

ORIENTATION OF KANGAROO MOTHER CARE MOTHERS ON ADMISSION BY THE NURSING STAFF

Mothers are welcomed to the unit.

Orientate the mother and show her the different areas in the ward for example:

- Toilets and showers
- Mother's and visitor's lounge
- The dining room where they will have their meals
- The linen room
- Introduce her to the other staff and mothers in the unit
- Provide the mother with a KMC wrap and show her how to secure her infant to the chest in the KMC position
- Explain that all of the staff members are there to help her care for her premature baby. If she has any questions or if she is at all unsure of what to do, she must feel free to ask for assistance.

Education and skills training

- Explain to the mothers to wash or spray their hands before and after handling their babies
- Explain how to bathe their babies between 07h00 and 08h00
- Explain how to change nappies and where to find nappies for their infants
- Teach mothers how to give medication e.g. Vidaylin
- Show the mothers the correct technique of how to hold and feed their infants by syringe or cup
- Explain all the benefits of Kangaroo mother care to the mother
- Show the mother how to secure her baby in the KMC position by using the thari
- Explain to the mothers the importance of breast milk and breastfeeding
- Discuss personal hygiene, skin care, and prevention of diarrhoea

Explain to the mothers about the special clinics in the unit

- KMC follow-up clinic and the Eye clinic held on Tuesdays in ward 4.
- Explain the importance of the Road to Health Chart and to bring it to the follow-up clinic

Meals

- Explain to the mothers that the hospital will provide food and drinks to them
 - Extra fluid will be supplied to them to increase their breast milk supply and improve breastfeeding
- Meal times are as follows:

Breakfast	08h00
Lunch	12h00
Dinner	17h00

Visitors and visiting times

Mothers are welcome to have visitors during the day.

Visits will be restricted to the lounge and visitors are not allowed at the bedsides

Official Visiting hours:

11h00 – 12h00
15h00 – 16h00
18h00 – 19h00

Smoking

No smoking is allowed in the hospital, because of oxygen therapy and the danger of fire. Smoking irritates the airways of babies with chronic airways disease. Smoking may cause sudden infant death

Activities in the unit

Mothercraft

Physiotherapy sessions

Speech and communication sessions

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