

# Neonatal Unit

## Forth Valley Royal Hospital



NNU, Forth Valley Royal Hospital, Stirling Road, Larbert, FK5 4WR

ICU: 01324 566790 HDU: 01324 566795 SCBU: 01324 566788



Main hospital number: 01324566000

We encourage parents to telephone at any time for an update on their baby's progress. Please do not hesitate to ask if you wish to know anything about your baby's care.



Free via the "NHS Public guest" Wi-Fi connection - no password required.



## PARKING/TRANSPORT



We offer free parking for parents and their families. The car park can be accessed outside the women and children's department. You can find lots of information on different ways to travel to the hospital at this link:

[NHS Forth Valley - Getting There.](#)





## ACCESSING THE NEONATAL UNIT

We are in the process of gaining swipe cards for parents to enable direct access to the neonatal unit 24/7. Until this time, there is a buzzer system with access to each of the three nurseries and also the reception desk (which is manned Monday-Friday office hours).

Wheelchair and pram access is available via the lift to the first floor where the neonatal unit is situated. The unit is next door to the postnatal ward (Ward 8) and down the corridor from the labour ward (Ward 7). Access to the Women and Children's building after 9pm and before 6am is via the night entrance, next to normal entrance. Access is via a buzzer to the unit. We may ask for patient DOB to confirm identity out of hours.



## A TOUR OF OUR UNIT

We have a Unit video in editing currently.

Our unit video tour will highlight the most important areas within the neonatal unit. Key areas include:

- Toilets
- Expressing room
- Tea/coffee making facilities
- Waiting areas

We will give you a tour of the unit on your arrival.



## PARENT ACCOMMODATION



We have 2 family rooms available for parents to stay over within the Neonatal unit. These rooms have en-suite bathrooms and toiletries can be provided if needed.

There is a communal sitting/dining area for parents use. In this area we offer sandwiches and tea and coffee to parents.

We also have a 'Green Room' within the unit which offers a calming area for time away and for relaxation if needed. Within this area we have tea and coffee making facilities.

Additionally, we can facilitate one parent sleeping by the bedside if they wish. Please speak to the nurse looking after your baby to arrange this.



## FOOD OUTLETS



While on the Neonatal unit, we supply sandwiches for parents and siblings. These can be found within the fridge in the family area/kitchen. For those parents staying overnight, we have a menu to order hot food from.

Within the Maternity Unit, on the ground floor there are 24 hour vending machines with snacks and juice.

There is a dining room located in the main building of the Hospital where hot food is available from 7am-7pm.

Within the main hospital, there is a Starbucks which is open 7 days a week 8am-7pm.

There are also a WHSmith and M&S Food to go which have a selection of food and drink options. The shop opening times range from 8am-8pm.

The nearest supermarket is 2.3miles away this can be reached by a drive.



## TIME OUT



Within the grounds of the hospital outside the Women and Children's department, there is a small enclosed children's play area.

There is also a woodland walk and Larbert loch which are both in the grounds of the hospital. When your baby is nearing home we have access to prams you can use to wander round the grounds.



## FAITH LEADERS

Healthcare chaplains are available to offer care and support for families. They will listen and respect your thoughts and experience, whatever your background and beliefs. They can support a blessing or baptism if this is appropriate to your wishes.

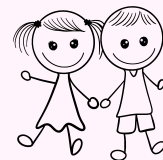
There is also a chapel beside the main hospital reception if you would like somewhere to gather your thoughts or pray. If you wish to meet the chaplain please speak to a member of staff to arrange.

We also welcome members of any faith to come and offer support to families if they choose.

## SIBLINGS

We have a small selection of toys in the waiting area for siblings and we also supply book bug bags for your newborn babies.

We have our own Siblings activity packs and we also supply colouring and reading books.





# PARENT SUPPORT

Having a baby on the neonatal unit is emotionally challenging. We have a committed team of professionals here to help and who can talk to you about how you are feeling.

Parents who are seeking additional coping, mental health, or parent-baby relationship support can book directly into sessions with clinical psychologists (who are part of NHS Forth Valley's wider Maternity and Neonatal Psychological Interventions service). We have a clinical psychologist who is based on the ward on a Monday and Thursday. To book an appointment with the psychology team please let a member of staff know and they can generate a referral from. MNPI remain available to families for mental health review over the first year following their baby's hospital care journey. Parents can seek a referral from any healthcare professional. The spiritual care team offer confidential support for families and can be contacted via the nurse caring for your baby.

Bliss charity - we have signposting on our Bliss notice board in the NNU to the many support resources available from Bliss for parents and families of premature or sick babies.

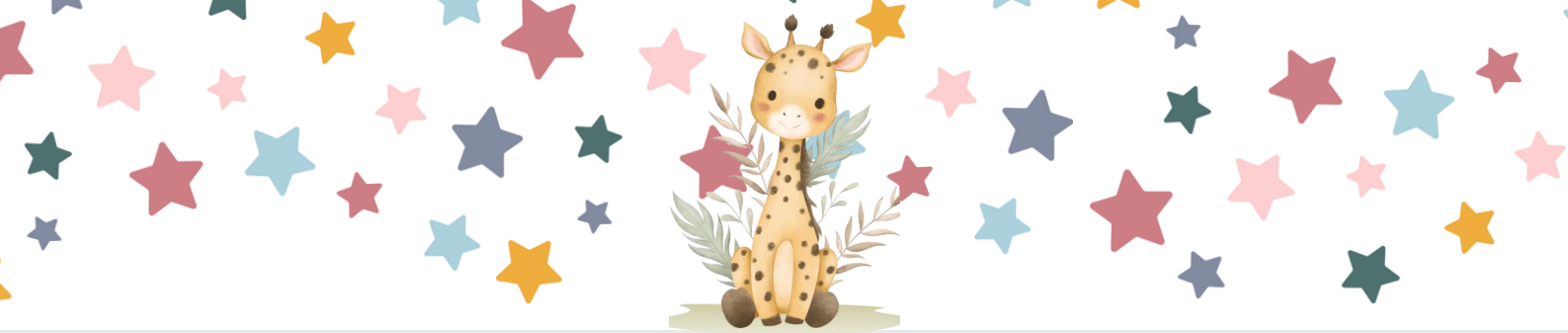
We have a Bliss volunteer available on the unit every Wednesday for any further support or advice about having a baby on the neonatal unit.

Breastfeeding network helpers - these volunteers are based on the postnatal ward but are also available to offer breastfeeding support and advice to mums within the neonatal unit.

Dads Rock advertised on unit as a good resource for new dads. This is an Edinburgh based charity which has support groups and other resources such as a whatsapp group for providing help and support for dads in NNU - [Dads Rock](#)

Other charity and support group information can be found around the NNU and within folders in the family area.



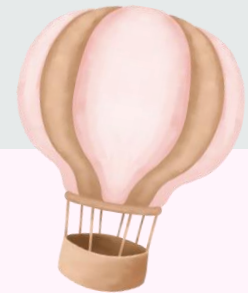


## FINANCES



Financial support is available to help you spend more time with your baby. The Young Patients Family Fund (which all parents are entitled to receive) will help you with the cost of food, travel to and from hospital, and accommodation. Please speak to the nurses on the ward to arrange this.

The Young patients family fund enables families to claim £8.50 per day for parents and siblings on the days that they attend the neonatal unit. Application forms can be found within your parents information folder at your babies cotside.



## VISITING



Parents have 24 hour access to their baby. 2 parent passes will be given on admission. If you are a single parent then the 2nd pass can be given to a relative of your choosing.

Baby's siblings can visit 24 hours. They must be accompanied by an adult.

Families will be issued with two visitor passes and two visitors per day are allowed. Visitors, under the age of 14 years old are unfortunately not allowed unless they are a sibling.

Visiting times are 2-3pm and 5-6pm

All parents and visitors are asked to follow hand washing policy in coming into the unit - to wash hands in the nursery up to elbows and to not wear watches or jewellery other than wedding bands.







## WHO'S WHO ON OUR UNIT?

You'll meet lots of people during your neonatal stay and it can be daunting to remember who is who. Please know you can always ask. We have a uniform display board outside the nurseries and a short guide with some photos is provided below:

Consultants - Scrubs while on shift or own clothes out of hours.

Medical staff - Blue or own scrubs

Advanced Neonatal Nurse Practitioners - Purple scrubs

Senior Charge Nurse/Midwife - Navy blue uniform

Nurse/Midwife - Cornflower blue uniform

Nursery Nurse - Light blue uniform

HCSW - Light blue uniform

Pharmacist - Own clothing

Physiotherapist/Speech & language - Sky blue uniform

Student Nurse/Midwife - Grey uniform

Domestic - Green uniform



[NHS-SCOTLAND-NATIONAL-UNIFORM-BOOKLET.pdf](#)

## UNIT WEBSITE/USEFUL LINKS



[For babies born premature or sick | Bliss](#)

[The Breastfeeding Network | Independent Breastfeeding Support](#)

If there is anything else we can help with, please don't hesitate to ask

