

# Royal Inland Hospital (Kamloops)

Royal Inland Hospital is the Thompson-Cariboo's primary acute care health facility and one of two Interior Health Tertiary Referral hospitals in the region that offers high-level, specialty medical care. The hospital is located in the city of Kamloops. It has a long tradition of excellence in patient care.

## Contact Information:

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*Picture of NICU to be added*

## The Neonatal Intensive Care Nursery

The Neonatal Intensive Care Nursery (NICU) is located on the third floor of the hospital. It contains 13 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 Leader** (Patient care Coordinator), who helps coordinate day-to-day care and 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. They assist the nurses in meeting your needs with breast feeding.
- **Pediatricians**, who are doctors that specialize in the care of sick and premature infants. Pediatricians are available 24/7 and visit the ICN daily.
- **Residents**, who are doctors in training to become pediatricians. They work closely with the Pediatricians
- **Occupational Therapists** are available when needed.



- **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 who need breathing support. They also look after the equipment that helps babies breathe.

## Places to Stay

If your baby has been transferred to the NICU at Royal Inland Hospital from somewhere else in the province, the social worker on staff will help you to sort out accommodation close by. 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>Alumni Tower Hostel</b>	connected to hospital via tunnel	free for mothers with babies in the NICU & \$25/night for additional family members	12 single Rooms	Shared fridge and stove top	yes
Several hotels	close by	\$35/night (hospital rate)	good	fridge	yes

## Places to Eat

### On Site:

- Hospital Cafeteria, open 6:30am to 6:30pm during the week and from 10am – 1pm on the weekends.

### Off Site:

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

## Parking

- \$6 per day.
- Longer term parking rates (\$25 for two weeks) are available to families with members in the hospital.

## Getting Around

Royal Inland Hospital is easily accessible by public transit via bus routes #4 Pacific Way, #6 City Loop, #7 Aberdeen, #8 Battle and #9 Gleneagles. For transit schedules and information, please phone 250.376.1216.

- 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 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 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.
- A part time lactation consultant is 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 special fridge and freezer for storing breast milk.
- There is an area off the NICU for mothers to breastfeed and pump.
- There is a medical clinic on site to assist mothers with breastfeeding concerns.

# 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 Chaplin.
- There are showers on site for families to use.
- Translators are available on site and organized for you by the social worker.
- There are also an extensive variety of support groups in the community that the social worker can connect you to.