

# 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:

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

*Picture of NICU to be added*

## 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**, who provide supportive counselling to parents and families. Social Workers are there to help families find the services and supports they need.
- **Clinical Nurse Leaders (Charge Nurses)**, who 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**, who 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**, who 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.
- **Occupational Therapists**, who follow the development of babies with special feeding problems or babies who were substance-exposed prenatally.
- **Physiotherapists**, who 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**, who work with babies that who need breathing support. They also look after the equipment that helps babies breathe.

## Places to Stay

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 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- 7:15am and between 7:00- 7:15pm) 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.