

- Everyone is encouraged to place their personal belongings (purses, bags, coats) in the lockers in the hand-washing area. You can get locks and keys from the NICU front desk.
- Help us protect the privacy of all the babies and their families in the NICU. Please stay with your baby while visiting. You and your visitors should ONLY take pictures and videos of your baby. If you overhear anything about another baby or their family, please don't repeat it.

• New moms and babies need a calm and quiet place to be able to rest. Please set your cell phone to "vibrate" or "silent" and talk quietly at your baby's bed side.

• When visiting after 8:00 pm, you will need to come in through the Emergency Department. For the safety of your baby, you will need your picture ID to come into the hospital after 8:00 pm.

• TMC is a "weapon-free" hospital. For everyone's safety, please do not bring any weapons (guns, knives, etc.) into the hospital. Please make sure that your visitors follow the same safety rules.

### Hand Washing and Infection Prevention

Everyone who comes into the NICU must wash their hands to help prevent the spread of infection in the NICU. Please follow these hand washing steps carefully. Help us make sure that all of your visitors and the NICU staff who are around your baby follow these steps!

- Before coming into the NICU, use the scrub brush at the sink to scrub your hands and arms up to the elbows. Please ask the NICU front desk if you have questions about using the sinks or the scrub brushes.
- Clean your whole hand: thumbs, back of fingers and hands and under the fingernails.

- Remind the doctors and nurses in the NICU to clean their hands before touching your baby if they forget. We need everyone to wash their hands 100% of the time.
- Always clean your hands with soap & water OR hand sanitizer:
  - Before and after touching your baby or the baby's bed
  - When you leave the NICU and when you come back
  - After you touch your face, hair, purse, etc.
  - After you use your cell phone or camera
  - If you have twins or triplets, it is very important to clean your hands when you go from one baby to the other.

### Pain Management For Your Baby

Keeping your baby comfortable and pain-free is an important part of your baby's care. Some things we have to do to care for your baby, like drawing blood and putting in IV lines, can be painful for your baby. We will try to lessen your baby's pain by:

- Carefully watching your baby for signs of pain.
- Comforting your baby by holding, swaddling, and keeping down the light and noise in the room.
- Giving sucrose (a sugar product). For some newborn babies, sucrose helps lessen pain. Sucrose should not be used when your baby is at home: call your baby's doctor if you see signs of pain.

• Giving pain medicine if needed.

### What You Can Do For Your Baby While In The NICU

Even though your baby may need special care in the NICU, we want you to be active in your baby's care. Your baby needs your love and closeness. Here are some ways you can get involved:

- Providing breast milk and/or breastfeeding is one of the most important things you can do to help your baby grow and become well. The NICU staff will teach you how to pump and store your breast milk. The NICU staff can also help you learn how to breastfeed your baby.

- Hold your baby skin-to-skin (also called Kangaroo care). Ask your baby's nurse how to do this special kind of care.
- Feed your baby (when your baby is able). Ask your baby's nurse when your baby eats and try to come during those times.
- Learn and practice caring for your baby: take temperatures, change diapers, give a bath, etc.
- Bring pictures of you and family members to decorate your baby's incubator or crib. Please, no stuffed animals (they can be a source of infection).
- Get involved in morning medical rounds. This is the time every morning when the doctors, nurses, and other members of the medical team get together and talk about your baby and the plan for the day. This is a great time for you to find out about your baby and ask questions. Ask your baby's nurse for more information about morning medical rounds.

We know this is a stressful time for you and your family. We are dedicated to giving you and your baby excellent care and making this a good experience. Please tell us if there is anything we can do to help you.

We look forward to helping you get ready to take your baby home.



Better. For Everyone.

2301 Holmes Street  
 Kansas City, MO 64108  
 816-404-0450  
 www.trumed.org



NICU

**Neonatal Intensive Care Unit**  
*Extra Special Care For Your Little One*



# Neonatal Intensive Care Unit

*The staff of the Neonatal Intensive Care Unit (NICU) at Truman Medical Centers, Hospital Hill congratulates you on the birth of your baby. We want to tell you about the care your baby will get in the NICU.*

**To reach the  
NICU call  
(816) 404-0450**

## The NICU

The Neonatal Intensive Care Unit (NICU) is a level III intensive care unit. This means we have doctors and nurses with special training to care for sick and premature babies. Common reasons newborns are in the NICU include:

- Premature birth: a baby born less than 37 weeks gestational age
- Respiratory distress: trouble with breathing
- Infections
- Hypoglycemia: having low blood sugar levels
- Jaundice: yellowing of the skin

## NICU Staff

The NICU staff is a team of people who care about your baby's health and well-being! The team works together to give excellent care to your baby. Team members include:

- **Neonatologist:** A doctor with special training and skills in taking care of newborns. They oversee the care of all the babies in the NICU.
- **Neonatology Fellow:** A doctor with special training and skill in taking care of children, and is now being trained in caring for newborns. This doctor works with the neonatologist and also oversees the care of all the babies in the NICU.
- **Resident:** A doctor in training. Residents are here 24 hours a day to care for the babies in the NICU. They see your baby every day under the supervision of the neonatologist/neonatology fellow.
- **Neonatal Nurse Practitioner (NNP):** A registered nurse who has special, advanced training in the care of newborns. The NNP is here 24 hours a day to care for the babies in the NICU. They see your baby every day and work with the neonatologist/neonatology fellow.
- **Neonatal Nurse:** A registered nurse (RN) or a licensed practical nurse (LPN) with extra training and experience in the care of newborns.

- **Lactation Consultant:** A nurse with special training and skill to help you with breastfeeding. They can teach you how to provide breast milk for your baby, as well as answer your breastfeeding questions, concerns, and challenges.

- **Social Worker:** A licensed professional who can help you with any needs you may have while your baby is in the NICU. They can help you plan for everything you will need when your baby goes home. Social Workers can help you cope with stress and find support and resources.

## What to expect in the NICU

- Your baby may be placed on a warming bed, in a heated incubator, or in a crib. The warming bed and the heated incubator give extra heat to make sure that your baby stays warm.

- We will watch your baby's heart rate, breathing rate, and oxygen level very closely using a special machine.

- If your baby needs help breathing, we may use one of the ways listed below to help your baby breathe better:

1. **Oxyhood:** A hood over his/or her head
2. **Nasal Cannula:** Soft plastic tubing that goes in the nose
3. **Ventilator:** A breathing machine

- Many babies in the NICU are not able to breastfeed or take a bottle. They may get fluids and nutrients through a line placed into a vein (IV). A feeding tube may also be placed in your baby's mouth or nose to deliver food directly into the stomach.

- Your baby may need tests while in the NICU. These tests may include blood work, x-rays, ultrasounds and other tests. These tests tell the NICU team what medicines and other treatments are needed. The NICU team will explain to you about the tests and results.

## NICU Visiting Information

Parents and families are welcome to spend time with their baby as often as possible. Here is some information about visiting your baby in the NICU:

- We care about the safety of your baby. Parents (or mom and her support person) will get a NICU band to wear while the baby is in the hospital. Please do not take this band off; it will be checked by the NICU staff each time you come to visit.

- You are welcome to call at any time to check on your baby. (816-404-0450). You will be asked to give the last four (4) numbers of the baby's account number (printed on the NICU band). You will need those numbers in order to get information over the phone.

- We encourage spending time with your baby 24 hours/day **except:** When the nurses switch shifts (6:45 a.m.-7:45 a.m. and 6:45 p.m.-7:45 p.m.) During this time, your baby's nurse is telling the next nurse important information about your baby.

- It is your choice if you would like additional people to touch, hold, and/or visit your baby. Additional visitors will need to be with a parent or a support person who has the NICU band. Visitors should be free of any fever, colds, sneezing, sore throat, diarrhea, runny nose, cough, vomiting or other infections at least 24 hours before they come to visit.

- Children under 12 years of age cannot be in the NICU unless they are the baby's brothers and/or sisters. Your baby's nurse can tell you more about sibling visits.

- We ask that up to three (3) people visit the baby at a time. If you have twins or triplets, we ask that only three (3) people come to visit the babies at the same time.