



NEONATAL UNIT

Postnatal Mother's Unit



The Postnatal Mother's Unit (PMU) is a facility offered to you as parents of a newborn infant transferred to the Royal Children's Hospital in the first week of life.

This facility allows you, the mother, to be transferred and admitted to the Royal Children's Hospital with your baby following a normal delivery. If you have a Caesarean Section, you can be admitted on the third day after delivery, provided there are no complications and your obstetrician is happy to discharge you to the unit. The unit is located on the 2nd floor, which is a short distance from the Neonatal Unit (NNU).

Your partner is also welcome to stay with you, as each room consists of a double bed and ensuite, plus the use of a common lounge and kitchen.

Domiciliary care

- The PMU is a self-care facility and there is no registered nurse or midwife working in the unit.
- A domiciliary midwife from The Royal Women's Hospital visits daily to provide obstetric care and advice for the first six days post delivery. As the midwife's time is limited, we ask that you be in the PMU area between 9.00am and 10.30am. Should you need to leave the PMU during this time (eg feeding your baby), please indicate on the name board where you may be located.
- If you need urgent assistance or advice you should phone the NNU on extension 5000 and identify yourself and your room number. A nurse may then come to your room. If obstetric problems arise requiring medical attention it may be necessary to transfer you to The Royal Women's Hospital (RWH) emergency department for assessment by an obstetrician.

- Expression of breast-milk should commence as soon as possible after delivery. Nursing assistance or advice such as how to express your breast-milk is provided by the staff caring for your baby. Feel free to ask any questions when you are in the ward area with your baby. Ward 7 West, the Intensive Care Unit (ICU) and NNU all have the appropriate staff and equipment to help you. Lactation consultants are also available to assist you with any breast-feeding issues that may arise.
- For those mothers who are not quite mobile and have a partner staying, there is a wheelchair available for your use if needed. After use, please return the chair to the PMU.

Pain relief

- On admission your pain needs will be assessed. Panadol will be given to you so that you can self-medicate four hourly as required. There is no reason for you to be in pain so should you require stronger analgesia please do not hesitate to contact the nurse in the NNU on extension 5000.
- Sleeping tablets are also available to you if you are having difficulties sleeping.
- Other comfort measures for engorged breasts or painful episiotomies are available so please speak with the domiciliary nurse or the nurse caring for your baby in the ward for advice.
- Air cushions are available upon request.

PMU attendants

- A PMU attendant will be in the unit from 11.00am – 3.30pm each day. They will fully service your room on a daily basis, arrange for your meals to be provided and generally facilitate your needs by providing support and answering any queries you may have.

Costs

- As you are admitted as an inpatient of the hospital your costs are completely covered by Medicare. An accommodation fee of \$30 for the first night and \$50 for a week is charged if your partner stays with you. If you live more than 100 km from Melbourne you may be entitled to government reimbursement. Please ask the ward caring for your baby for the necessary Health Department assistance form for completion.

Meals

- The PMU attendants will assist in organising your daily meals. Please fill in the menu order form in your room and leave it on the kitchen bench by 10.00am.
- Breakfast is self serve with a variety of cereals, toast and fresh fruit.
- Your lunch will arrive around 12.30pm and will be placed in the kitchen.
- Dinner will arrive around 5.30pm, it will be placed in the kitchen for you to have at your convenience.
- A microwave is available for reheating meals. Meals may be eaten in the lounge room or in your own room.
- Meals for your partner can be ordered on your daily menu form. A charge is applicable and must be paid daily, prior to ordering. Please feel free to speak with the PMU attendants for assistance with this pre-pay method.

Dining facilities within the hospital include:

- Cafe at the Children's, 1st floor
Open Monday to Friday 7.00am – 8.00pm.
- Convenience store, 1st floor
Open seven days a week 6.00am – 1.00am.
- McDonalds, ground floor
Open seven days a week 6.00am – 11.00pm.

Visiting

Your partner and other children are welcome to visit you at any time on the PMU. Family and friends may visit until 8.00pm each day, however, we ask that your visitors consider your needs and the other mothers on the unit who may be resting. Friends and relatives may also visit your baby. Please ask the nurse caring for your baby the specific ward visiting hours.

Phone cards

Each room has its own phone that can receive incoming calls and make internal calls at no cost. To make external calls you will need to purchase a Telstra Phoneaway card. These cards may be purchased from the 1st floor pharmacy during office hours and after hours from the NNU nurse in-charge.

Please refer to the Phoneaway information sheet in your room for additional uses for the card. Otherwise, there are coin phone booths located around the hospital, for your use.

Mobile/cellular phones interfere with essential electronic medical equipment. It is required that they be switched off prior to entering the hospital.

Security

Theft from parents, staff and hospital property is an ongoing problem in the hospital despite having security officers on site. To prevent or reduce the risk of theft you need to take steps to ensure that your valuables and cash are locked away at all times in the locked drawer provided in your bedside locker. Please ensure your room is locked when you leave the PMU. When you are not using the kitchen, please ensure the door is also locked. If you see any suspicious behaviour do not hesitate to speak with the staff on the unit or phone the NNU on extension 5000.

Discharge from the PMU

On the 6th postnatal day, if you are still requiring accommodation, you will be transferred to the Parent Accommodation area on the 5th floor. Parent Accommodation is limited due to high demand and preference for these rooms are given to breast-feeding mothers and parents from the country.

- An account for your partner's accommodation (if applicable) will be sent to your home address or you may choose to settle the account on the day you leave.
- On the day of departure we ask that you vacate the room by 1.00pm even if you are only transferring up to the 5th floor to enable the room to be serviced.
- Please return the key to the PMU attendant during the day or to the NNU on the 2nd floor after hours.

Car parking

- Availability of car parking at the hospital is limited. The visitors car park entrance is in Gatehouse Street. An hourly charge is payable to an attendant as you leave, with a minimum of \$3.50 and a maximum cost of \$12.00 per day. To exit after hours (after 11.30pm) \$3.00 in coins is required (\$1.00 and \$2.00 coins only).
- A concession pass is available on day three after admission, which will allow you to park for \$3.50 a day. However, if you have a Health Care card or live more than 100 km away from the hospital, you are eligible for the concession pass. This can be obtained from the ward clerk or associate unit manager on your baby's ward.

Additional information

- An ANZ Bank flexi teller is located on the ground floor.
- A pharmacy is located on the 1st floor and has EFTPOS.
- A supermarket is located in Curzon Street, North Melbourne and another on Racecourse Road, Flemington.
- A post office is located in Bayles Street, Parkville (off Gatehouse Street).
- Laundry facilities are available in Parent Accommodation, 5th floor, front entry building. Use of a washing machine and dryer is free. You need to provide your own washing powder.

Telephone numbers

Your room telephone number is

	Internal call	External call
Neonatal Unit	5000	9345 5000
Intensive Care Unit	5211	9345 5211
7 West	5702	9345 5702

PMU direct telephone numbers

Room 12 – 9345 6382 **Room 13** – 9345 6381

Room 14 – 9345 6380 **Room 15** – 9345 6379

Staff of the Neonatal Unit July 2002