

1
00:00:00,000 --> 00:00:31,500

2
00:00:31,500 --> 00:00:33,033
Hi Jessica and Andy.

3
00:00:33,033 --> 00:00:34,367
How are you both?

4
00:00:34,367 --> 00:00:35,700
(female narrator)
Congratulations!

5
00:00:35,700 --> 00:00:37,300
You're expecting a baby!

6
00:00:37,300 --> 00:00:39,167
An exciting time
for both of you.

7
00:00:39,167 --> 00:00:41,100
(narrator)
We have several options
available for you,

8
00:00:41,100 --> 00:00:45,067
including obstetricians,
family physicians and midwives.

9
00:00:45,067 --> 00:00:47,333
Now, do you have
any questions for me today?

10
00:00:47,333 --> 00:00:49,733
We were just
wondering travelling wise--

11
00:00:49,733 --> 00:00:53,033
(narrator)
Each one offers
a specific type of care.

12
00:00:53,033 --> 00:00:55,033
If your family doctor
does not deliver babies

13
00:00:55,033 --> 00:00:58,000
at our hospital, he or she
will need to refer you

14

00:00:58,000 --> 00:01:00,433
to a care provider
who does.

15
00:01:00,433 --> 00:01:03,000
More information
is available on our website.

16
00:01:03,000 --> 00:01:04,333
Well congratulations!

17
00:01:04,333 --> 00:01:06,800
Thank you.

18
00:01:06,800 --> 00:01:08,600
(narrator)
There are resources
you can access

19
00:01:08,600 --> 00:01:11,533
for information
during your pregnancy.

20
00:01:11,533 --> 00:01:13,200
We recommend
a book produced

21
00:01:13,200 --> 00:01:16,167
by the Society of Obstetricians
and Gynecologists

22
00:01:16,167 --> 00:01:18,300
called "Healthy Beginnings"

23
00:01:18,300 --> 00:01:21,167
which can be purchased
at any bookstore.

24
00:01:21,167 --> 00:01:24,100
Our hospital's maternal child
website also offers

25
00:01:24,100 --> 00:01:27,167
more valuable information
regarding your stay with us,

26
00:01:27,167 --> 00:01:30,233
as well as a list of websites
to provide additional support.

27
00:01:33,400 --> 00:01:44,933
♪♪♪

28
00:01:44,933 --> 00:01:47,033
(narrator)
When you come
for your first appointment--

29
00:01:47,033 --> 00:01:49,700
Hi, I have an appointment.

30
00:01:49,700 --> 00:01:51,567
(narrator)
you will receive
a registration package

31
00:01:51,567 --> 00:01:53,800
which includes:
A registration form,

32
00:01:53,800 --> 00:01:56,267
to be completed
at this appointment,

33
00:01:56,267 --> 00:01:59,167
which will include
all your current information.

34
00:01:59,633 --> 00:02:04,300
♪♪♪

35
00:02:04,300 --> 00:02:07,167
A Maternal Newborn
Information Booklet

36
00:02:07,167 --> 00:02:11,000
which provides important
hospital information for you.

37
00:02:15,833 --> 00:02:17,167
A brochure about

38
00:02:17,167 --> 00:02:19,000
the Women's Reproductive
Mental Health Program,

39
00:02:19,000 --> 00:02:20,833
which supports women
who are experiencing

40
00:02:20,833 --> 00:02:22,533
depression or anxiety,

41

00:02:22,533 --> 00:02:25,300
along with a self-assessment
screening questionnaire

42
00:02:25,300 --> 00:02:27,267
to complete at this visit.

43
00:02:27,267 --> 00:02:31,033
A Health Canada brochure
supporting the decision to breastfeed.

44
00:02:31,033 --> 00:02:34,733
Plus information on how
to register for prenatal classes.

45
00:02:37,300 --> 00:02:47,100
♪♪♪

46
00:02:47,100 --> 00:02:49,833
(narrator)
If your pregnancy is assessed
as having some risk,

47
00:02:49,833 --> 00:02:52,933
you may be referred
to our high-risk pregnancy clinic

48
00:02:52,933 --> 00:02:54,267
for ongoing care.

49
00:02:54,267 --> 00:02:56,900
(ultrasound technician)
I'm just going
to turn on it for you

50
00:02:56,900 --> 00:02:59,200
so you can see
a profile of the baby.

51
00:02:59,200 --> 00:03:01,000
(narrator)
If you have
a multiples pregnancy,

52
00:03:01,000 --> 00:03:04,167
we provide a free information class
once a month to provide you

53
00:03:04,167 --> 00:03:08,333
with valuable information
to prepare for your babies' births.

54

00:03:08,333 --> 00:03:11,333
At any time during your pregnancy,
your doctor may refer you

55
00:03:11,333 --> 00:03:15,433
to a member of the hospital's
interprofessional team.

56
00:03:15,433 --> 00:03:20,367
Such as: the genetics department,
Social Work

57
00:03:20,367 --> 00:03:23,567
a dietitian, paediatrician

58
00:03:23,567 --> 00:03:27,433
and/or the Women's Reproductive
Mental Health Program.

59
00:03:27,433 --> 00:03:29,733
If you are having
an elective Cesarean birth,

60
00:03:29,733 --> 00:03:31,433
we will give you
an information booklet

61
00:03:31,433 --> 00:03:33,700
and pre-registration information,

62
00:03:33,700 --> 00:03:37,133
necessary lab requisitions
and access to more information

63
00:03:37,133 --> 00:03:39,333
to prepare you
for your caesarean birth.

64
00:03:42,267 --> 00:03:49,700
)))

65
00:03:49,700 --> 00:03:53,133
(narrator)
When it's time to have your baby,
what should you bring?

66
00:03:53,133 --> 00:03:55,900
Please review your Maternal
Newborn Information Book

67
00:03:55,900 --> 00:03:59,233
for information

on what to bring to the hospital.

68

00:03:59,233 --> 00:04:01,700

It also tells you
the importance of hand washing

69

00:04:01,700 --> 00:04:04,233

and screening
to prevent infection.

70

00:04:04,533 --> 00:04:11,633

♪♪♪

71

00:04:11,633 --> 00:04:13,567

When should you
come to the hospital?

72

00:04:13,567 --> 00:04:16,933

If you think you are in labour
and are more than 20 weeks pregnant,

73

00:04:16,933 --> 00:04:20,600

please come to our
Labour Assessment Unit.

74

00:04:20,600 --> 00:04:22,800

You can also come
if you are worried about:

75

00:04:22,800 --> 00:04:27,000

Premature labour,
ruptured membranes,

76

00:04:27,000 --> 00:04:31,000

bleeding, pain,

77

00:04:31,000 --> 00:04:34,400

or if the baby is not moving
as frequently as you are used to.

78

00:04:39,767 --> 00:04:44,567

(automated voice in elevator)
Going up.
Third floor.

79

00:04:45,300 --> 00:04:51,300

♪♪♪

80

00:04:51,300 --> 00:04:52,633

Hi.

81

00:04:52,633 --> 00:04:53,967

Hi there.

How are you?

82

00:04:53,967 --> 00:04:55,467

Good,

I think we're in labour.

83

00:04:55,467 --> 00:04:56,800

Oh, okay--

84

00:04:56,800 --> 00:04:59,300

(narrator)

All patients are assessed
in our Labour Assessment unit--

85

00:04:59,300 --> 00:05:02,800

So, what we are going to do today,
I'll start with your vital signs.

86

00:05:02,800 --> 00:05:05,167

(narrator)

to support your admission
to our Birthing Suites.

87

00:05:05,167 --> 00:05:09,667

If you are not in active labour,
or if you are in early labour,

88

00:05:09,667 --> 00:05:13,500

you may be sent home
with follow-up instructions.

89

00:05:13,500 --> 00:05:16,667

If you are less than 20 weeks
pregnant and have any concerns,

90

00:05:16,667 --> 00:05:18,367

please contact
your care provider

91

00:05:18,367 --> 00:05:22,300

or go directly to the closest
Hospital Emergency Department.

92

00:05:24,933 --> 00:05:37,167

♪♪♪

93

00:05:37,167 --> 00:05:39,767

Okay, so we're gonna bring you
to your room now.

94

00:05:39,767 --> 00:05:41,467

(narrator)

Having Your Baby

95

00:05:45,400 --> 00:05:47,733

When you come

to the birthing suites in labour,

96

00:05:47,733 --> 00:05:49,567

Nice and slowly,

you're doing great.

97

00:05:52,567 --> 00:05:54,067

Oh, my shoes.

98

00:05:57,100 --> 00:05:58,800

Just going

to cover you up here

99

00:05:58,800 --> 00:06:01,700

and get you settled in

and get your nurse, all right.

100

00:06:01,700 --> 00:06:04,500

(narrator)

you will remain here throughout

your labour and delivery

101

00:06:05,133 --> 00:06:11,133

♪♪♪

102

00:06:11,133 --> 00:06:14,733

and for 1 to 2 hours post delivery.

103

00:06:19,200 --> 00:06:22,633

It is important for your baby to remain

"skin to skin" on your chest

104

00:06:22,633 --> 00:06:24,933

or partner's chest

for the baby's transition

105

00:06:24,933 --> 00:06:27,967

to the new environment

and to provide an opportunity

106

00:06:27,967 --> 00:06:30,233

for early breastfeeding.

107

00:06:30,233 --> 00:06:32,133

Baby can receive

any medication needed

108

00:06:32,133 --> 00:06:35,167
at this time
while in this position.

109

00:06:40,933 --> 00:06:43,533
Your baby will be weighed
just before the transfer

110

00:06:43,533 --> 00:06:45,867
to the Mother & Baby Unit.

111

00:06:48,300 --> 00:06:51,233
You may have support persons
with you in labour.

112

00:06:51,233 --> 00:06:53,500
Visitors are not allowed,
but will be welcomed

113

00:06:53,500 --> 00:06:56,500
during visiting hours
in our Mother & Baby Unit.

114

00:06:59,167 --> 00:07:01,933
All right, just to let you know
everybody in our hospital--

115

00:07:01,933 --> 00:07:05,467
(narrator)
All staff that can provide care
to your baby have name tags

116

00:07:05,467 --> 00:07:09,767
with yellow bands
for easy identification.

117

00:07:09,767 --> 00:07:13,267
All care of your baby
is provided with you present.

118

00:07:13,267 --> 00:07:17,367
Do not leave baby
or other children unattended.

119

00:07:20,300 --> 00:07:38,533
♪♪♪

120

00:07:38,533 --> 00:07:42,033
(narrator)
If your baby needs additional care,
he or she will be transferred

121
00:07:42,033 --> 00:07:45,100
to our Neonatal Intensive Care Unit.

122
00:07:47,867 --> 00:07:51,600
Approximately 12% of our deliveries
require this type of care

123
00:07:51,600 --> 00:07:55,967
for various reasons
such as prematurity, breathing,

124
00:07:55,967 --> 00:07:59,433
circulation
or feeding difficulties.

125
00:08:00,733 --> 00:08:03,900
You want to make sure that you always
look at your baby first.

126
00:08:03,900 --> 00:08:07,067
(narrator)
We will monitor your baby closely
to meet his or her needs

127
00:08:07,067 --> 00:08:08,800
and will partner
with you to support

128
00:08:08,800 --> 00:08:11,667
your understanding
of these needs.

129
00:08:11,667 --> 00:08:13,033
Be careful when you're wiping--

130
00:08:13,033 --> 00:08:17,567
(nurse)
However he developed
a rash after being on the--

131
00:08:17,567 --> 00:08:23,167
(narrator)
Our interprofessional team includes:
Paediatricians, Nurse Practitioners,

132
00:08:23,167 --> 00:08:26,433
Registered Nurses,
Lactation consultants,

133
00:08:26,433 --> 00:08:29,967
Respiratory Therapists,

Occupational Therapists,

134

00:08:29,967 --> 00:08:32,533
Social Workers, Dietitians,

135

00:08:32,533 --> 00:08:34,833
and Pharmacy Care Providers.

136

00:08:37,033 --> 00:08:39,500
And that's the probe
that is monitoring his oxygen.

137

00:08:40,033 --> 00:08:42,600
(narrator)
Parents can be
with their baby at any time.

138

00:08:42,600 --> 00:08:45,700
Parents must always
have their identification band with them

139

00:08:45,700 --> 00:08:48,767
and are encouraged to accompany
any other support persons

140

00:08:48,767 --> 00:08:54,700
to the Neonatal Intensive Care Unit
also known as the NICU.

141

00:08:55,733 --> 00:08:57,933
There is a parent area
where you can utilize

142

00:08:57,933 --> 00:09:00,800
educational resources
as well as food storage

143

00:09:00,800 --> 00:09:04,133
or food warming
while you are at the hospital.

144

00:09:06,733 --> 00:09:11,133
There are also Care by Parent rooms
where families can learn

145

00:09:11,133 --> 00:09:13,767
to care for their babies
prior to discharge.

146

00:09:15,033 --> 00:09:17,300
After discharge,
your baby will be cared for

147
00:09:17,300 --> 00:09:21,233
by your family doctor
and or a pediatrician.

148
00:09:21,233 --> 00:09:24,900
Public Health services
are also an available resource.

149
00:09:27,300 --> 00:09:44,000
]]]]

150
00:09:44,000 --> 00:09:48,567
(narrator)
Visiting Guidelines and Length
of Stay in the Mother and Baby Unit.

151
00:09:49,000 --> 00:09:54,367
]]]]

152
00:09:54,367 --> 00:09:58,533
We provide you with a Quiet Time
from 2 to 4pm every day

153
00:09:58,533 --> 00:10:04,533
to allow rest time for you,
your partner and your baby.

154
00:10:04,800 --> 00:10:07,367
]]]]

155
00:10:07,367 --> 00:10:09,833
We request no visiting
during this period.

156
00:10:12,767 --> 00:10:16,233
You can find educational resources
in the parent area,

157
00:10:16,233 --> 00:10:17,733
where there are also
food warming

158
00:10:17,733 --> 00:10:20,267
and food storage facilities.

159
00:10:20,767 --> 00:10:24,667
]]]]

160
00:10:24,667 --> 00:10:27,500
Skin-to-skin care

at the hospital and at home

161

00:10:27,500 --> 00:10:30,333
helps your baby adjust
to his or her new world

162

00:10:30,333 --> 00:10:32,600
and to feel safe
and comforted.

163

00:10:32,600 --> 00:10:36,433
This practice also supports
the establishment of breast feeding.

164

00:10:37,367 --> 00:10:40,867
Our nursing staff is educated
in providing breastfeeding support--

165

00:10:40,867 --> 00:10:43,100
Hi I'm Joy, I'm one
of the lactation consultants

166

00:10:43,100 --> 00:10:45,333
and will be doing
the class today with you.

167

00:10:45,333 --> 00:10:47,667
(narrator)
and a breastfeeding class
is held each morning.

168

00:10:47,667 --> 00:10:51,367
Or my milk hasn't come in
and so I'm having issues with that,

169

00:10:51,367 --> 00:10:52,767
my body identifying.

170

00:10:52,767 --> 00:10:56,200
They did the skin-to-skin
which really was effective.

171

00:10:56,200 --> 00:10:58,667
Trying to figure out
if he's latching properly,

172

00:10:58,667 --> 00:11:00,567
which I think he is.

173

00:11:00,567 --> 00:11:03,333
(narrator)
We provide you

with an admissions information package

174

00:11:03,333 --> 00:11:05,067
as well as a discharge booklet

175

00:11:05,067 --> 00:11:07,033
to give you
important tips for safe care

176

00:11:07,033 --> 00:11:09,533
for you and your baby
after discharge

177

00:11:09,533 --> 00:11:12,733
as well as important
community support resources.

178

00:11:12,733 --> 00:11:15,467
More information is provided
in our Healthy Beginnings book

179

00:11:15,467 --> 00:11:19,800
as well as our
Maternal Newborn Information book.

180

00:11:19,800 --> 00:11:21,800
We support
the World Health Organization's

181

00:11:21,800 --> 00:11:23,833
"Baby Friendly Initiative"

182

00:11:23,833 --> 00:11:25,433
and we'll provide you
with information

183

00:11:25,433 --> 00:11:27,400
to promote
and protect breastfeeding

184

00:11:27,400 --> 00:11:30,433
while supporting
your individual feeding choice.

185

00:11:31,933 --> 00:11:41,567
♪♪♪

186

00:11:41,567 --> 00:11:44,233
If you have a normal
vaginal birth you may expect

187

00:11:44,233 --> 00:11:47,300
to be discharged
within 24 hours.

188
00:11:47,300 --> 00:11:50,300
If you have a Cesarean birth,
your expected discharge

189
00:11:50,300 --> 00:11:53,900
would be 48 to 72 hours
after delivery.

190
00:11:53,900 --> 00:11:57,000
Your baby will receive normal
newborn screening,

191
00:11:57,000 --> 00:12:00,800
jaundice screening,
and a hearing test.

192
00:12:00,800 --> 00:12:04,400
If your baby requires treatment
for above normal jaundice results,

193
00:12:04,400 --> 00:12:07,567
we offer
a Home Phototherapy Program.

194
00:12:07,567 --> 00:12:10,133
Our nursing staff answers
our hotline phone to respond

195
00:12:10,133 --> 00:12:13,933
to your questions
within the first week that you are home.

196
00:12:16,700 --> 00:12:18,033
Are you on your way?

197
00:12:18,033 --> 00:12:19,367
Yes, we are.

198
00:12:19,367 --> 00:12:21,533
(narrator)
Your baby
should be seen by your doctor

199
00:12:21,533 --> 00:12:24,000
within 48 hours of discharge
and you should be seen

200
00:12:24,000 --> 00:12:25,833

in 6 weeks' time for follow up.

201

00:12:25,833 --> 00:12:27,167

Thank you.

202

00:12:27,167 --> 00:12:28,500

Good Luck.

203

00:12:28,500 --> 00:12:33,400

Thank you.

Shall we?

204

00:12:33,400 --> 00:12:37,733

(narrator)

Once you are home, please access
the Public Supports in your area.

205

00:12:37,733 --> 00:12:41,167

They offer many resources
for families of new babies.

206

00:12:41,267 --> 00:12:49,400

♪♪♪

207

00:12:49,400 --> 00:12:53,133

We look forward to providing care
for you and your baby.

208

00:12:53,433 --> 00:13:01,000

♪♪♪