

Dear Mother

Welcome to the Kangaroo Mother Care (KMC) Unit (ward 4) of Kalafong Hospital. The aim of this pamphlet is to assist you by explaining the purpose of the KMC unit and what is expected of you while you are staying here.

Your baby is well enough to be transferred to this unit so that you can learn to take care of your baby yourself. In the unit we expect you to practice skin-to-skin care continuously. On admission you will receive a special wrap (thari) to tie your infant securely to your chest. You will be expected to sleep with your baby on your chest as well as walk around and take your meals with your baby in this position. This is called continuous Kangaroo Mother Care (KMC)

Those babies who are receiving oxygen therapy through a tube from the wall should also receive KMC. Your babies will be placed on your chests at night and for several periods during the day. This is called intermittent KMC. As soon as your baby is off oxygen and the doctor is satisfied that your baby is stable you will be able to do continuous KMC.

### Kangaroo Mother Care

Please ask the staff in ward 4 to tell you about KMC. There is a brochure about KMC available in English & Sepedi.

As soon as you start continuous KMC you are expected to keep your baby in the KMC position all the time except when you are having a shower or going to the toilet. The baby should be in the KMC position for all your other activities such as sleeping, eating, watching TV etc. Only babies on intermittent KMC should be placed on the bed when going to eat. We want you to become used to keeping the baby in this position so that when you go home you can carry the baby like this while you do your housework, visit friends, ride in a taxi, go shopping etc.

### Meals

The hospital will provide all your meals and drinks. One needs to drink at least 2 to 3 litres of water a day to increase breast milk and improve breastfeeding. Extra water and fluid is supplied. If you have special food preferences please inform the nursing staff or the dietician when she does her rounds during the week.

Meal times are as follows:

Breakfast -	8h00
Lunch -	12h00
Dinner -	17h00

There are two tuck shops in the hospital where you are able to buy snacks. If you receive food from visitors you should place it in the container in the bedside locker that is provided for your use. This container prevents the attraction of cockroaches. The cockroaches carry germs and may cause illness in your babies. There is a fridge where you can keep food or drinks but you have to share it with the other mothers.

### Ward routine

There are 3 showers and you are expected to shower every day. Babies are washed between 7h00 and 8h00. Very small babies will only be wiped clean every day, but bigger babies will be washed in the plastic bowls that are stored in the bathroom. You will be shown how to wash your baby and as soon as you feel that you are able to do it yourself you will be responsible for the washing of your baby.

Nappies are handed to you on a daily basis. You are responsible to change your infant's nappies. If you are worried about the stools of your baby because of the colour, consistency or the lack of stools, please discuss it with the nursing staff or the doctor during ward rounds. Keep the nappy and show it to the nurse or doctor. Infants receiving breast milk may pass 7 small stools per day or they may only pass one stool per week.

The doctor does a ward round every weekday from 9h00. Sometimes babies are only seen in the afternoon. Try to be at your beds with your babies during that time. Use this time to ask questions about your baby or discuss problems that you have in taking care of your baby. The dietician comes every weekday to see whether you have

enough breastmilk to feed your baby. Discuss any feeding problems with her or with the doctor. The doctor will check your baby every day.

### Safety Issues

You may be allowed to leave the ward after lunch if you want to phone or get a breath of fresh air. Preferably no-one should leave the ward after 20h00. Before leaving the ward please inform one of the staff members that you are going. The safety of your infant is important and if you leave your baby on the bed unattended someone should know where you are. It has happened that babies are stolen from hospitals and therefore it is important that you do not give your baby to someone that you do not know or who cannot identify him or herself. You may accompany your baby if a staff member takes it for a procedure.

### Feeding times:

Most babies are fed every 3 hours. Eight feeds per 24 hours as follows:		Small babies who are unable to finish the 3 hourly feeds will be changed to 10 feeds in 24 hours as follows:	
During the Day	During the Night	During the Day 2hrly	During the Night 3 hrly
08h30	20h30	7h30	20h30
11h30	23h30	9h30	23h30
14h30	02h30	11h30	02h30
17h30	05h30	13h30	05h30
		15h30	
		17h30	

### Handling of expressed breast milk, donor milk or formula milk

- Infants that are not only breastfed and are receiving expressed breast milk, donor breast milk or formula milk need to take note of the following instructions.
  - You will be provided with small round plastic cups with lids which will be used to store expressed breast milk. You will also receive a 2 litre jug that will be placed next to your bed.
  - It is very important that you always wash your hands before expressing milk from your breast. The cup must be clean, do not use dirty cups. Dirty cups may cause your baby to fall seriously ill.
- Cleaning of the plastic cups and lids
  - Wash the cups and lids with soap and water in the kitchen (next to the ward entrance) to make sure that any fatty residue has been removed.
  - After washing and rinsing the cups and lids, place them in the 2 litre jug next to your bed. This jug is filled with 1.6 litre water to which is added 20 ml sodium hypochloride solution (Milton). The cups and lids need to stay in the Milton for 30 – 60 minutes. Thereafter the cups and lids can be removed and immediately used. No rinsing is required.
  - Every day you will be expected to replace the solution in the jug with fresh water and sodium hypochloride provided by the nursing staff. .
- After you have fed your infant the required amount of breast milk you can store any excess milk in the plastic cup. The cup should be covered with the provided lid and labelled with the date and time of expression. The milk should be placed in the refrigerator and used for feeding within the next 24 hours. You must place the fresh milk in the back of the container and move the older milk to the front to be used first. If you produce large volumes of breastmilk, more than your infant would drink within 24 hours, the milk can be frozen for later use. Ask the doctor or dietician to store your milk in the freezer. Or you can consider donating milk for our breastmilk bank.
- Be sure that the refrigerator doors are closed tightly at all times. Do not open the doors more often than necessary and close them as soon as possible.

5. Mothers who have to pasteurise their breast milk using the Pretoria pasteurisation method should pasteurise the milk shortly before giving it to their infants. If you have a lot of milk you can pasteurise the milk and freeze it for later use.
6. Special powder to improve weight gain (FM 85). The dietician, in consultation with the doctor will provide your baby with a special powder to improve weight gain.
  - The powder will be supplied each day. It comes in a plastic container with a lid and each container will be clearly labelled. This container needs to be stored in the fridge in the rectangular container.
  - A special spoon to measure the powder will be supplied. The spoon will be placed in another container with a lid. One scoop of powder with this spoon is added to 20 ml of expressed breastmilk and given to your baby with each feed.
  - Every day this spoon and container should be washed and placed in the Milton for 30 – 60 minutes.
  - You will receive new powder each day. As soon as you receive the new powder you should throw the old powder away. This is important because it will prevent your infant from getting infection.
  - When you are discharged the small spoons should be handed back to the sister in charge. The spoons cannot be used at home for other milk powders.
7. We do not allow premature infants to drink from bottles because it is dangerous for them. They can turn blue or collapse and become very ill. Only cup feeding, or syringe feeding or spoon feeding is allowed when infants receive expressed breast milk.
8. **VERY IMPORTANT: PLEASE WASH YOUR HANDS WHENEVER YOU ARE EXPRESSING BREASTMILK OR HANDLING BREASTMILK!**

#### **Shared facilities**

- The KMC Ward is a shared facility and it is important for all the occupants to treat one another with respect. Please respect the privacy of other mothers and please respect one another's property - do not use other people's things without asking first.
- Please respect hospital property. A lot of time and effort has gone into making this ward comfortable and pleasant to be in. When you are discharged please leave things as clean and neat and whole as you found them. If you witness any vandalism or theft, please report it to one of the staff.
- Cleanliness is very important, particularly in the bathroom and kitchen. Please leave these facilities as you would wish to find them.
- You will be expected to make your own bed and to keep your personal belongings tidy. It is important that you keep your lockers clean and organised. The surfaces of the locker should be cleaned with soap and water every day.
- It is important that you are careful to wash your hands before handling your baby or express your milk. Keep your nails short and clean. This will help to prevent infection in your baby.
- You will receive a Thari (wrap) when you are admitted to the unit to tie your baby in the KMC position. One of the staff will also explain to you how you should tie your baby to your chest with the thari. These thari's will be washed each week. Please see that it is handed back to the staff when you are discharged. If you would like to buy a thari to take home you can get them from Dr van Rooyen.

#### **Mothers' Health**

Any mother who does not feel well should inform the nursing staff or the doctor immediately. They will refer you to the correct facility where you will be examined and receive the correct treatment.

If you are receiving medical treatment for any condition for example high blood pressure, diabetes or epilepsy you should please inform the nursing and medical staff. It is important that your treatment is continued and that you do not run out of medication.

#### **Visitors**

Visiting hours of the hospital is daily from 10h00 – 11h00; 15h00 – 16h00; 18h00 – 19h00

**Parents** of children admitted to Kalafong hospital may visit their infants at any time but other visitors are asked to keep to the visiting hours.

You are welcome to have visitors during the morning as long as you are at the bedside when the doctor is doing ward round. To respect the privacy of other mothers in the ward and to protect the premature babies against infections we do not want visitors visiting at the bedsides in the KMC cubicles. Visitors are therefore asked to remain in the lounge area or if the lounge is overcrowded they may sit in the first cubicle that is enclosed with glass panels. We also ask that the number of visitors that visit at a time should not exceed more than 3 persons, where possible.

#### **Smoking**

NO SMOKING is allowed in the ward or the lounge area, because:

- Patients receive oxygen in the ward and there are oxygen outlets in all the cubicles including the lounge area. Oxygen is flammable and a fire may break out or it may cause an explosion in the ward.
- Smoking irritates the airways of babies who have chronic lung disease. They may have a set back or need prolonged oxygen therapy.
- An association between cigarette smoke and sudden infant death syndrome (cot death) has been found. If you smoke in the presence of your baby, he/she may suddenly die.
- If you are determined to smoke please do so outside the building.

#### **Security and safety**

Please do not leave the ward without informing the staff where you are going. The nursing staff is responsible for your safety and the safety of your baby. At night it is preferable that you do not leave the ward. Furthermore, the ward is locked at night as a safety precaution.

#### **Activities in the KMC ward**

Discussions about KMC and other health topics by the nursing staff

Mother craft by the Occupational Therapists

Breastfeeding and other feeding advice by the dieticians

On certain Tuesdays students from the Department of Communication Pathology have sessions with mothers about communicating with their babies

A television is available in the lounge. You may watch television between 06h00 and 23h00 every day. You should practice KMC while watching television.

#### **Telephone**

Your family may phone the ward at any time to the following numbers: 012 - 318 6509 or 318 6510. There are public telephones in the main corridor if you want to phone.

Mothers with cell phones in the ward must please keep it in a safe place at all times. Phones have been lost and possibly stolen in the past. Do not leave the phone lying on top of the bed or the bedside lockers.

We hope your stay is a happy one. If you have any problems or are worried about anything, please talk to us. It is important to us that you should be comfortable and happy. We will try our best to find a solution to any problems you may have.

Guidelines drawn up by: Dr E van Rooyen in consultation with the nursing staff. Date reviewed: 13/07/2015