

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, BC V7L 2L7
Canada
General Phone: 604-988-3131
Main Phone: 604-984-5863
Web site: www.vch.ca



The Neonatal Intensive Care Nursery

The Neonatal Intensive Care Nursery (NICU) is located on the third floor of the hospital. It contains 9 beds in a Level 2 care setting. The following are members of the team of health professionals you will find in the NICU:

- **Registered Nurses** 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.
- **Pediatricians** are doctors who specialize in the care of children and newborns, with a special interest in premature infants.
- **Patient Services Coordinator** helps coordinate day-to-day care. You can bring any concerns about your baby's care to the Patient Services Coordinator.
- **Social Workers** meet with families in the NICU. The Social Worker is there to help families find the services and supports they need.
- **Lactation Consultants** are nurses that are available to help you with serious breastfeeding challenges.
- **Registered Respiratory Therapists** work with babies who need breathing support. They also look after the equipment that helps babies breathe.



Places to Stay

- There is a room on the Pediatric 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 nearby: Some of the available options are outlined below.

Name	Location	Telephone
Kiwanis Tower	170 West 2nd Street North Vancouver (Walking distance)	604-880-4166
Kiwanis Manor	2555 Whiteley Court North Vancouver (10 min drive)	604-880-9614
YWCA	15A Chesterfield Place, North Vancouver (5 - 10 min drive)	604-984-7630

Places to Eat

On Site:

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

Off Site:

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

Parking

- \$10/ 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.

Getting around:

- Lions Gate Hospital is easily accessible by public transit. For transit schedules and information, please phone 604-953-3333 or visit the web at <http://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.

Visiting:

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

- Other family members and friends are welcome as well if the baby's condition permits. Please note that space constraints limit visitors to 2 at a bedside at any one time.
- We also require that there be no visitors in the nursery during handover time (between 7:00 am – 8:00am and between 7:00 – 8:00pm) when the members of the health team are changing shifts.

Breastfeeding support:

Breastfeeding is important. We therefore do what we can to provide you with the support and supplies necessary to help you to breastfeed your baby.

- All of the NICU nurses are qualified and experienced in helping new mothers and special care babies to 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 special fridge for storing breast milk.
- There is a breastfeeding room on the unit.
- Breast pumps are available for mothers to use at no cost if financial circumstances are difficult.

Other support:

We try to make your stay as comfortable and positive an experience as possible. The social worker supports every family to help them get the things that they need. In addition, the unit has:

- A Parents' Lounge on the Pediatric unit that is equipped with a fridge, a toaster, and microwave.
- 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 Pediatric unit or Postpartum unit.
- 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 Mothers Parenting Programs