

# Nanaimo Regional General Hospital

Nanaimo Regional General Hospital is the primary care facility for the communities of Cedar, Gabriola Island, Lantzville, Nanoose Bay, Parksville and Qualicum Beach. It is also the designated regional referral hospital for communities north of Victoria, from Cowichan & Ladysmith to Port Hardy & the North Island, Port Alberni & the West Coast.

## Contact Information:

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<http://www.viha.ca/children/>

*Picture of NICU to be added*

## The Neonatal Intensive Care Nursery

The Neonatal Intensive Care Nursery (NICU) is located on the 2nd floor of the hospital. It contains five beds (9 as of April 2007) 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 Coordinator**, who helps 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**, which are nurses who can help you with breastfeeding. Let your nurse know if you would like to talk to a Lactation Consultant.
- **Pediatricians**, 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

We have a number of rooms in the Paediatric Unit where mothers can stay for a short time. 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>
<b>Kiwanis Lodge</b> (250)740.2815	walking distance	\$25/night	2 rooms	restaurant	yes
<b>Travel lodge</b>	on the bus route	\$83-\$109 (hospital rate)	good	restaurant	yes
Variety of Hotels	15 min walk	special hospital rates available	good	varies	yes

## Places to Eat

### On Site:

- Hospital Cafeteria, open from 8:00 a.m. - 6:15 p.m. on weekdays and 9:30 a.m. - 6:15 p.m. on weekends.
- Code Brew coffee kiosk, open 7am-8pm 7 days a week.

Mothers staying in parent rooms on site receive free food trays from the hospital. Meal vouchers are also available for those families in financial need. These are arranged for by the social worker or your nurse.

### Off Site:

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

## Parking

- \$34/day.
- Free parking is available on the street outside the hospital.

# Getting Around

The Naniamo Regional General Hospital is easily accessible by public transit – the #3, Bus. For transit schedules and schedule information, please check the transit web page at:

<http://www.transitbc.com/regions/nan/schedules/map.cfm>

- 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.

- As the nursery is a secured area, mothers are provided with an access card.
- Other family members and friends must therefore visit when the mother or family are 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.

## Breastfeeding Support

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

- The nurses are qualified and experienced in helping new mothers and special care babies breastfeed.
- Lactation consultants are also available from Monday to Friday.
- 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.
- There are showers available for families to use.
- A walk-in medical clinic is located within walking distance from the hospital.
- There is a kitchenette in the post-partum unit.