

Day & night stay options at the NICU or NMCU

For parent(s) or guardian(s)

Your child has been admitted to our hospital. At the Vrouw Moeder-Kind (Woman Mother Child) Centre, we work in accordance with the Family Centred Care principle, meaning you can participate in your child's care as much as possible. We can offer you a number of options such as rooming-in (overnight stay), or a stay at the Ronald McDonald House. We will explain the various options to you below.

Rooming-in with your newborn

Rooming-in means staying in the NMCU or NICU ward 24 hours a day and spending the night in your child's room, so that you can care for your own child as much as possible. The nurse will also assist you with this. We want you to feel at home as much as possible. This means you are able to take care of your child yourself and still do the various tasks that you would normally do at home, in the hospital.

During the postnatal period, the mother will receive free breakfast, lunch and dinner while rooming-in. Maternity care is provided by Kraamzorgbureau VDA (maternity care agency). In this case, your stay will be charged to your health insurer up to 28 days after the birth. This is covered by your basic insurance. However, it will come out of your deductible. If you have supplemental insurance, it is possible that less or none of the amount will come out of your deductible. Ask your health insurer for more information on your personal situation.

Due to the limited amount of space in the room, only one parent can spend the night in the ward (both parents for twins or triplets) at a time. During your stay, you can make use of a number of the facilities at the Ronald McDonald House free of charge.

The Ronald McDonald House facilities

- The kitchen for the preparation of a meal;
- Bikes with bicycle bags and children's seat;
- Washing machine, dryer and ironing facilities;
- The Ronald McDonald living room inside the hospital on the ground floor (opposite the children's department).

Note: These facilities are limited and can only be used after the department nurse has consulted with and informed the Ronald McDonald House staff.

The information in this brochure is general in nature and is intended to give you an idea of the care and guidance you can expect. In your own situation, other advice or procedures may apply. This brochure is therefore only an addition to the specific (verbal) information from your specialist or practitioner.

Nursery-day care centre

The Ronald McDonald House has good ties with nursery “Suusje” in Veldhoven. You can make use of their services if you have small children that you need to place in a day care facility. Please note: a fee applies for this service.

A few agreements apply to ensure an optimum stay:**Caring for your child**

When you make use of our rooming-in option, we assume that you want to take on the primary care of your child yourself as much as possible. The nurse will assist you with this. The nurse has the needed expertise to provide the specific (neonatal) care. Care you can give to your child personally includes: changing diapers, feeding, washing and taking his or her temperature. Obviously, the degree to which such care is possible depends on the individual situation of your child. Everything is done in consultation and agreement with the nurse who takes care of your child; she will guide and advise you wherever necessary.

24-hour care for your child can be tough. Make sure that you find the time to occasionally rest and find some distraction, try to divide or delegate the care. You can best determine when your child needs you most (e.g. nursing, therapy, etc.).

Overnight accommodation

You are always welcome to spend the night in your child’s room. However, you should keep in mind that the rooms are designed and intended for the stay of only one patient. Most of the rooms in the NICU and NMCU department do not have their own bathroom/toilet. You sleep on a pull out sofa next to your child’s bed or incubator. You may also be placed in a double room which is shared with another parent and child.

Linen, towels and maternity pads are provided by the hospital.

For your and our staff’s safety, it is important that all access areas and walking routes always remain open and free and that the room remains tidy. This ensures that your child can be helped and accessed easily and quickly.

Maternity care

The nurses’ priority is always the care of your child. In order to provide proper care for the new mother with things like making the bed and the regular maternity care, the department has an arrangement with a maternity care agency. A maternity nurse provided by the agency will visit the mother every day a few hours to offer the support needed. She will offer the same maternity checks and services you would normally receive at home. The arrangement with the maternity care agency only applies for the first ten days after the birth. The hope is that after the first ten day period the new mother can provide any further care on her own.

Obstetric care

Your midwife will be informed when you are released from the Obstetric High Care Unit (OHC) or Single Room Maternity Unit (SRM). If you do not live near Máxima Medical Center, obstetric care will be arranged for you.

Unexpected situation regarding your own health

If you require a doctor during the rooming-in period but you are unable to get to your own family doctor, you can contact the following doctor close to the hospital:

Dr. Hoeks
Frans Bekersstraat 3
5504JA Veldhoven
Tel.: (040) 2534502

Outside office hours please contact the afterhours practice in Veldhoven.
Tel.: 0900-1232024

The afterhours practice is located right next to A&E in our hospital. You can only visit the office after you have phone confirmation of your appointment.

Staying with your newborn during the day (not overnight)**The Ronald McDonald house**

If you and your family want to stay in close proximity to the hospital or if you do not wish to make use of our rooming-in option, you also have the option of renting a room at the Ronald McDonald House. For more information about this, please refer to the information found in the Ronald McDonald House leaflet. You can also make use of the Ronald McDonald Living Room in the hospital. This is located on the ground floor.

You can also choose to sleep at home.

If you decide to sleep at home or at the Ronald McDonald House, we do not refer to it as rooming-in, but you can still always stay with your child during the day. You can then pay for meals individually. You must also make your own appointments for the maternity care with your maternity agency.

Breast Pump

You can use the breast pumps provided by the department, but you must purchase your own pump set (at the home care store or at pharmacy De Run). Also, you will need to rent a breast pump for use in the Ronald McDonald House or at home.

Maternity pads

If you are staying at the Ronald McDonald House, please keep in mind that you will need an adequate supply of maternity pads. Please also remember to bring your own personal care products (toothpaste, shampoo, soap, etc.).

General agreements regarding staying with your newborn**Meals**

You can take coffee, tea, dairy products, fruit juices and concentrated orange drink from the pantry yourself. This is only intended for parents and siblings. Other visitors are welcome to

make use of the various coffee corners and the Ronald McDonald Living Room on the ground floor. Consumption of any alcoholic beverages is strictly prohibited on the ward.

For the parents, breakfast, lunch and dinner can be arranged for a fee. Service employees will provide these meals. Only meals provided by the hospital may be consumed in the room.

You may also bring your own foods and beverages; a refrigerator and microwave are both available. Please only consume these foods in the family room and not in the patient's room. For hygiene reasons, it is not permitted to store any foods or drinks in the room. If you bring food, you are responsible for the quality and the expiration date of those goods. You can also make use of the coffee corners on the ground floor.

Valuables

Please remember that the hospital is a public place with many people going in and out. Valuable and/or important personal items are therefore best left at home. The hospital is not liable for any loss or theft.

Telephone and internet

For safety reasons, it is forbidden to use mobile phones while inside of the ward. The device may only be used in airplane mode. Wireless communication equipment can affect the operation of our medical equipment, thereby endangering the safety of our patients. Máxima Medical Center provides its own free wireless internet access.

Visitors

There are no set visiting hours in our NICU and NMCU. Visitors are welcome all day. However, each individual department has different rules that you should take into account. You can get this information from the nursing staff. Children who have very recently had or have been exposed to any infectious diseases may only visit after consulting with the staff first. Please note that too many visitors at once can be burdensome.

Hygiene

We kindly ask that you keep the room neat and tidy and please do not keep leftover food, dishes and cutlery in the room. Because of the risk of infection, flowers and balloons are not allowed on the ward.

Final thoughts

If, after reading this brochure, you still have questions, please feel free to contact the staff of the department where your child is staying. They will be more than happy to talk to you and answer any of your questions.

Any suggestions or ideas regarding your stay in the hospital, particularly about how to improve the rooming-in service for you and your child are always welcome.