

Prenatal Tour

Lois Hole Hospital for Women



August 29, 2023

Welcome to the Lois Hole Hospital for Women (LHHW)

- This information is designed to answer some questions you may have about giving birth at the LHHW

Please come directly to the hospital if:

- You have had contractions lasting about 60 seconds every five minutes for one hour
- You are unable to walk or talk through the contractions
- your water breaks
- you have bright bleeding like a period
- you are in need of pain medication
- you are worried with your baby's movements

What should you bring to the hospital?

- Prenatal records and a pen
- Lip cream/massage cream
- Washable robe and slippers
- Supportive bra, breast pads, underwear, maternity vaginal pads (incontinence underwear may provide a comfortable alternative to maternity vaginal pads)
- Toothpaste, toothbrush, mouthwash, soap, shampoo, hairbrush/comb
- Coaching supplies- stop watch, snacks, pencil, paper
- ipad/tablet, music, books, cell phone and charger

What do you need to go home from the hospital?

- Car seat
- Change of clothes
- Clothes and blankets for baby
- Arrange for a ride home if needed

Coming to the hospital

The LHHW is located in the Robbins Pavilion at the Royal Alexandra Hospital



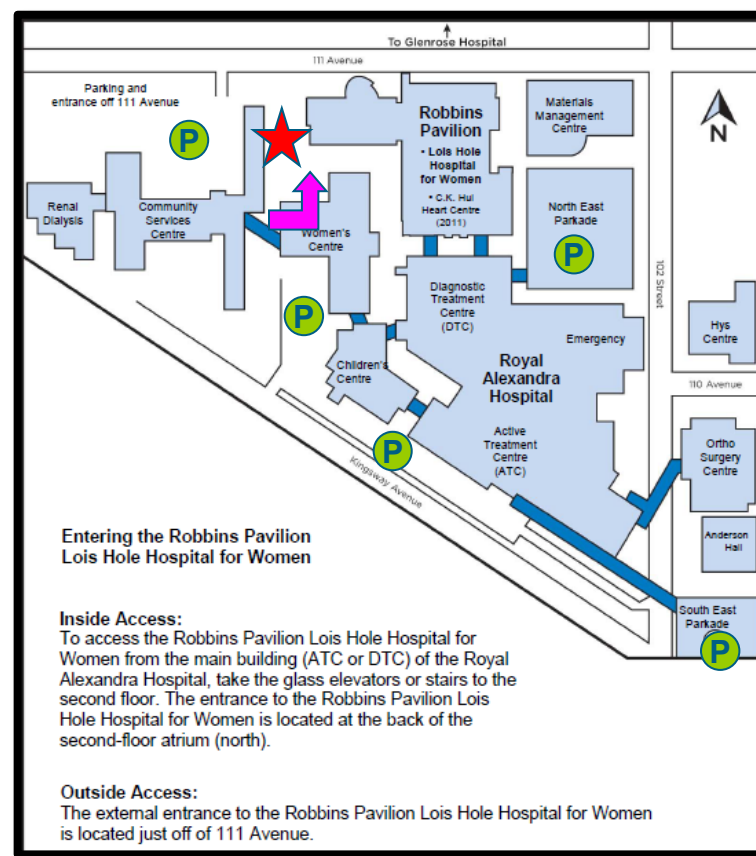
Entrance



Parking



15 minute drive through loading zone



Loading Zone

At the main entrance of the LHHW there is a 15 minute loading zone. This zone is convenient for patient drop off and pick up



Click [here](#) to see updated parking information and a map to public parking at the site.

After Hours Access



If you are having a baby and it is after 9PM, go to the Robbins Pavilion Level M entrance and press the intercom button for security access.

Enter the building and go directly to the 4th floor; Unit 4South Assessment and Induction.

You and your healthcare team

- Your healthcare team works together to provide the best possible care for you and your family.
- The most important part of the team is you. We will involve you in the decisions about your treatment, care and care plans.
- Let us know what matters most to you. Your care team will let you know their name, role and why they are here to see you.

Your healthcare team includes:

- You and your family
- Unit Clerks
- Doctors/residents
- Service aides
- Housekeeping
- Nurse Practitioners
- Social Workers
- Midwives
- Spiritual and Cultural Care
- Nurses
- Research nurse
- Mental Health Program
- NICU
(Neonatal Intensive Care Unit)
- Addiction Services
- Canadian Blood Services
- Medical and nursing students

LHHW Lobby

- Once screened you can take the elevators to the Assessment and Induction unit on 4 South



Assessment and Induction

If you have come to the hospital for:

- assessment
- induction of labour
- or if you think you are in labour

Please proceed to the 4th floor

Assessment and Induction unit 4 South,
turn right as you exit the elevators, and
you will be greeted by a triage nurse at
the main desk.

Your support person may join you.



Patient Identification

- Your patient identification will be checked upon arrival at the hospital and several times during your stay
- Accurate verification of patient identity helps ensure that each patient receives the health service intended for them and thus avoids harmful incidents such as privacy breaches, allergic reactions, discharge of patients to the wrong families, medication errors, and wrong-person procedures

What you can expect

Your care provider will:

- Review with you the reason you are here
- Review your prenatal papers
Check your blood pressure, pulse, and temperature
- Check your baby's heart rate and pattern
- Check your cervix
- Collect urine and blood samples if needed



Bedside Shift Report

- Staff will ask your permission at the beginning of each shift to do a report at your bedside.
- This is a quick conversation between outgoing and oncoming staff. You are part of your healthcare team and are welcome to participate in the bedside shift report.
- This is one of the many ways we ensure your voice is part of the high quality consistent care that you will receive at our hospital.

Whiteboards

- Whiteboards are installed in all labour and delivery rooms to share information with you and your family.
- Your care team will meet frequently to review your progress. We are happy to answer any questions you might have.
- If you have any comments or questions let them know.

Birthing Room

This is a room with the equipment needed for labour and delivery.



Once you have been assessed and admitted for labour, you will be moved to a birthing room on 4 East when available

Patient Closet

- There is a closet in each room for your belongings which includes a safe
- Leave all valuables and large amounts of money at home



Latex and Scents

- For the health and safety of patients, visitors and the care teams, please do not use scented products like perfume or cologne in patient areas
- Please check with unit regarding flowers
- Please do not bring latex balloons as they are not permitted on the unit

Smoking & Tobacco

- Smoking tobacco and tobacco-like products such as e-cigarettes, vaping, or marijuana, is not allowed on Alberta Health Services property. If you'd like to quit smoking, talk to your care team about helpful resources and cessation aids or visit MyHealth Alberta's [quitting smoking page](#)

Clean Hands

- Cleaning your hands is the best way to stop spreading germs
Everyone should wash their hands before and after visiting, using the washroom, or eating



Baby Pause

A pause for you and your healthcare team to communicate about how you and your baby are doing.

A baby pause will be done with you and your support person every time the nurses change or when the doctor comes in to check on you and your baby.

We will be using medical terms to describe your baby's heart rate, your progression through labour and a plan of care.

You may hear the words **normal**, **atypical**, or **abnormal**. These are not describing you or your baby, but are describing your baby's heartbeat. These descriptions help us develop your care plan with you.

All medical terms and care plans will be discussed with you and your support person so that you may ask questions and help us develop a care plan that keeps you and your baby safe and supports you through your journey.

Labour and Delivery

- Normally, after your baby is born they will be placed on your stomach. The umbilical cord will be clamped and you or your support person can cut the cord
- There is an infant care area in each birthing room with equipment such as oxygen and suction in case your baby needs additional care

Labour and Delivery

- Your baby will be weighed, and an identification band with your name will be placed on your baby's ankle and wrist
- Your baby is kept in the room with you and you can begin feeding your baby as soon as you and baby are ready
- Following the delivery, you and your baby will be transferred to one of the maternal/newborn care unit, located on the 2nd and 3rd floor

Newborn Resuscitation and Stabilization

- If your baby needs special care and monitoring, the labour and delivery unit and the



operating room have immediate access to neonatal intensive care staff and equipment

Cesarean Section Recovery Room

- Your baby will go to the recovery room with you, if all is well
- You and your baby will be in the recovery room for about one hour
- One support person can be with you in the recovery room. Other visitors can see you and baby when you are transferred to the maternal/newborn care unit



Postpartum Care Unit

- Unit 2 East and unit 3 East are the two postpartum care units
- You can expect to stay in the hospital for 24 hours following a vaginal delivery or 2 days following a cesarean section
- There are three types of rooms and one will be booked for you after you have delivered your baby.
- You will receive your room preference if it is available

Semi Private Rooms



- If you are staying in a semi private room you can expect to be sharing a room and bathroom with another patient and baby.
- Each room has two closets and two safes

Private Rooms



- You and your baby have the room to yourself with a private bathroom
- A sleeping chair is available for your support person to rest in all private rooms
- Fees may apply for private rooms

Enhanced Private Room

- Enhanced private rooms have a queen size bed, additional hospital bed, big screen TV and accommodations for your support person
- Fire and safety regulations do not permit children to stay overnight
- Fees apply for enhanced private rooms



Lactation Consultants

A lactation consultant is a nurse who has been trained to teach and advise women about breastfeeding.

You and your care team may decide to consult with a lactation consultant at any time during your stay.

Lactation consultants are often most helpful for women who:

- Have never breastfed before
- Have had previous problems breastfeeding
- Have a chronic health problem, such as diabetes
- Have had breast surgery
- Are breastfeeding more than one child
- Plan to breastfeed while working outside the home

Lactation consultants are often most helpful for women who:

- Need help using a breast pump
- Have problems with breast or nipple pain
- Have a baby who does not seem to be breastfeeding well
- Have a special-needs baby, such as one who was born premature or with a health problem that may interfere with breastfeeding.

Discharge

- During your stay you will work with your care team to get ready for discharge. We try to discharge by 11:00 a.m. so we can get your room ready for the next patient.
- Your nurse will provide you with a card that has a link to Healthy Parents, Healthy Children website where you will find important information regarding your recovery and newborn care www.healthyparentshealthychildren.ca

Infant Car Seat

- Legally in Alberta, babies must be in a car seat while in a private vehicle
- You will require the baby's car seat when you are ready to go home with your baby
- Please bring your car seat, baby blankets, baby clothes and diapers to the hospital when the baby is discharged



Cultural, Spiritual and Religious Diversity

- Spiritual, and emotional care is encouraged as patients, residents and families rely upon their own beliefs
- Multicultural and Aboriginal Culture Helpers are honored to provide ceremonies' and support



Donating Cord Blood



- After a baby is born, the blood left in the umbilical cord and placenta (cord blood) is rich with lifesaving blood stem cells.
- Like bone marrow or peripheral blood stem cell donation, donated cord blood can also treat over 80 diseases and disorders.
- Donating cord blood to a public cord bank is free, easy and poses no risk to the mother or baby.

Expecting mothers can donate their baby's cord blood at the LHHW.



1. Get Informed. Talk to your healthcare provider and visit blood.ca/cordblood
2. Complete your registration at blood.ca/donatecordLHHW. If you require information and consent forms in another language, please email cordblood@blood.ca
3. Donate your cord blood. If your cord blood unit qualifies, a nurse will visit you to collect additional information before you leave the hospital and complete your cord blood donation.

Donating Cord Blood



Consenting mothers must:

- Be 18 years or older and in good general health.
- Carrying a single pregnancy.
- Have no history of cancer (by the baby's mother or father).
- Free of infectious diseases (such as HIV/AIDS or hepatitis).
- Free of inherited diseases or medical conditions that could be passed on to the patient.
- Willing to donate to any patient in need.

Additional Parent Resources

- AHS Virtual Prenatal Classes:
<https://www.birthandbabies.com/category/101-a-healthy-pregnancy/>
- Healthy Parents/Healthy Children website: .
<https://www.healthyparentshealthychildren.ca/>
- myhealth.alberta Pregnancy section:
<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=hw197814>