

# St. Paul's Hospital

St. Paul's Hospital is an acute care, academic and research hospital located in downtown Vancouver. With over 500 acute care beds in use and home to many world-class medical and surgical programs, the hospital serves both the local community and patients from across B.C.

## **Contact Information:**

1081 Burrard Street

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Tel: 604-682-2344, local 62397

Fax: 604-806-9855

Website: [www.providencehealthcare.org](http://www.providencehealthcare.org)

## **The Neonatal Intensive Care Nursery**

The Neonatal Intensive Care Unit (NICU) is located on the 3rd floor of the Providence Building. It contains eight 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** provide supportive counseling to parents and families. Social Workers are there to help families find the services and supports they need.
- **Clinical Nurse Leaders** (Charge Nurses) help coordinate day-to-day care with your baby's nurse. The CNLs are there to support all families and answer any questions or concerns within the Maternity Unit.
- **Bedside Nurses** are specially trained in neonatal nursing. They provide 24-hour care for your baby, keeping you up-to-date about your baby's progress, teaching you to care for your baby and assist in breastfeeding. Every effort is made to include parents in the care planning.
- **Pediatricians** are physicians that specialize in caring for sick newborns, babies and children. Your baby will be cared for by a Pediatrician while in the NICU.
- **Physiotherapists** work with babies that need help to keep their lungs clear. They also work with babies who need extra assistance with positioning and movement.
- **Registered Respiratory Therapists** work with babies that who need breathing support. They also look after the equipment that helps babies breathe.

## **Places to Stay**

- SPH offers a private room with pull out chair lounges to rest for mothers who spend all day breast feeding and visiting their baby in the NIC
- There is one Parent Room in the NICU 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 in the Accommodation Guide (<http://www.providencehealthcare.org/pdf/PHCAccommoGuide03.pdf>)

- A number of these hotels, when booked by the social worker, will provide special rates for families with members in the hospitals.

## **Places to Eat**

### **On Site:**

- Hospital Cafeteria, open 7:00am to 7:00pm 7 days a week.

### **Off Site:**

- There are a variety of food outlets and restaurants within walking distance from the hospital. There is also an IGA and a SuperValu grocery store in the area.

## **Parking**

- St. Paul's Hospital has an underground parking lot as well as a small open air lot off Thurlow and Comox Streets. These lots are often full.
- There are also several parking lots within walking distance of the hospital.
- Ask the social worker about longer term rates

## **Getting Around**

- St. Paul's Hospital is located in the centre of downtown Vancouver. It is therefore very accessible by public transit. For transit schedules and information, please phone 604-953-3333
- For other travel subsidies please refer to the previous chapter on *Province-Wide Resources and Supports*

## **Visiting**

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

- We ask that other family and friends visit with the parents present.
- 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 6:45- 7:30am and between 6:45- 7:30pm) 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.
- Breast pumps are available for use at no cost for mothers with babies in the NICU. Kits can be individually purchased from the unit.
- The unit has a special fridge for storing breast milk.
- There is also a lounge where mothers can breastfeed and pump.

### **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:

- Pastoral Care associates are available to offer emotional and spiritual support. There is a chapel and a resident Roman Catholic Chaplain, but all religious and spiritual beliefs are respected and pastors of all faith traditions are welcome.
- 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.