



Interior Health

# NICU

**KOOTENAY BOUNDARY  
REGIONAL HOSPITAL**

**ADDRESS:** 1200 HOSPITAL BENCH,  
TRAIL, BC V1R 4M1

**TELEPHONE:** MATERNAL CHILD UNIT —  
(250) 364-3444

**WEBSITE:** [www.interiorhealth.ca](http://www.interiorhealth.ca)



Our NICU is a three bed unit on the fourth floor of the hospital. We provide care for babies that are 34 weeks and older. We strongly believe in family-centred care and value the family as important members of the care team.

## Parking

Public parking in the lot outside of the hospital is free.

## Getting Here

The hospital is located near downtown Trail, close to Highway 3B and up the Hospital Bench hill. There is bus access on site.

## Places to Eat

**Hospital Cafeteria:**  
Monday to Friday 10:30 am – 1:00 pm

**Alpine Ground Coffeehouse:**  
Monday to Friday 07:00 am – 2:00 pm

**Trail Hospital Auxiliary Gift Shop:**  
Coffee available  
Monday to Friday 2:00 pm – 4:00 pm;  
Saturday and Sunday 12:00 pm – 3:00 pm

## Places to Rest or Stay

Social work may assist families with navigating local resources and potential funding opportunities. Hotels are available close by in downtown Trail.

## Visitors

Parents are an important part of the baby's team and are welcome 24/7. Other visitors may come with the parents, but with a limit of 2 at a time (inclusive of the parent), due to limited space. Siblings of the baby may visit.

- Anyone visiting must be well and wash their hands before entering the unit.
- If certain infection control policies are in effect, visiting rules may change.

## 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
- OPHTHALMOLOGIST
- PUBLIC HEALTH
- MEDICAL RESIDENTS AND STUDENTS





### Routines

Our nurses work 7:00 am to 7:00 pm, and 7:00 pm to 7:00 am. The unit is an open bay with curtained off spaces for you and your baby. Families are encouraged to provide care to their babies, including skin-to-skin, diaper changes, bathing, and more. We have a Patient Care Coordinator (PCC) and Clinical Practice Educator who you can speak to if you have any concerns.



### Breastfeeding Support

All of our NICU nurses have breastfeeding training to help you in your feeding journey. Breast pumps and kits are available, but you are more than welcome to use your own if you prefer. There is a unit fridge to safely store milk for your baby.

### Amenities

There is a kitchenette on the adjacent postpartum unit with a kettle, microwave, and fridge to store food if needed. A visitor's bathroom with a shower is accessible across the hall from the NICU. Guest Wifi is available. A Sacred Space is located in the 3<sup>rd</sup> floor Wellness Clinic.

### Support for Families

We have the following support available:

- TRANSLATION SERVICES
- INDIGENOUS HEALTH
- HOSPITAL VOLUNTEERS

### Notes

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