

# 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 main floor of the hospital, across from the Maternity Unit, and accepts newborns who are 30 weeks gestation and older. The NICU is a 12 single room care unit; each room has a 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 parent involvement in care, decision making, and being the expert on their child.

### 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 Rest or Stay

Parents are encouraged to stay with their baby in the baby's room. We also offer a 4 room Ronald McDonald Parent area with beds, private bathrooms, 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 ideas, you can talk to the social worker for NICU or to a staff member.

### 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 identity bands will be issued, one to mom/designated care provider and the other to whomever the mom requests it be given to. We will not allow access or information to anyone who is not with a person with an identity band.

- Children are restricted to siblings if under the age of 3 years old.
- If parents/siblings are ill you will be asked to wear a mask, wash your hands well before entering and leaving the room.
- Visitors who are ill will not be allowed to visit.

### 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.

### 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
- ✓ LACTATION CONSULTANTS
- ✓ PATIENT/FAMILY LIAISONS
- ✓ SPIRITUAL CARE
- ✓ PHYSIOTHERAPISTS

### Getting Here

UHNBC NICU is located outside of the downtown core. It is accessible by walking, taxi, or public bus (#15, #10 directly and #161 and #46 a couple of blocks up from the hospital.)

### Routines

We involve families from the time of admission. We encourage skin-to-skin care for all of our patients and very quickly have parents involved in the care of their child. Temperature checks, diapering, bathing, feeding, physio and what ever else possible. We encourage parents to be present during physician rounds to talk to the team about their babies. All staff can be approached with questions or concerns.



### Breastfeeding Support

There is a Lactation Consultant, the NICU RN's received extra breastfeeding training and will also support you. We have breastpumps and kits for moms and a with fridge and deep freeze storage for expressed breastmilk. We also have access to Donor Breast Milk that comes from the Provincial Milk Bank.

### 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 the Ronald McDonald Family space with the individual rooms for parents to stay with other children/family members. There is a chapel on the ground floor by the main entrance.

### Support for families

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

- HOSPITAL VOLUNTEERS
- TRANSLATION SERVICES
- INDIGENOUS HEALTH

#### Notes:

**NICU Direct Line 250-565-2328**  
**Mat/Child Social Worker 250-565-2079**  
**Lactation Services 250-565-2327**

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