

Abbotsford Regional Hospital and Cancer Center

Abbotsford Regional Hospital (ARH) is an acute care facility situated in Abbotsford, B.C., and 40 miles east of Vancouver on the Trans Canada Highway. Currently, ARH supports 300 patient beds.

Contact information:

32900 Marshall Road
Abbotsford BC V2S 0C2
(604) 851-4700
Website: www.fraserhealth.ca

The Neonatal Intensive Care Nursery

The Neonatal Intensive Care Nursery (NICU) is located on the 4th floor of the hospital. It contains 10 beds in a Level 2 care setting. The following are members of the team of health professionals you will find in the NICU:

- **Social Workers** meet with every family in the NICU. The Social Worker is there to help families find the services and supports they need.
- **Clinical Resource Nurses** (CRN, Charge nurses) help coordinate day-to-day care. They supervise the staff nurse. You can bring any concerns about your baby to them.
- **Bedside 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.
- **Lactation Consultants** are nurses that can help you with breastfeeding. Let your nurse know if you would like to talk to a Lactation Consultant.
- **Neonatologists** are pediatricians that specialize in the care of sick and premature infants.
- **Occupational Therapists** 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** 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.
- **Registered Respiratory Therapists** work with babies that need breathing support. They also look after the equipment that helps babies breathe.

Places to Stay

- There are two Care-by-Parent Rooms attached to the NICU. These rooms need to be reserved through the CRN on a daily basis.
- Priority is given to moms with babies close to going home or feeding on breast

alone. During the day, all families may share this room. A refrigerator and microwave are available for use.

- For longer term stays, the social worker on staff will help you to sort out accommodation. Some of the available options are outlined below.

Name	Location	Telephone
Super 8 hotel	1881 Sumas way, Abbotsford (5 min drive)	604-853-1141
Coast Abbotsford hotel & Suites	2020 Sumas way, Abbotsford (5 min drive)	604-853-1880
Best Western Regency Inn	32110 Marshall road, Abbotsford (2-3 min drive)	604-853-3111
Ramada Plaza Inn	36035 North Parallel Road, Abbotsford (5-8 min drive)	604-870-1050

Places to Eat

On Site:

- Artichokes Restaurant/Hospital Cafeteria: open 7:00am – 7:00pm daily.
- Starbucks: open 6:00am – 8:00pm M-F, and 7:00am – 5:30pm on weekends.

Off Site:

- There are several food outlets nearby, about a 5 minute drive East on Marshall Rd.

Parking

- Parking tickets can be purchased from the meter located at the front (main) entrance.
- Daily parking rate: \$2.00/hour.
- Weekly parking rate: \$30.00/week.
- Monthly parking rate: \$60.00/month.
- Parking tickets needs to be displayed on dash board, if you are changing parking spots. You do not need to park in the same spot every time, as long as your parking ticket is displayed.

Getting Around

- For transit schedules, please call 604-854-3232.
- For a local taxi, call 604-853-1111.

- Volunteers at the front desk in the lobby may also be able to assist you with this.

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 present.
- We also require that there be no visitors in the nursery during handover time (between 7:00- 8:00 am and between 7:00- 8:00 pm) when the members of the health team are changing shifts.
- *Also, at times siblings may have a health screen in the event of infectious outbreaks such as H1N1, measles, mumps, etc.*

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.
- Lactation consultants are also available to help if you are having trouble.
- Breast pumps and kits are available for mothers with babies in the NICU to use while in the nursery.
- The unit has a refrigerator for storing breast milk.
- There is also a quiet space on the unit for breastfeeding and pumping.

Other supports

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

- There is an interfaith room in the hospital and a part time Chaplain.
- Translation services are available on site.
- There is a bathroom and shower available for families to use.
- Pharmasave in hospital lobby for snacks, magazines, etc.