

Prince George Regional Hospital

Prince George Regional Hospital (PGRH) is the main centre for health care for most of northern British Columbia. It is the largest acute care facility in the Northern Health Authority. PGRH has over 200 acute and rehabilitation beds, providing a full range of core medical services, clinics and support services.

Contact Information:

1475 Edmonton Street
Prince George, British Columbia
V2M 1S2

Phone: (250) 565-2000

Fax: (250) 565-2343

Website: http://northernhealth.ca/phs/facilities_home.asp

*No picture as we are under construction.
New unit to open March 2007*

The Neonatal Intensive Care Nursery

The Neonatal Intensive Care Nursery (NICU) is located on the 2nd floor of the hospital. It contains ten 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.
- **Head Nurse**, who helps coordinate day-to-day care. She supervises the staff nurses. You can bring any concerns about your baby's care to her.
- **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.
- **Pediatricians**, who are doctors that specialize in the care of sick and premature infants. These doctors are responsible for the day-to-day care of the babies.



- **Residents**, who are doctors in training to become family practice physicians. They work closely with the Pediatricians.
- **Developmental Physiotherapists**, who have expertise in developmental care and positioning. They also work with babies who need help to keep their lungs clear.
- **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 parenting room on site with four beds. This room is reserved for families who are not from the area and whose babies are with us in the nursery. The room has four beds and is available at no cost. There is a fridge, microwave and telephone available to families staying in this room. We also provide laundry services.

We also have three additional Parents' Rooms. We keep these 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 this room. Here, you will be close to your baby for breastfeeding. If the parenting room is not available, the social worker on staff will help you to sort out your accommodation.

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>Meals/ Kitchen</i>	<i>Telephone</i>
Bed & Bannock 250.561 8722	5 min drive	covered by the band	good (mainly for First Nations families)	3 meals/day	yes
Easter Seal 250.564 7200	walking distance	\$25/night	good	fridge kitchen	yes
Connaught Inn 250.562 4441	5 min walk	\$40/night with discount	good	yes	yes
Sandman Inn 250 563 8131	10 min walk	\$70.00/night	good	no	yes
E Fry 250.563 1113	next door	free	good (for women & children)	3 meals/day provided	yes

<i>Name</i>	<i>Location</i>	<i>Cost</i>	<i>Availability</i>	<i>Meals/ Kitchen</i>	<i>Telephone</i>
Nexus Place 250.563 1113	Walking distance	contact E.Fry	good	fridge kitchen	yes
Phoenix Transition House 250.563 7305	10 min walk	Free	good (for women & children)	3 meals/ day provided	yes

Places to Eat

On Site:

- Hospital Cafeteria – open 24 hours per day, with hot meals between 6am – 7pm.
- Coffee bar - open 6am-8:30pm (snacks and sandwiches available).
- Gift shop (with some snacks) - open 10am – 8pm.

Families staying can receive hospital food trays at a cost of \$12.50/day. Families needing financial assistance can arrange for these trays through the Social Work Department.

Off Site:

- There is a mall with a variety of meal options and a grocery store located 2 blocks from the hospital.

Parking

- 2 hour parking is free.
- Day permit is \$3.00.
- Long term parking is \$25 per week.
- Vouchers are available from the social worker for those with financial need to help with the cost of parking.
- There are also a number of spaces available on site for campers with electrical outlets.

Visiting

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

- We ask that other family members and friends visit with the parents there.

Getting Around

The Prince George Regional Hospital is accessible by public transit. Information and schedules are available from the hospital.

- A local car dealership provides a courtesy car to families with babies in the nursery.
- The Connections Program also provides low cost travel options for families members coming from surrounding communities. Long haul coaches will travel across northern BC and to southern centres twice/week. Short haul buses will travel between communities throughout the region on a weekly basis.
- For other travel subsidies, please refer to the previous chapter on *Province-Wide Resources and Supports*.

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 if you need help.
- 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. There is a social worker at the nursery seven days a week and a family centred care coordinator. These individuals support every family with babies in the nursery to help them get the things they need.

In addition, the hospital has:

- Showers on site for use by families
- A full time chaplin and prayer space
- A drop-in coffee session for moms (families) once per week.
- Translators on site.
- Some financial assistance with long distance calls – arranged by the social worker.
- Medical care for families from out of town is provided at the hospital and there is a walk-in medical clinic a 5 minute drive away.