

# BC Women's Hospital and Health Centre

BC Women's is the only facility in B.C. devoted primarily to the health of women, newborns, and families. Located in Vancouver, B.C., we provide a range of specialized, tertiary, and primary and secondary health services that address the needs of women of all ages and backgrounds. We also provide training for providers across the province.

## Contact Information:

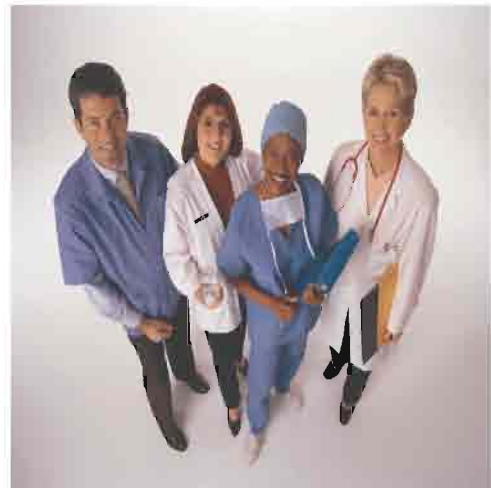
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[www.bcwomens.ca](http://www.bcwomens.ca)

*Picture of NICU*

## The Neonatal Intensive Care Nursery

The Neonatal Intensive Care Nursery (NICU) is located on the main floor of the hospital. It contains 47 beds in a Level 3 care setting. The team of health professionals working in the NICU includes:

- **Social Workers**, who meet with every family in the NICU. The Social Worker is there to help families find the services and supports they need.
- **Clinical Nurse Leaders (Charge Nurses)**, who help coordinate day-to-day care. They supervise the staff nurses. You can bring any concerns about your baby's care to them.
- **Bedside Nurses**, who are specially trained in neonatal nursing. They give 24-hour care to your baby. They will keep you up-to-date about how your baby is doing and help you learn to care for your baby.
- **Lactation Consultants**, who are nurses who can help you with breastfeeding. Let your nurse know if you would like to talk to a Lactation Consultant.
- **Neonatologists**, who are pediatricians that have taken additional training in the care of sick and premature infants.



- **Clinical Assistants**, who are pediatricians that have chosen to work only in the NICU. These doctors are responsible for the day-to-day care of the babies.
- **Residents**, who are doctors in training to become pediatricians. They work closely with the Neonatologists and Fellows.
- **Occupational Therapists**, who follow the development of all babies born weighing less than 1000 grams. They work with babies who need extra help with feeding and positioning.
- **Physiotherapists**, who work with babies that need extra help with their development so as to reach their full potential. Physiotherapists make referrals to community programs to follow a baby's progress. Physiotherapists also work with babies who need help clearing their lungs.
- **Registered Respiratory Therapists**, who work with babies who need breathing support. They also look after the equipment that helps babies breathe.

## Places to Stay

There are a number of options for mothers and families from out of town whose babies are here in the NICU. For short term and emergency stays, there are two Parent Rooms on the unit where parents can stay for a few days to get ready for going home. There are also a number of single rooms where mothers can stay with their baby.

For longer term stays, the social worker will help to get you and family settled. Some of the available accommodation options are outlined below:

<i>Name</i>	<i>Location</i>	<i>Cost</i>	<i>Availability</i>	<i>Kitchen</i>	<i>Telephone</i>
<b>Heather House</b>	on site	\$45 for single; \$5 for cot	varies	yes	no
<b>Easter Seal House</b>	2 blocks from the hospital	\$18 per person per night	varies	yes	no
<b>Ronald MacDonald House</b>	near the hospital	\$12 per family per night	Priority given to children with cancer and their families	no	no
<b>Help Fill a Dream Fund</b>	NA	\$200 - \$300 per month			

# Places to Eat

## On Site:

- Hospital Cafeteria (Shaughnessey building & BC Children's Hospital)
- Tim Horton's coffee bar (lobby at BC Women's)
- Starbucks (Ambulatory Care building at BC Children's Hospital)
- Second Cup (lobby at BC Children's Hospital)

Hospital cafeteria meal vouchers are available through the social worker to families in financial need.

## Off Site:

- There is a Safeway grocery store and a variety of small food outlets a 5 minute walk from the hospital.

# Parking

- Monthly parking passes (\$55) are available.

# Visiting

Parents are welcome and encouraged to visit and spend time with their babies in the NICU at anytime.

- All visitors, except for siblings, must be over 12 years of age.
- Siblings under age 12 may visit with a parent.
- Only visitors whose names are on the Visitor List can visit the baby without a parent.
- The number of people at the bedside is flexible and depends on: the baby's condition, how busy the nursery is, and what else is going on in the room.
- Parents are welcome to attend rounds on their baby. All visitors must leave the bedside during rounds.
- We also require that there be no parents or visitors in the nursery during shift change report between 7:00-7:30 am and between 7:00-7:30 pm.

# Getting Around

The #16 Oak Street Bus services BC Women's Center of BC. For schedule information, please phone 604-953-3333 or see [www.translink.bc.ca](http://www.translink.bc.ca)

- For other travel subsidies, please refer to the previous chapter on *Province-Wide Resources and Supports*.

# Breastfeeding Support

Breastfeeding is important. We therefore do what we can to provide you with a comfortable space, support and supplies necessary to help you.

- The nurses are qualified and experienced in helping new mothers and special care babies breastfeed.
- If you are having difficulty and need extra support, Lactation Consultants can help during the day.
- There is also a breastpumping room on the unit. There are also portable breast pumps for pump at the bedside.
- Pumps can also be rented or purchased on site.
- The unit has fridges and freezers for storing breast milk.

# Other supports

- There is a large family lounge with a kitchen. A computer there can be used to access family information.
- The Red Cross volunteers stock basic supplies in the kitchen. They meet with families shortly after admission and give out the parent handbooks.
- Play time for brothers and sisters gives parents some quiet time with their baby.
- There are parent lockers. You need to bring your own lock.