



Northumbria Healthcare
NHS Foundation Trust

Special Care Baby Unit Discharge Information

Issued by the Maternity Department

On behalf of the Northumbria Healthcare trust, many congratulations on the birth of your baby. This leaflet has been developed to explain the discharge planning process from the Special Care Baby Unit (SCBU).

You may have mixed emotions once you have been informed that your baby or babies are ready for home. Many parents have said they have mixed feelings, happy, anxious, and unprepared at the thought of going home.

This leaflet is to provide you with specific information and advice that will help you during the transition from hospital to home. It is important to note that babies get discharged at varying times of their maturity or needs. Our team is here to support you as your baby's condition improves; our role is to help build on your confidence as a parent.

The discharge process on the unit starts when your baby is admitted. We inform your health visitor of your baby's admission to SCBU within 72 hours of them being admitted. This is to ensure that they are aware and can offer extra support at home, should this be required.

If you have other professionals involved in your baby's care, they will also be informed prior to your baby's discharge to continue support in the community. The more complex health needs your baby has the more input is required by professionals. For example those babies going home on low flow oxygen.

When will my baby be ready for discharge?

There are several steps that are considered:

1. When your baby can maintain their own temperature in a cot
2. When your baby is completely breast or bottle feeding well for over 72 hours at 35 weeks preterm age and is over 1.8 kg (4lbs)
3. Feeding well by bottle or breast for 48 hours or age if older than 35 weeks premature gestation.
4. Your baby remains well and is breathing normally for over 72 hours
5. If your baby is going home on low flow oxygen. (Training will be provided in relation to this prior to discharge).
6. Your baby is gaining weight adequately.

Preparing for discharge includes practical skills for you to complete and feel confident before going home.

Topic	Discussed & signed	Parent /sign and dated
Bathing baby		
Basic life support		
Crying baby DVD		
Prevention of cot death/safe sleeping CO monitoring/ use of car seat		
Breastfeeding support/ referral to community nursing team		
Bottle feeding if applicable		
Medications		
If your baby requires nasal cannula oxygen/Home O2/community nursing team		

Prior to their discharge we ask if you can register your baby with your GP, we give you a letter to hand in. This is so that the hospital discharge letter is accepted at the GP surgery. It is important to register your baby whilst your baby is on the nursery as they may need prescription milk and/or continued medications when they are discharged home.

Rooming in

Depending on your baby's needs, where appropriate we advise parents to stay in our family room for 1-2 nights. It means that we can continue to support you and any feeding issues that you may have.

Babies can be quite different to look after during the night. This is a way we can reassure you and provide support. Parents in the past have said this is valuable and helped them to parent from hospital to home. Some babies have snuffles and noisy breathing and when lighting is different this can be quite daunting. Rooming in prepares you for this transition.

What to bring in with you

- Clothing for you
- Toiletries
- Car seat Baby clothes for discharge home
- Own bottles
- A camera to make memories of the event

We will provide your food and a parking permit during your stay.

At about 48 hour following your baby's discharge we will telephone you to see how you have settled in at home. We do not review babies back on our unit following their discharge home.

Following discharge if you are concerned about your baby's wellbeing, contact your GP or 111 for advice. In the event of an emergency contact the Paediatric accident and emergency department at The Northumbria, Cramlington on 0191 60 72450 or 0191 203 1200.

The table below is to help you assess signs of illness in a baby.

Signs of an unwell baby	Healthy	Signs of illness
Colour	Regular skin tone	Pale, dusky, yellow (Jaundice) or blotchy
Tone	Mobile limbs	Floppy
Breathing	Regular breaths	Fast breathing, grunting noises or gasping
Temperature	Warm chest	Hot or cold chest
Feeding	Feeding at regular intervals, good length/feeds/volume feeds for age.	Sleepy during feeds, disinterested, excessive vomiting
Behaviour	Sleeping between feeds/self-waking for feeds	Unsettled, high pitched crying, sleepy/drowsy
Umbilicus/cord	Healthy skin	Red/inflamed skin, rash offensive smell or discharge
Cry	Normal hungry cry	High pitched or very quiet
Nappies	Passing urine and opening bowels regularly changing colour stools	Small amounts of urine and stools/pale or hard stools. Concentrated urine.

We are always trying to make improvements to our neonatal services to you and your baby. We do ask before you are discharged home if you could complete the 'two minutes of your time' survey and our 'parent survey'. The information you supply is totally anonymous.

We do take feedback from you as parents seriously. In developing and improving facilities to make your time on the unit more comfortable and positive for you and your baby.

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 07815 500015

Email: northoftynepals@nhct.nhs.uk

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General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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