

# Matsqui-Sumas-Abbotsford (MSA) General Hospital

Matsqui-Sumas-Abbotsford (MSA) General Hospital is a 202 bed hospital situated in Abbotsford, B.C., 40 miles east of Vancouver on the Trans-Canada Highway. Work is underway to develop a 300-bed Abbotsford Hospital and Cancer Centre to replace MSA Hospital. The new facility, scheduled to open in 2008, will be about three times the size of the current MSA Hospital.

## Contact Information:

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## The Neonatal Intensive Care Nursery

The Neonatal Intensive Care Nursery (NICU) is located on the 3rd floor of the hospital on the east side. It contains eight (8) beds in a Level 2 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 that can help you with breastfeeding. Let your nurse know if you would like to talk to a Lactation Consultant.



- **Neonatologists**, who are pediatricians that specialize in the care of sick and premature infants.
- **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 that need breathing support. They also look after the equipment that helps babies breathe.

## Places to Stay

There is one Parent Room attached to the NICU. We can also sometimes use a room in the Maternity or Pediatrics wards. These rooms are reserved mainly for parents who are taking their baby home the following day. But, mothers who are discharged for the Postpartum unit or who arrive under emergency circumstances can also stay in these rooms.

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

<i>Name</i>	<i>Location</i>	<i>Cost</i>	<i>Availability</i>	<i>Meals or Kitchen</i>	<i>Telephone</i>
Super 8 Hotel	10 min drive on bus route	Rates negotiable on individual basis and room. Manager tel# 604-853-1141	good	Kitchenettes available	yes
Best Western Hotel	5-10 min drive	\$59/night (hospital rate)	good	no	yes
Coast Hotel	5-10 min drive	\$90-\$120	good	no	yes
Ramada Inn	5-10 min drive	\$90-\$110	good	no	yes

# Places to Eat

## On Site:

- Hospital Cafeteria, open 8:00am to 7:00pm 7 days a week.
- Juices and drinks are provided for free to nursing mothers.

Meal vouchers for the cafeteria are provided through the social worker to those families in financial need.

## Off Site:

- There are several food outlets and a Supervalu grocery store within walking distance from the hospital.

# Parking

- \$3/day.
- Monthly parking passes are available for \$30.

# Getting Around

MSA Hospital is easily accessible by public transit. For transit schedules and information, please phone 604.854.3232.

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

# 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 also request that only two people visit at a time.
- 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.

# 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 at no cost.
- The unit has a fridge for storing breast milk storage.
- There is also a quiet space on the unit for breastfeeding and pumping.

# Other supports

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 they need. In addition:

- There is an interfaith room in the hospital and a part time Chaplin.
- Translation services are available on site.
- There are showers available for families to use.
- A walk-in medical clinic is located next door.