



Transitional Care

A parent's guide to the Transitional Care unit and
preparing for home

Simpsons Special Care Baby Unit
Royal Infirmary Edinburgh
0131 242 2596

What is Transitional Care?

Transitional Care is the next step towards preparing you and your baby to go home. The Transitional Care team are here to support you as you care for your baby. This allows you to become more confident and reduces unnecessary separation. This care can be delivered either on the postnatal ward or in our 4 bedded bay / double bedrooms on the neonatal unit. (You must be discharged from the ward to be in our accommodation.) Staff may refer to Transitional Care as 'TC'.

Why does my baby need TC?

Your baby may be transferred into TC after spending some time on the Neonatal Unit or may be admitted with you from delivery suite or the maternity ward. The aim is to get your baby used to feeding, monitor their temperature and gain weight. Your baby will stay with you and be cared for by you with support from the TC team. Babies in TC will stay in hospital between 5-10 days on average.

Who will look after me and my baby?

The Transitional Care team is led by a Team Leader, Registered Neonatal Nurses, and nursery nurses. They will support you as you care for your baby in preparation for going home. A team of medical staff will provide medical cover for Transitional care. Babies are reviewed daily and can be reviewed at any time if needed.



Can someone stay with me?

There is a fold out bed for your partner or second adult to be able to stay with you. There are bathroom and kitchen facilities. You can keep your own food and drink in the fridge.



What will I need for my baby?

You can use your own baby's clothes if you wish but we do have a stock of premature baby clothes which you can use if you prefer. Nappies and milk will also be provided as needed.

Asking for help

If at any time the TC staff are out of the room and you need their assistance, please ask your midwife to call Nursery extension 22596 on the neonatal unit and ask for the TC staff to return. In an emergency please pull the red bedside buzzer and call for help.

Infection Control

To keep you and your baby safe your hands must be washed on arrival in the room, and you must use antibacterial gel before and after touching baby. Please adhere to the wards visiting policy.

When can my baby go home?

Your baby will be able to go home when they are:

- **Feeding well** - showing safe and effective feeding either by breast or bottle.
- **Maintaining weight** - babies must be getting enough milk to support their growth. They may need extra feed support or input from the dieticians.
- **Keeping warm** - babies must be able to maintain their own body temperature in the cot.



The poster features a central title 'Parent Craft Sessions' in a large, blue, serif font. Above the title are five circular icons: 'Goldilocks Effect: Monitoring your baby's temperature', 'Home Oxygen', 'Caring for your baby and going home', 'Formula Milk: How you need to feed it', and 'Understanding Feeding Signs'. Below the title, the text reads: 'Join us in our weekly 'Parent Craft Sessions'. These sessions run weekly in Transitional Care. Do check the session timetable on the notice board in Transitional Care or the white board next to the Clean Utility Room. There are lots of sessions to attend which we hope will prepare you for your journey when your baby is ready to go home. If you have any feedback or questions please speak to a member of staff who will be happy to help.' At the bottom are five more circular icons: 'Snuggle Bathing', 'Baby Weaning', 'Understanding Baby's Cries', 'Safe Sleep', and 'Understanding Baby's Cries'.

Parent Craft Sessions

Join us in our weekly 'Parent Craft Sessions'.

These sessions run weekly in Transitional Care.

Do check the session timetable on the notice board in Transitional Care or the white board next to the Clean Utility Room.

There are lots of sessions to attend which we hope will prepare you for your journey when your baby is ready to go home.

If you have any feedback or questions please speak to a member of staff who will be happy to help.

Support and advice

The team can support and advise on a number of topics including:

- Feeding
- Home tube feeding
- Temperature control
- Giving any necessary medication
- Basic resuscitation
- Safe sleeping.

We have parent craft sessions on the unit on various topics that may help you to be prepared for home (speak to your nurse for more details).

Leaving Transitional Care

Your baby may be followed up at home by our Neonatal Community Team. They will monitor your baby's weight, feeds, and progress.

Alternatively, you might be seen by a community midwife.

You will be told which team will visit you before you leave the hospital.

If you live out of the area, then care will be transferred to your local hospital where community staff or your Health Visitor will monitor your baby's well-being.

Useful Information

These can be useful places to find further support and advice:

www.bliss.org.uk



www.nhsinform.scot/readysteadybaby



www.publichealthscotland.scot



Feedback

Your feedback is important to us. This allows us to provide the best possible experience and service to families and their babies. Please fill in this short anonymous form to let us know about your experience. You can also speak to the staff looking after you if there is anything in particular you think we should know.

Please scan the QR code below to give feedback:



<https://app.onlinesurveys.jisc.ac.uk/s/nhslothiansurveys/neonatal-services-family-experience-survey>

