

NICU

UNIVERSITY HOSPITAL OF NORTHERN BRITISH COLUMBIA, PRINCE GEORGE

ADDRESS: 1475 EDMONTON STREET

PRINCE GEORGE, BC V2M1S2

TELEPHONE: 250-565-2328



The NICU is located on the 1st floor of the hospital, across from the Maternity Unit, and accepts newborns who are older than 30 weeks gestation. The NICU is a 12 room single-care unit; each room has an adult bed, fridge, and storage for parents to stay with their baby 24/7. We believe in family-centered care with a very strong emphasis on parents being involved in all care and decision making.

Parking

Parking is available on the side and in front of the hospital with pay booths inside the main lobby. Short and long term parking is available through the pay booths. If needed, the NICU social worker can assist you to get a parking pass.

Places to Eat

The hospital cafeteria is served by Tim Hortons with sandwiches and soup provided by the hospital kitchen. Tim Hortons is closed on stat holidays. There is a mall just 2 blocks down from the hospital that has restaurants, coffee shops, a drug store, a grocery store, a big box retailer, smaller chain and local shops, and a movie theater.

Places to Rest or Stay

Parents are encouraged to stay with their baby in their room. We also offer a 4 room Ronald McDonald Parent area with beds, private bathrooms, and a common sitting/eating/cooking area. The cost is \$25/night and may be covered depending on financial and social considerations. For more hotel/motel options, you can talk to the NICU social worker or a NICU staff member.

Health Care Team Members:

In addition to Nurses and Paediatricians, you and your baby may be supported by our multidisciplinary team, including:

- ✓ RESPIRATORY THERAPISTS
- ✓ SOCIAL WORKERS
- ✓ DIETITIANS
- ✓ LACTATION CONSULTANTS
- ✓ INDIGENOUS LIAISONS
- ✓ PHYSIOTHERAPISTS

Visitors

Families are not visitors, they are part of the care team. You will be required to wear an identity band to gain access to the unit. Two identification bands will be issued, one to birth parent and the other to the birth parent's support person (usually both parents). We will not allow access or information to anyone who does not have an identification band.

- There are no set visiting hours or limitations on who can visit as long as a banded caregiver is present during the visit and the visitors show no signs of illness.
- If parents/siblings are ill you will be asked to wear a mask and wash your hands well before entering and leaving the room.
- Visitors who are ill will not be allowed to visit.

Getting Here

UHNBC NICU is located outside of the downtown core. It is directly accessible by walking, taxi, or public bus routes #15 and #10. Bus routes #161 and # 46 operate nearby, and allow access within a comfortable walking distance.

Routines

Family-centered care is at the core of our routines from the instant baby is admitted until the time they leave. We encourage therapeutic skin-to-skin care for all our infants, and involve our parents in feeding, diapering, bathing, temperature checks, physio, and any other care they are able to assist with. We strive to include parents in physician rounds so that they can be part of planning their infant's care. Staff are always available for questions and feedback.



Breastfeeding Support

There is a Lactation Consultant available to assist with establishing breastfeeding/chestfeeding. Our NICU RN's also receive extra training to support you to establish feeding your baby via whatever method you choose. Pumps and Milk expression kits are available on the unit as well as fridges and a deep freeze to store expressed milk. We are also a Provincial Milk Bank collection facility and have access to Donor Breast milk if your baby needs it.

Amenities

There is a family lounge located just outside the NICU doors that has seating, TV, a bathroom, and a small play area. In the NICU there is a shared bathroom as well as a washer/dryer for parents. There is a Spiritual Care Space on the ground floor by the main entrance.

Support for families

You, your baby and your family will also be supported by:

- ✓ **HOSPITAL VOLUNTEERS**(including our Volunteer Baby Cuddling Program)
- ✓ **TRANSLATION SERVICES**
- ✓ **INDIGENOUS HEALTH**

Notes:

NICU Direct Line 250-565-2328

Mat/Child Social Worker 250-565-2079

Lactation Services 250-565-2327

