

Maternity information factsheet

Welcome to Burley ward

We have written this information sheet as a guide to your stay on Burley ward. We hope it will help to answer some of the questions you may have.

Our team

During your stay on Burley ward, you will be supported and cared for by an experienced team of midwives, maternity support workers and nursery nurses. The team will all help to make your stay as comfortable as possible.

When you arrive on Burley ward, a midwife or maternity support worker will greet you and show you where to find the kitchen, bathrooms and toilets. They will also explain how to use the call buzzer system. Please use your call buzzer when you need support and one of our team will be happy to help you.

Throughout your stay on Burley ward, you will have a named midwife who will be responsible for your care. Your named midwife will change each day and night. To ensure you always know who your named midwife is, they will introduce themselves at the beginning of each changeover.

Depending on the wellbeing of you and your baby, you may also receive care from:

- an obstetrician (a doctor who specialises in caring for women during pregnancy and birth)
- midwifery or medical students (Princess Anne Hospital is a teaching hospital and teaches student midwives and medical students from the University of Southampton. If you would prefer not to receive care from a student, please tell your midwife and your wishes will be respected.)
- a paediatrician (a children's doctor), an advanced neonatal (baby) nurse practitioner or a specialist midwife who will perform your baby's newborn medical examination (NIPE)
- the newborn hearing screening team who will perform your baby's hearing test
- a physiotherapist (our women's health physiotherapy team care for women who have muscular, joint, bladder or pelvic floor problems, including incontinence and prolapse, as a result of their pregnancy or birth)

If your baby needs additional care, such as phototherapy or antibiotics, we may offer you and your baby a bed in our transitional care unit. This is situated within Burley ward and is jointly managed by maternity and neonatal services. While in this unit, your baby will be cared for by a paediatrician and a nursery nurse.

Uniform guide

During your stay on Burley ward, you will meet lots of different members of staff. To help you identify the different teams working on the ward, we have included the uniform guide below:

Job description	Uniform colour
Doctors (obstetricians, paediatricians and anaesthetists)	Blue 'scrubs' or their own clothes
Domestic staff	Dark green
Housekeeper	Lilac
Infant feeding team	Their own clothes
Maternity support workers	Pale blue
Midwifery matrons	Purple
Midwifery ward leader	Navy blue
Midwives	Grey
Nursery nurses	Pale blue with red trim
Pharmacists	Teal blue
Physiotherapists	White tunic with a blue trim
Student midwives	Pale blue stripes
Ward hostesses	Beige

Not all hospital staff wear a uniform, but all staff will have a name badge that identifies who they are and what their job is. If you are approached by anyone who cannot identify themselves and you are concerned, call a staff member that you do know.

Ward facilities

You and your partner are very welcome to use the kitchen facilities to make hot and cold drinks at any time during your stay. In the kitchen there is a supply of tea and coffee, and a water cooler for cold drinks. On the kitchen wall there is a cash box for donations and anything you can donate towards the cost of your refreshments is very much appreciated.

There are bathrooms and toilets on each corridor. Your midwife will encourage you to get out of bed and walk to the toilet as soon as you are well enough to do so. If you need any help with walking to the toilet or bathroom, please use your call buzzer and a member of our team will be happy to help you. There are also call buzzers in every bathroom and toilet. If you need help returning to your bed, please ring the buzzer and a member of our team will be pleased to help you.

Self-medication

If you feel able to, you may choose to be responsible for storing and taking your own medications, rather than waiting for your midwife to bring them to you. This is known as self-medication. Please let your midwife know if you think self-medication would be appropriate for you. If it is, we will provide you with a locker for the safe storage of your medications.

If you prefer not to self-medicate or the medication you have been prescribed is not suitable for you to administer yourself, a midwife will offer medicines at 8am, 1pm, 6pm and 10pm. If you would like additional pain relief at any time, please ask your midwife.

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Ward routine

7.30am	Change over between the day and night team (you will meet your new named midwife for the day)
8am	Medication may be offered to you (unless you are self-medicating)
8 to 9.30am	Doctors' ward round (you will have the opportunity to talk about your birth experience, discuss any treatment you may need and your plans for going home with your obstetrician)
1pm	Medication may be offered to you (unless you are self-medicating)
6pm	Medication may be offered to you (unless you are self-medicating)
8 to 8.30pm	Change over between the day and night team (you will meet your new named midwife for the night)
10pm	Medication may be offered to you (unless you are self-medicating)

Visiting hours

Visiting hours are from 9am to 9pm.

More information about visiting can be found in your 'maternity services guide'. Please download a copy from our website: www.uhs.nhs.uk/maternity or ask a member of our team if you have any questions.

Mealtimes

Breakfast	8am
Lunch	12.30 to 1.30pm
Evening meal	5.30 to 6.30pm

Our ward hostesses will visit you at your bedside each day to discuss what you would like to eat for all your main meals and show you the choices available from our menu. If you have specific dietary requirements or you wish to have a special diet for a religious or cultural reason, please let them know and they will arrange a suitable meal for you.

You should try to eat three meals a day. Make sure that your meals include plenty of protein, such as meat, cheese, nuts, milk or fish, to help aid wound healing. You should also include fibre, such as fruit, bran and vegetables, to prevent constipation.

You will have a water jug by your bedside, which you or your partner can refill with chilled water from the cooler in the kitchen at any time. You can also make tea, coffee or cold drinks in the kitchen.

If you would like any additional snacks outside of mealtimes, please arrange for these to be brought in from home. Alternatively, Princess Anne Hospital has a café on E level which serves hot and cold drinks and snacks. The café also has a vending machine that sells essential toiletries. There are also vending machines selling snacks on D level near the main entrance. For up-to-date information about opening times, please visit:

www.uhs.nhs.uk/for-visitors/princess-anne-hospital/shops-and-facilities

Across the road from Princess Anne Hospital, there are some shops, a pharmacy and a variety of food and drink outlets in the main entrance of Southampton General Hospital.

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Beds

Our bed-making team will make sure the linen on your bed is clean and comfortable every day. The team will put a disposable absorbent sheet on top of the bottom bedsheet to help keep it clean and dry, and to reduce the likelihood of soiling. There will be a supply of these disposable sheets near the sink area in every room and you are welcome to change yours if it becomes soiled. Please dispose of any dirty or soiled sheets in the yellow waste bins.

There will also be a supply of extra cot sheets for your baby in the same place near the sink area. Please ask a member of our team for help with changing soiled linen at any time.

Rest

Although we try to maintain a quiet and restful environment, Burley ward can be a very busy, noisy place. To respect others on the ward who may be resting, we ask that you use your phone and any other electronic devices quietly and put your phone on 'silent mode'.

Rest is important after birth and will help you to recover both physically and emotionally. You may find it helpful to use the time when your partner is visiting to rest and catch up on some sleep.

We will encourage you to look after your baby during your stay on Burley ward. However, we do understand that it can sometimes be difficult to settle your baby and this can feel overwhelming, especially if you are tired. Please tell a member of our team if you are feeling overwhelmed and would like some additional support.

Leaving the ward

If you need to leave the ward for any reason, please let a member of our team know. It is important that we know where you are in the event of an emergency, such as a fire. Please make sure we have your mobile number before you leave the ward in case we need to contact you urgently while you are away.

Caring for you

Your physical and emotional wellbeing

Recovery from pregnancy and birth is different for everyone. During your stay on Burley ward, a member of our team will review your physical and emotional wellbeing with you. This is a good opportunity for you to talk to them about any worries or anxieties you may have. They will be happy to answer any questions you may have about yourself or your baby.

Physiotherapy

If you are experiencing any muscular or joint problems as a result of your pregnancy or birth, you may benefit from an appointment with our women's health physiotherapy team.

The physiotherapy team will be able to provide you with advice, support and exercises (where appropriate) to aid your recovery. If you would like to discuss your symptoms with a physiotherapist while you are in hospital, please speak to your midwife and they will be able to arrange an appointment for you. A member of the physiotherapy team visits Burley ward every day from Monday to Friday.

More information about our physiotherapy services can be found in your 'maternity services guide'. Please download a copy from our website: www.uhs.nhs.uk/maternity

Length of stay

The length of your stay on Burley ward will depend on your wellbeing and your baby's wellbeing. Your midwife may be able to estimate the length of your stay, but if the wellbeing of you or your baby changes, you may need to have additional care and a longer stay in hospital.

Caring for your baby

Feeding

Your midwife will assess your baby's physical wellbeing every day during your stay. They will also discuss your baby's feeding with you and make sure you have all the support you need, whether you are breastfeeding or bottle feeding.

Please speak to a member of our team if you would like to store expressed breast milk or formula in the ward fridge, or borrow a breast pump during your stay.

If you would like additional support with feeding, a member of our infant feeding team will be happy to visit you at your bedside. We also have a small peer support team who will be happy to answer any questions you may have about breastfeeding. Please ask a member of our team to contact them for you.

Changing and bathing your baby

We will support you and your birth partner with the care of your baby, and answer any questions or concerns you may have. When you start to be able to move around more independently, we will encourage you to take responsibility for your baby's comfort and hygiene needs.

If at any time you do not feel confident with changing, bathing, feeding or caring for your baby, please do not hesitate to ask a member of our team for help. You can find our team in the midwives' office nearby or if you are not able to move easily, please use your call buzzer.

Keeping your baby safe

- If you would like to walk around the ward with your baby, please use the wheeled cot provided. Do not walk around the ward carrying your baby in your arms. The ward is a very busy place and other people could bump into you causing you or your baby to slip or fall.
- Please change your baby's nappy and clothes in the cot provided, not on your hospital bed. This will help to minimise the risk of infection and prevent falls.
- Shortly after birth, your baby will be given two identity labels, one on each ankle. Please leave these labels in place until you are at home. If the labels come off at any time or become unreadable, please tell your midwife or a member of our team and we will replace them.

Sleep safety

The safest way for your baby to sleep is on their back in a cot by the side of your bed.

If you are holding your baby and you start to feel tired or sleepy, please put your baby back into their cot. If you are unable to do this safely by yourself, use your call buzzer to ask a member of our team to do this for you.

If you would like more information about how to keep your baby safe while they sleep, please speak to your midwife or a member of our team, or visit: www.lullabytrust.org.uk

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Newborn screening

During your baby's first 72 hours, we will offer them a:

- newborn and infant physical examination (NIPE) - this will be performed on Burley ward by a specialist midwife or a paediatrician
- hearing test - one of the newborn hearing screening team will visit you and your baby at your bedside to perform this test

If you and your baby go home before they have received their NIPE or hearing test, we will arrange an outpatient clinic appointment for your baby to have these tests.

All findings from the tests and examinations will be discussed with you. For more information, please read the 'Screening tests for you and your baby' leaflet. You can ask your midwife for a copy or download a copy from our website: www.uhs.nhs.uk/maternity

Bounty packs

You will find a Bounty pack by your bedside when you arrive on Burley ward. This pack will contain free samples, your child benefit application form and educational literature. If you do not receive a Bounty pack, please let a member of our team know and they will get one for you.

If you would prefer not to receive a Bounty pack, please let a member of our team know.

Further information

Our website

For more information about caring for yourself and your baby, please scan the QR code for our website below:



www.uhs.nhs.uk/maternity

If you have any questions or worries at any time, please don't hesitate to ask a member of our team.

Healthier Together website

The Healthier Together website has a wide range of useful information about caring for you and your baby after birth and beyond. Please scan the QR code below to open the website:



what0-18.nhs.uk

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Southampton Maternity Voices

This information was developed with the help of the Maternity Voices Partnership. As a team we care very much about your experiences with us and listen intently to feedback on how we can improve the patient experience. Please visit the Maternity Voices Partnership website for more information.



Website: nationalmaternityvoices.org.uk

Email: southamptonmaternityvoices@gmail.com

Facebook page: www.facebook.com/southamptonmvp

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**