

Lions Gate Hospital

Lions Gate Hospital, which serves all three North Shore municipalities, is located in the City of North Vancouver. The hospital has acute care beds and provides surgical day care, rehabilitation, social work, and psychiatric outpatient services.

Contact Information:

231 East 15th Street

North Vancouver, B.C.

V7L 2L7

General Telephone: 604-988-3131

NICU Telephone: 604-984-5863

Website:

www.vch.ca/facilities/hospitals/lgh/



The Neonatal Intensive Care Unit (NICU)

The neonatal intensive care unit (NICU) is located on the 3rd floor of the hospital. It contains beds in a Level 2 care setting. The team of health professionals working in the NICU includes:

- **Registered Nurses**, who are specially trained in neonatal nursing, provide 24-hour care for your baby. They will keep you up-to-date about how your baby is doing and help you to learn to care for your baby.
- **Pediatricians**, who specialize in the care of sick and premature infants.
- **A Patient Services Coordinator**, who helps coordinate day-to-day care. They are available if you have any concerns.
- **Social Workers**, who meet with families in the NICU and help them find the services and supports they need.
- **Lactation Consultants**, who are nurses available to help you with serious breastfeeding challenges.
- **Registered Respiratory Therapists**, who work with babies that need breathing support.



Places to Stay

There is a room on the Paediatric Unit for parents with babies in the NICU. This room is used mainly for first time parents who are taking their baby home the following day to help them adjust. This is to assist you to be closer to your baby for breastfeeding.

Mothers who are discharged from the Postpartum unit or who arrive under emergency circumstances can also stay on the unit for 48 hours. A bed is provided, but meals are not.

For longer term stays, there are a number of accommodation options located near by:

<i>Name</i>	<i>Location</i>	<i>Cost</i>	<i>Availability</i>	<i>Kitchen</i>	<i>Telephone</i>
Kiwanis Tower 604-880-4166	Walking distance	\$35/night	Limited	Yes	No
Kiwanis Manor 604-880-9614	10-15 min drive	\$35/night	Limited	Yes	No
YWCA 1-800-663-1424	30 min drive	\$45-75/night		No	No

Places to Eat

On Site:

- Hospital Cafeteria, open 8:00 am – 6:30 pm.
- Coffee bar, open Monday – Friday (6:00 am – 7:00 pm) ; Saturday – Sunday (6:30 am – 7:00 pm).

Off Site:

- There is also a Safeway grocery store (8:00 am – 12:00 pm) and a variety of restaurants and eating establishments located one block from the hospital.

Parking

- Parking is \$10 per day at the regular rate.
- Free parking is available within a few blocks of the site.
- Parking (604-988-6419) provides a discount for long term stays: \$45 for a 2 week pass.

Visiting

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

- We ask that other family members visit with the parents there.
- In order to not overwhelm the space, we request that only two people visit at a time.
- We also require that there be no visitors in the nursery during handover time (between 6:30- 8:00 am and between 6:30- 8:00 pm) when the members of the health team are changing shifts.

Getting Around

Lions Gate Hospital is easily accessed by public transit. For transit schedules and information, please phone 604-953-3333, or see www.translink.bc.ca

- Those families in need can apply for travel subsidies through the social worker. Vouchers of up to \$100 are also available to subsidize the airfare of mothers from Coast Garibaldi. These are provided by community agencies.

Breastfeeding your baby

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

- All of the NICU nurses are qualified and experienced in helping new mothers and special care babies breastfeed.
- If you are having difficulty and need extra assistance, the hospital's lactation consultant is available one day a week to help.
- The unit has a fridge for breast milk storage.
- There is a breastfeeding room on the unit.
- Breast pumps are available for mothers to loan at no cost if financial circumstances are difficult.



Other supports

We want to make your baby's hospital stay and your time with us as comfortable and positive an experience as possible. The social worker supports families. In addition, the unit has:

- A Parents' Lounge on the Paediatric unit is equipped with a fridge, toaster and microwave
- There is access to a computer to send email and access the Internet in the main hospital reception area
- On site showers for families staying in the Paediatric unit or Postpartum unit
- There is a Spiritual Care Coordinator available to assist with any spiritual needs and an interfaith chapel available on site

There are also a number of supports for parents in the community. For more information, contact 604-983-6823 for:

- Mother Goose Programs
- Drop-In Parenting Support Programs
- Young Mother's Parenting Programs