


Calvary Hospitality Healing Stewardship Respect

This PowerPoint provides general information only. For specific advice and needs please seek advice from your health care professional. Calvary John James Hospital/The Little Company of Mary does not accept responsibility for loss or damage arising from your reliance on this presentation instead of seeking advice from a health care professional. If you or your baby require urgent medical attention please contact your nearest Hospital.

Continuing the Mission of the Sisters of the Little Company of Mary


Calvary Hospitality Healing Stewardship Respect



Calvary Maternity Education Program
3.1 Postnatal and Hospital Stay Day 1 and Day 2

Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Hospitality Healing Stewardship Respect



Postnatal

Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Hospitality Healing Stewardship Respect

Postnatal Outline

- Postnatal Hospital Stay
 - Day by Day including tests and checks for baby and mum
 - Discharge and referral to MACH
- Postnatal Depression
- Special Care Nursery
- Baby Care
 - Is this Normal?
 - Holding and handling
 - Put on a nappy
 - Feeding
 - Settling
 - Bath
 - Safe Sleeping

Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Hospitality Healing Stewardship Respect

Postnatal Hospital Stay

<p>General</p> <ul style="list-style-type: none"> • Length of stay <ul style="list-style-type: none"> • Vaginal birth 4 days • Caesarean birth 5 days • Rooming in with baby • Partners staying overnight • Food/Snacks • Breast feeding support • Baby care support • Normal Visiting hours 4pm-8pm • Rest period 2pm-4pm 	<p>What day is it?</p> <ul style="list-style-type: none"> • If baby was born before Midday, that is "Day 1". • If Baby was born after Midday, that is "Day 0" • Therefore there is some fluidity as to what happens between days, for example if you had a caesarean at 1pm, Mum would most likely get up and showered on her "Day 1" and not "Day 2"
--	---


Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Hospitality Healing Stewardship Respect

Postnatal Hospital Stay – Day 1

<p>Mum</p> <ul style="list-style-type: none"> • Mum may or may not be very mobile • Be aware of the need for pain relief and do not leave it too long • Blood loss is often like a heavy period • Rest as much as possible and minimise visitors • Support Person is very useful to stay overnight to help with baby, especially if Mum has had a caesarean and isn't ambulant 	<p>Baby</p> <ul style="list-style-type: none"> • Demand Feeding (3-4 hourly) • Babies may be mucousy, especially after a precipitous birth or those born via caesarean • At least one wee and one bowel motion (Meconium) in first 24 hours • Blood Sugars checked for small/large babies and babies of diabetic mothers
--	---


Continuing the Mission of the Sisters of the Little Company of Mary


 **Calvary** Hospitality
Healing
Stewardship
Respect

Postnatal Hospital Stay – Day 2

<p>Mum</p> <ul style="list-style-type: none"> • Mum up and showered (caesarean), IDC removed, IVC removed after 2 x passing urine • 3x walks a day (but length of walk may vary) • Milk supply may decrease in the second 24 hour period 	<p>Baby</p> <ul style="list-style-type: none"> • Baby is learning to feed and this takes time • Offer food 3-4 hourly • 2 x urine output in 24 hours (minimum) • Paediatrician will make daily rounds
--	--


Continuing the Mission of the Sisters of the Little Company of Mary

 **Calvary** Hospitality
Healing
Stewardship
Respect



Calvary Maternity Education Program
3.2 Postnatal Hospital Stay
Day 3, Day 4 and Discharge


Continuing the Mission of the Sisters of the Little Company of Mary

 **Calvary** Hospitality
Healing
Stewardship
Respect

Postnatal Hospital Stay – Day 3

<p>Mum</p> <ul style="list-style-type: none"> • 3x walks/day for mum • Day 3 Blues • Breasts starting to feel “full” • If breastfeeding, focus on attachment – see breastfeeding • Rest, minimise visitors – prepare for “cluster feeding” • Mum will be seen by one of our Maternity Physiotherapists between Day 2 & 4 	<p>Baby</p> <ul style="list-style-type: none"> • NBST Due between 48 & 72 hours • Hearing Test done between Day 2&4 • Baby likely to cluster feed at night • Baby unsettled, may appear jaundiced and have urates • Colour of bowel motions will start to change
---	---


Continuing the Mission of the Sisters of the Little Company of Mary

 **Calvary** Hospitality
Healing
Stewardship
Respect

Postnatal Hospital Stay – Day 4+

<p>Mum</p> <ul style="list-style-type: none"> • Milk coming in – often 10-12 hours after breasts start to feel “full” • Less Pain relief needed for mum • Obstetrician final review prior to discharge • Discuss discharge and specifics • Care of perineal sutures • Possible removal of dressing/drain/sutures (caesarean) • TEDs • When can I drive? • Discussing discharge medications 	<p>Baby</p> <ul style="list-style-type: none"> • During feeds, will notice more swallowing by baby due to increased milk intake. • Baby Settling for longer after feeds • More urine passed. Poos lighter in colour. • Weighed before discharge. • Bath Demonstration done from day 3-4 onwards
--	---


Continuing the Mission of the Sisters of the Little Company of Mary


 **Calvary** Hospitality
Healing
Stewardship
Respect

Discharge and MACH Referral

<p>Day of Discharge</p> <ul style="list-style-type: none"> • Discuss Mum’s health and any concerns • Check and/or remove dressings/stitches as appropriate • Discuss feeding plan • Ensure checks have been done • Weigh baby and measure head circumference and recorded in the blue book <p>Other</p> <ul style="list-style-type: none"> • Follow up appointment with your doctor within six weeks or as discussed with them • QE2: need referral from GP or MACH nurse 	<p>MACH will visit you</p> <ul style="list-style-type: none"> • Provide ongoing support for you and for baby • Assist with feeding • Check weight for baby as needed • Help with concerns you may have • Immunisations • Set up follow-up support in community-parent groups
--	---

Continuing the Mission of the Sisters of the Little Company of Mary

 **Calvary** Hospitality
Healing
Stewardship
Respect



Calvary Maternity Education Program
3.3 Postnatal Depression

Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Hospitality Healing Stewardship Respect

Postnatal Depression

Is it the 'Baby Blues' or something more?

- Teary
- Irritable
- Overly sensitive in interactions with others
- Moody

The baby blues usually clear up after a few days with no other treatment except support and understanding.

However if these symptoms persist, seek help for you or your partner early

[Raising Children - Postnatal Depression](#)

Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Hospitality Healing Stewardship Respect

Postnatal Depression

What we know


- As many as 1 in 7 women & 1 in 20 men may be affected
- All cultures
- All socioeconomic classes
- Women of all ages
- It can be mild moderate or severe
- It can occur at any time (even antenatally) and up to 1 year after birth

What to do

- Early intervention is the key
- Seek help from your
 - GP or Obstetrician
 - Midwife
 - MACH nurse
 - [PANDSI](#)

Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Hospitality Healing Stewardship Respect



Calvary John James Hospital

Calvary Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Maternity Education Program

3.4 Special Care Nursery

Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Hospitality Healing Stewardship Respect

Special Care Nursery

Babies requiring extra monitoring on the ward

- Blood Sugars
- Observations before a feed
 - Meconium stained liquor
 - GBS positive
 - Head/Swelling/Birth Trauma
- DCT Positive Babies
- More than 10% of weight loss (from birth weight)
 - Top up feeds

Babies requiring admission to the Special Care Nursery

- Premature or smaller babies
- Respiratory support
- Blood sugars
- Mucous
- Jaundice
- Maternal Health
- Other Conditions/Treatments
 - Congenital

Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Hospitality Healing Stewardship Respect

Special Care Nursery – What is that?

What is that?

- Cord Clamp
- ID Bands
- Humidicrib
- Blood Sugars
- Cardio Monitoring
- SATs Monitoring (Oxygen)
- Feeding Tube – NGT/OGT
- Phototherapy
- IVC
- CPAP
- Suction
- Dummies



Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Hospitality Healing Stewardship Respect

Special Care Nursery

Parents and the SCN

- Parents are welcome 24/7
- Wash your hands with soap and water once inside
 - if you wash your hands outside you then touch the door handle
- Visitor policy is to protect all the babies
- No eye-spy – Please respect privacy
- Arrive 20-30 minutes before feed time
- We will help you learn the different cares applicable for your baby
- We will discuss your health, plans for feeding, babies needs and help with any questions you might have

Babies and their care

- Cares at feeds include:
 - Temperature
 - Observations
 - Change of nappy
 - Moving SATs Probe
- Cares may also include:
 - Blood Sugar Before/After
 - Checking IV Cannulation
 - Medications
 - CPAP Cares
 - Other – eg Eye Care
- Babies will often start on 1-2 Breast Cuddles per day and move progressively to more

Continuing the Mission of the Sisters of the Little Company of Mary