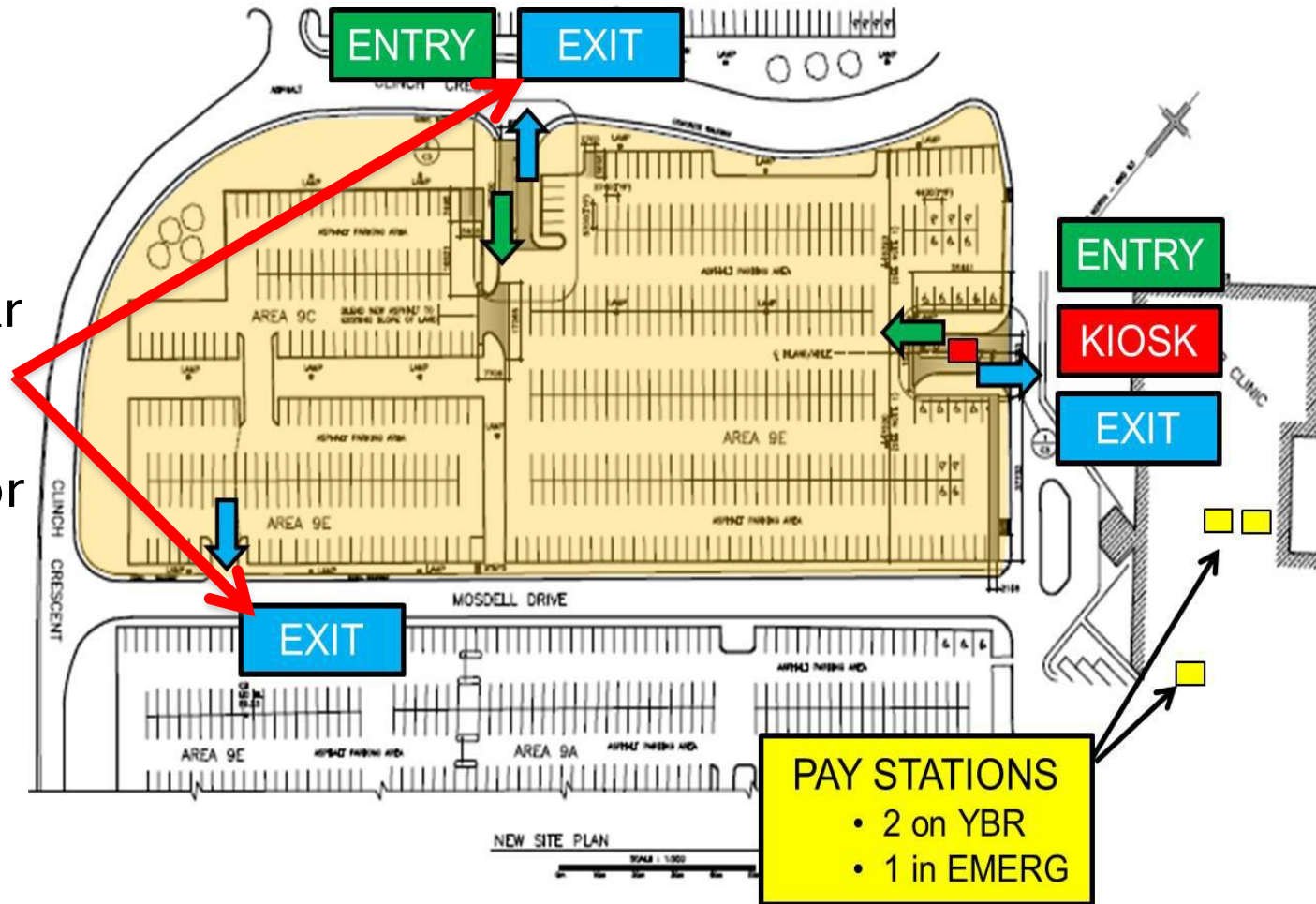


Parking at Health Sciences Centre

During our pandemic response, and in support of infection prevention and control, parking will be complementary at the Health Sciences Centre until further notice.

HSC Parking

You can use the EXPRESS EXITS located at the rear of the main parking lot onto Clinch Crescent or Mosdell Road.



Overflow Parking Service

If your vehicle is parked with the overflow parking service, you can call 709-743-4208.

Entrances

Patient Entrance

Open: 7 a.m. - 9 p.m.



Emergency Entrance

after hours



Upon Entry

Once inside the Health Sciences Centre you will be screened for COVID-19 through a series of questions.

You will also be provided a mask to wear while in common areas in the hospital.



Emergency Department Entrance



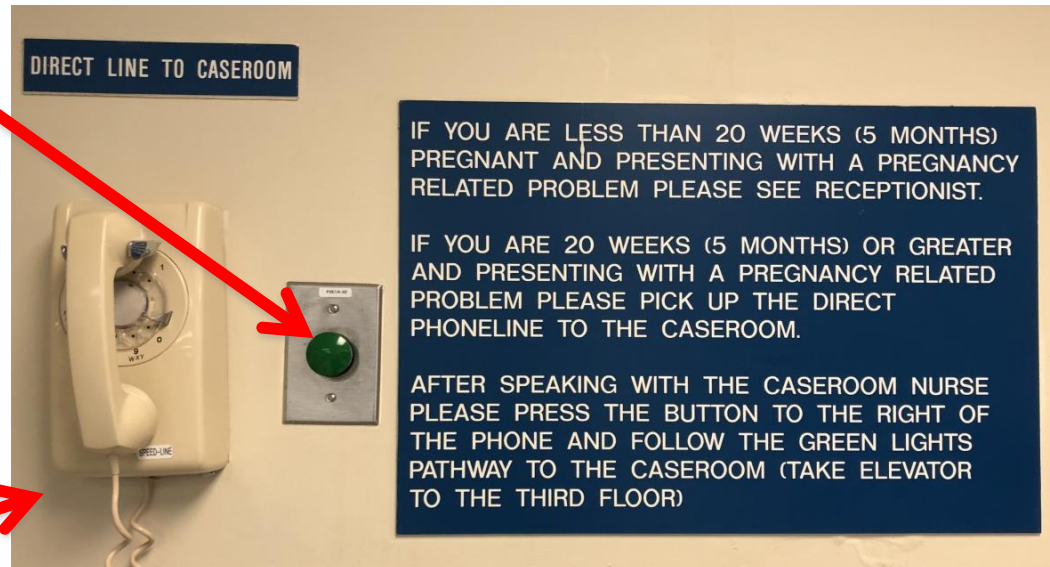
If you require assistance getting to the Case Room at the Janeway, please enter through the Emergency Department of the Health Sciences Centre and press the green button you see when you enter.

Green Button



Press Green Button to activate the green light path in the ceiling. Follow those lights and they will lead you to the elevators that will take you to the case room on the 3rd floor.

If you need assistance, make a call from the phone on the wall that provides a direct line to Case Room.



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Women's Health Elevators

These elevators will bring you to the two areas you will need to access:

- 3rd Floor Case Room for labour and delivery
- 5th Floor 5NB/OBS where you will be admitted following the birth of your baby



Support Persons

- Permitted one support person during labour and delivery
- this support person is also permitted to stay with the mother and baby for up to four hours when they are moved to the post-partum unit to allow for bonding time.
- Once in active labour your support person can support you during the labour, delivery and the after-birth period to allow for bonding for up to four hours when moved to the post-partum unit.
- If you are scheduled for a caesarean section, or will be required to have one during your labouring process, your support person will be permitted in the operating room, recovery room, and to stay with mom and baby for up to four hours when they are moved to the post-partum unit.



Entrance to Case Room



To Enter the Case Room



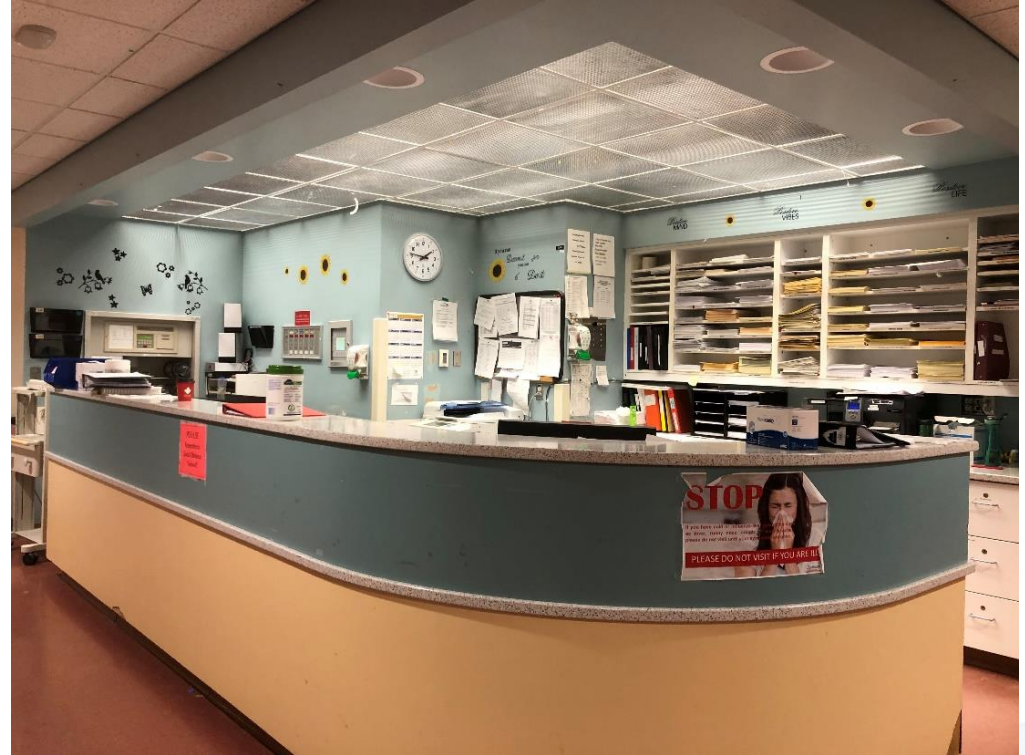
- Intercom - Press 41 to speak to the nursing station
- Door will unlock.
- Proceed to main nursing desk.



Case Room Main Desk



Please have your MCP
and prenatal sheets
readily available



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Triage Unit

- Assessment
- Early Labour
- Vitals Signs
- Fetal Heart Monitor

Please note, your support person must wait outside the facility while you are in triage.



Admission To Case Room

Admission to Case Room:

- Nursing History
- Medical Chart
- Your nurse will collect your blood work.
- Room request



Birth Room

If you are in labour, you will be provided a birthing room.

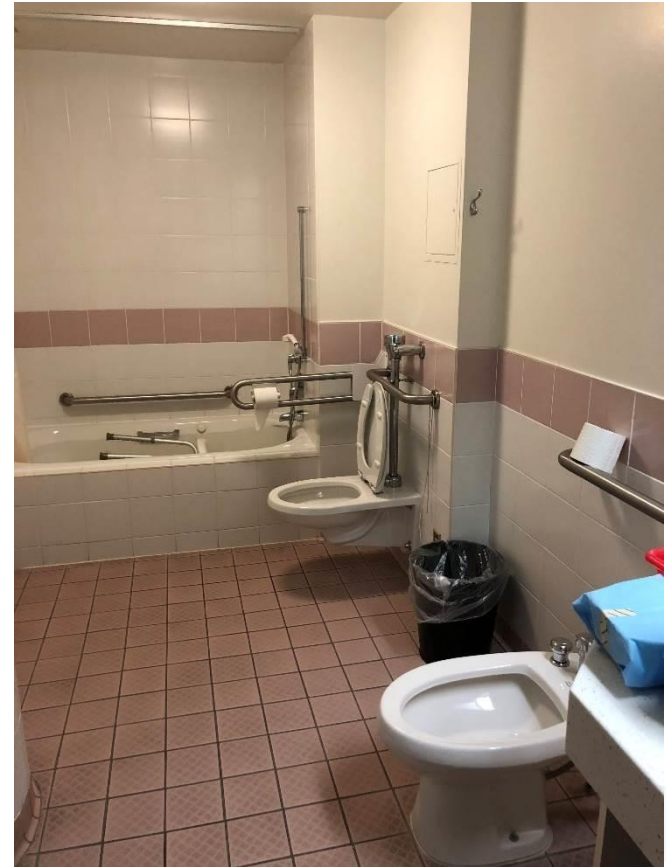
During Labour:

- Shower/tub
- Rocking chair
- Call bell available if you need assistance
- 1:1 nursing care once in active labour or as needed



Bathroom

- Each birthing room has a private bathroom with a bathtub and a shower.
- There is an emergency call bell in the bathroom available if you need assistance.



Fetal Heart Monitor



A baby monitor may be placed on your belly to listen to the baby's heart rate and record contractions.



During Labour

The birthing bed allows you to raise and lower the head and foot for your comfort. It can be transformed into a chair-type design for the birth of your baby.



Squatting Bar



During Labour

Footrests



Stirrups



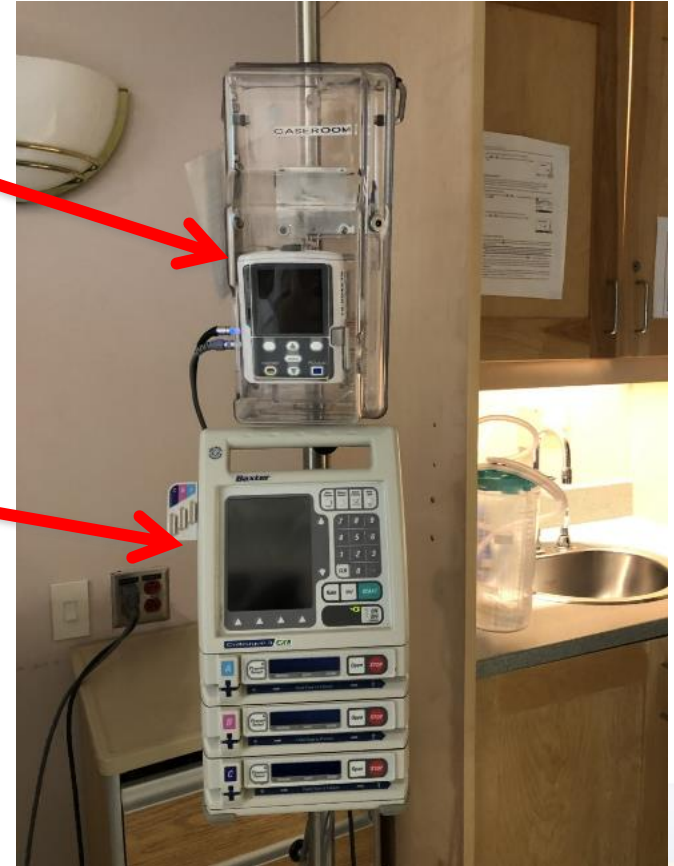
Medical Interventions

Epidural infusion pump for pain relief

Intravenous infusion pump:

Such as:

- Pitocin Drip
- Antibiotics
- IV fluids



During Delivery

Several staff members may be present during your delivery:

- Obstetrician and/or family doctor
- Medical resident and/or student
- Case room nurse
- Baby nurse
- Neonatal intensive care unit (NICU) nurse
- Respiratory



Skin-to-Skin (S2S)

- Your baby will be placed upon your tummy where the umbilical cord will be clamped and cut.
- Hold your baby skin-to-skin for one hour after birth.
- No bath for 24 hours.
- If all is well, your baby is kept with you and you can begin feeding as soon as you and your baby are ready.

What? No Bath
for the first 24hrs?
It's best for newborns.



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Newborn Care



Newborn Assessment:

- Weight
- Length
- Head Circumference
- Temperature
- Vitamin K Injection
- Gown/Hat
- Diaper
- Baby Bands
- Cord Clamp

Cord Clamp



Bands will be placed on your baby's ankles for identification purposes.

Infant Warmer

If needed, the infant warmer will be a warm place to assess baby.

There is oxygen and suction in case your baby needs additional care.



NICU if required



If you require a Cesarean Section

Prior to your cesarean section you will be prepped for surgery in the pre-op room:

- Intravenous inserted
- Medications administered
- Abdominal prep shave



Operating Room

- There are two operating rooms located in the case room for cesarean sections.
- You will most likely have a spinal or epidural anesthetic for your surgery.
- A cesarean section surgery takes approximately one hour.



Operating Room

If your baby needs special care, the operating room has immediate access to the neonatal intensive care unit (NICU).



Recovery Room

After your surgery:

- Your baby will go to the recovery room with you, if all is well.
- You and your baby will be in the recovery room for approximately two hours.



Transfer to 5NB/OBS

- Following delivery, you and your baby will be transferred to the 5th Floor (5NB) of the Janeway.
- You will be transferred in a wheelchair or on a stretcher.
- To follow safe sleep practices, your baby will sleep in a cot.



For Safe Sleep info
Please [click here](#)



OBS/5NB Locked Entrance



- Security camera above door
- Your baby will wear a Hugs security bracelet while on the unit. An alarm will sound if they are near the exit.

You can expect to stay in the hospital:

- 24 - 48 hours following a vaginal delivery.
- 2-3 days following a cesarean section.



Accommodations

- You will have the opportunity to request the room type you would prefer. Room type is not guaranteed.

Private Room on OBS/5NB



- There is a bathroom/shower in each private room.
- The cost is \$120 per night.

Semi-Private Room



- Two patients per room
- You share one bathroom/shower
- The cost is \$102 per night.

Ward Room



- There is shared bathroom/shower.
- No additional cost (covered by MCP)

5NB Nursing Centre Main Desk



Holding Area



Your baby may stay in the holding area:

- **If your baby needs special care.**
- **Assessment by pediatrician and family doctor.**

Baby Warmer & Bilirubin Isolette



The baby warmer (on the right) maybe used if your baby requires it. The Bilirubin isolette will be used if your baby has elevated bilirubin levels also known as jaundice.

Breast Pumps

- Breast pumps are available for use in the hospital, if needed.
- Your nurse will explain how to use a breast pump.
- There is a fridge in the holding area to store your breast milk.

For more information on breastfeeding and its benefits, please visit <https://babyfriendlynl.ca/>



Supports while in Hospital

- Lactation consultants are available to provide breastfeeding support while you are in hospital and once you return home
- Nursing staff are available throughout your stay to help with you and your newborns care
- If you feel like you need to talk to someone, please visit BridgetheGapp.ca for connection to local mental health supports in your community.

Things to consider for your stay.

- Bring everything into the hospital when you arrive, including your car seat. You or your support person will not be permitted to exit and enter the building
- Do not bring personal linens with you such as blankets, pillows (including breastfeeding support pillows) and towels.
- Exercise balls sometimes used during labour are not permitted
- Limit your packing and only bring what is required for your stay (limit clothing for mom and baby, limit toiletries).
- Delivery of take-out food is not permitted at this time. If you choose to bring food items with you, please note you will not have access to a fridge or microwave.
- We encourage you to bring technology that will allow you to stay connected with your support person once they return home (including chargers for all devices).



Discharge

- When you are discharged, your nurse will review your discharge instructions with you.
- You will need a car seat for your baby to go home.

Prenatal Classes

We are offering a variety of classes online.

To register for these classes, please visit
www.easternhealth.ca/prenataleducation

Contact:

[Email: HSCPrenatalclass@easternhealth.ca](mailto:HSCPrenatalclass@easternhealth.ca)

Telephone: (709) 777-7409

Congratulations *in Advance* on the birth of your baby.

**If you have questions, please speak to your
nurse, doctor or other health-care provider.**

We're here to help you!