



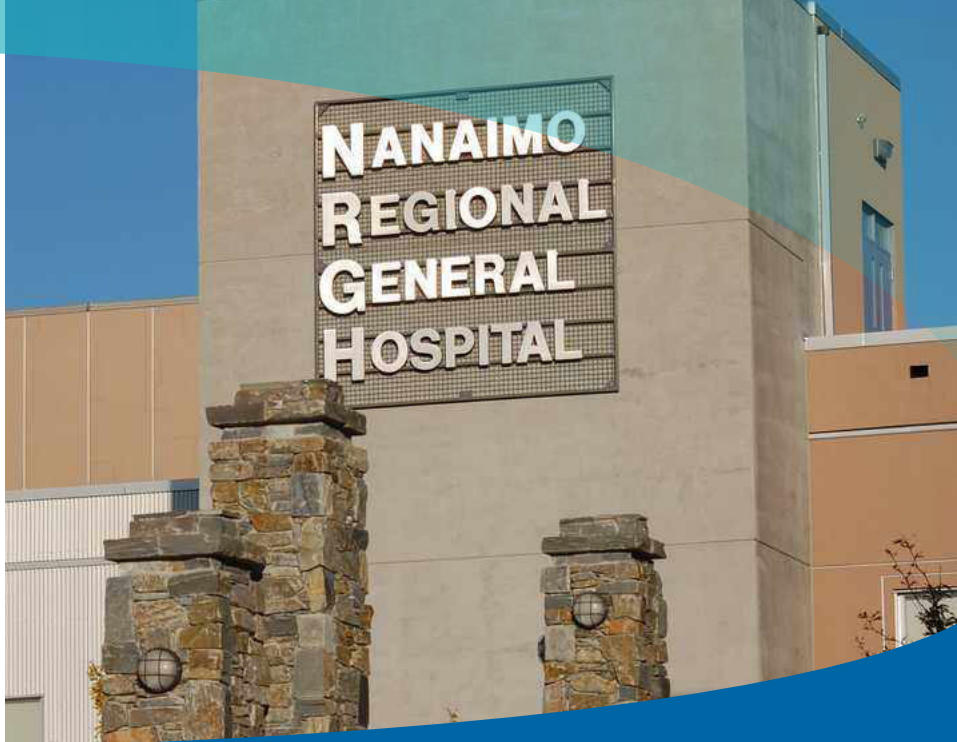
NICU

NANAIMO REGIONAL GENERAL HOSPITAL

ADDRESS: 1200 DUFFERIN CRES. NANAIMO BC | V9S 2B7

TELEPHONE: 250-755-7691 EXT# 52150

WEBSITE: <https://www.islandhealth.ca/our-locations/hospitals-health-centre-locations/nanaimo-regional-general-hospital>



The NICU at NRGH is a Level 2 nursery and is a family centered unit that believes families are important partners in the care of their baby.

Getting Here

Access to the parking lot is from Dufferin Crescent. You can get to the NICU by entering through the Main Entrance or the Perinatal Entrance. Once you are in the hospital you will find easy directions to the NICU. NRGH is also accessible by public transit. For more information visit: <https://www.bctransit.com/nanaimo/home>



Parking

Metered visitor parking is in the parking lot. You can also talk to the unit social worker to get a parking pass. The parking office is in the hospital.

Places to Rest or Stay

There are several hotels nearby, speak to the social workers if you need help finding accommodation.

Visitors

To maintain patient confidentiality the NICU is "closed" from 7 - 8 am and 7 - 8 pm for report/handover.

- Maximum of 3 visitors (including the parents) allowed at the bedside.

Visitors must be accompanied by a parent.

- All visitors, including siblings, must be well and immunizations up to date.

- During cold and flu season (March to December), we require all visitors to be immunized for influenza or wear a face mask (provided by the hospital).

- Only siblings of the baby may visit. No other children under the age of 14 years are allowed to visit.

- If certain infection control policies are in effect, visiting rules may change.

Places to Eat

The hospital cafeteria is open 8 am to 6:15 pm and is in the basement of the hospital.

Code Brew is open 6:30 am to 8:30 pm and is in the lobby of the hospital. Here you can buy sandwiches, soup, muffins, coffee and other beverages.

Health Care Team Members:

In addition to Nurses and Pediatricians, you and your baby may be supported by other care providers, including:

- ✓ RESPIRATORY THERAPISTS
- ✓ SOCIAL WORKERS
- ✓ DIETITIANS
- ✓ SPIRITUAL CARE
- ✓ PATIENT/FAMILY LIAISONS
- ✓ ABORIGINAL LIASON NURSE
- ✓ SOME AVAILABILITY FOR CHILD LIFE SPECIALIST TO ASSIST AT TIMES.

Routines

The unit is staffed 24/7, shifts are from 7:30 am to 7:30 pm and 7:30 pm to 7:30 am. There are three Registered Nurses and one Pediatrician on each shift. We encourage families to be with their baby and participate as much as they can in care of their baby.



Breastfeeding Support

The bedside registered nurse will help with breastfeeding. We provide pumping kits to mothers for pumping, and the use of breast pumps in hospital. Mothers are encouraged to pump at their baby's bedside and each area has full curtains to provide privacy. If a breast pump is required for home you can ask the social worker or Public Health Nurse to assist you. Milk storage is available in the NICU fridge/freezer. Donor Human Milk from BCW Provincial Milk Bank is also available.

Amenities

We have a family lounge with a small play space for siblings in the NICU. NRGH has free Guest WiFi available for families.

Support for families

Other support available for you, your baby and you family at NRGH:

- ✓ HOSPITAL VOLUNTEERS
- ✓ TRANSLATION SERVICES
- ✓ CUDDLER PROGRAM

Notes:

- Social Workers NICU: 250-755-7691, ext #52354

