Having Your Baby at the
Regina General Hospital
Family Centered Care
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Family Centred Care

Pregnancy, birth, and afterwards is a time of change in your life. Family centred care is important and everyone works together to meet the needs of your family during this time. A team approach is used when giving care.

The Regina Qu’Appelle Health Region (RQHR) believes in client service and patient safety, “Patients first...Safety Always”. This means that individuals, families, and newborns can expect safe, quality care in a welcoming environment.
Important Numbers

You may meet many health care providers during your pregnancy and birth such as: nurses, public health nurses, social workers, native health services, lactation consultants, and health care students. There will be male and female providers. Here is a space for you to record important phone numbers for your care providers:

Primary Health Care Provider (doctor, midwife, nurse practitioner)

_______________________________________________________________________________________
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Other health care providers that you may meet:

Fetal Assessment Unit. (306) 766-0647
This area provides services such as ultrasound, fetal monitoring with Non-Stress Testing, WhinRho injections for the individual, home blood pressure monitoring, and the Pregnancy and Diabetic Clinic.

Regina Sexual Assault Centre (306) 352-0434
This centre provides free counselling to individuals over the age of 16 who have experienced any assault, abuse or violence.

RQHR Native Health Services (306) 766-4155
This area assist to facilitate healing, prayer, teaching and other assistance required to maintain wellness in the individual and the community. While the service is made to help Indigenous people deal with the hospital environment, the Native Health Centre is available to all those seeking an alternative method of healing the physical, mental, spiritual or emotional aspects of their lives.

RQHR Social Work (306) 766-4444 ask for the social worker “on call” for Women and Children’s
This person provides a link between the team and the individual and family as well as with community resources. Social work provides information, supportive counseling and assistance for people and their families.

Metabolic and Diabetes Education Centre (MEDEC) (306)766-4540
MEDEC provides diabetes education, care and support to people with type 1 and type 2 diabetes, pre-diabetes (IFG/IGT), gestational diabetes (GDM), hypoglycemia, or polycystic ovarian syndrome (PCOS).

Resources: The Sensible Guide to a Health Pregnancy by the Public Health Agency of Canada  
The Society of Obstetricians and Gynaecologists of Canada Pregnancy Website  
The Saskatchewan Prevention Institute Your Pregnancy Month by Month
Your Pregnancy
A person’s body prepares and adjusts during pregnancy. There are a lot of changes you and your family will experience prior to the birth of your baby.

Things Recommended During Pregnancy
- Have regular check ups with your doctor/midwife/nurse practitioner.
- Avoid drinking alcohol, smoking, and illegal drugs. Please see your health care provider if you would like to quit smoking or decrease your alcohol intake or if you need over the counter medications.
- Eat well with healthy foods by following the [Eat Well with Canada’s Food Guide](#) and drink 6 to 8 glasses (1 glass = 8 oz or 250 mL) of water per day.
- Be aware of your baby’s movements. You will notice your baby moving regularly around 24 weeks.
- You will have blood tests in your pregnancy, your doctor, midwife, or nurse practitioner will explain the results.
- Pregnancy is normally a healthy life event. Some individuals and families may be affected by poor nutrition or violence.
- Talk to your doctor, midwife, or nurse at any time if you have questions or concerns. It is important that you, your partner, and your baby have a safe and healthy birth experience. We look forward to working with you!
- In the event that you and your partner experience a complication, pregnancy loss, or stillbirth there are resources available. Please speak to your healthcare team.

Prenatal Classes
RQHR offers different classes for all individuals and their families. Classes and support are free to help you prepare for a healthy pregnancy. There are numerous classes offered in the community and in secondary schools. There are additional resources in the surrounding community as well.

RQHR Population and Public Health Services offer prenatal classes on weekday evenings and some Fridays and Saturdays. (306) 766-7733

Four Directions Community Health Centre (4D) offers support to pregnant individuals through their many programs. These programs support the at-risk pregnant person and their families. Team members in the programs include community health workers, public health nurses, elders, addictions counsellors, a family wellness counsellor, and a nutritionist. Four Directions is located on the corner of Elphinstone Street and 5th Avenue. (306) 766-7540

Rural Areas offer single and group prenatal classes. These classes and information are provided for individuals, children and families at the rural health centres.

Indian Head (306) 695 - 4014
Moosomin (306) 435-6279
Grenfell (306) 697 - 4040
Fort Qu’Appelle (306) 332 - 3300

All Nation’s Healing Hospital in Fort Qu’Appelle has a Women’s Health Centre where prenatal information and a Parent Café happens every Thursday morning (306) 332-2673

The Regina Community Clinic has prenatal information for immigrant women. Prenatal classes for refugees is offered by Regina Open Door Society.

Regina Community Clinic (306) 543-7880
1106 Winnipeg Street

Regina Open Door Society (306) 352-3500
2550 Broad Street

Al Ritchie Health Action Centre in Regina offers prenatal classes and parenting classes for low income individuals and families until your baby is 6 months of age. Al Ritchie is located at 325 Victoria Avenue. (306) 766 - 7660
What to Bring for the Hospital Stay

The items you may need for your birth are different for each person and family. Below are things required and some suggestions of what to bring to the hospital. Have your bag packed before going into labour.

**Required:**

- prenatal records given to you by your health care provider;
- Saskatchewan or provincial health services card of the parents;
- insurance cards such as Group Medical (G.M.S.) or Medical Services Inc. (M.S.I.);
- birth plan, if chosen;
- underwear and sanitary pads;
- comfortable clothing to go home in, deodorant and a toothbrush with toothpaste;
- baby needs such as a car seat meeting Canadian Safety Standards and baby clothing; and
- support person/partner’s toiletries, clothes, and food - meals are available for the support person to purchase in the hospital.

**Additional Things You May Want:**

- music and/or comfort articles;
- light snacks and drinks;
- night gown or comfortable clothes to wear in hospital;
- hygiene products such as soap and toothpaste;
- toiletries such a shampoo or conditioner;
- breastfeeding bra or larger bra;
- pillows (feeding pillow, if desired); and
- slippers.

All valuable items and/or large sums of money should be left at home. If this is not possible, you can take your money and valuables to the Finance Department on the first floor. It is open Monday to Friday from 9 a.m. to 1 p.m. and 2 p.m. to 4 p.m.
What is Provided During Your Stay

- Open back nightgown and house coat
- Kleenex
- Sanitary pads
- Breast/chest pads
- Meals and beverages for patient
- Diapers, gowns, and blankets for baby
- Bed for your partner on the Mother Baby Unit
- Portable breast pump to use in hospital if needed

Areas to purchase items in the hospital

Gift shop is located on the main floor near elevators 7, 8, 9. It is open Monday - Friday 9:00 a.m. - 8:00 p.m., Saturday 9:00 a.m. - 5:00 p.m., and Sunday 1:00 - 5:00. These times are subject to change.

Shoppers Drug Mart is located on the main floor by the 15th Avenue entrance. It is open Monday - Friday 9:00 a.m. - 5:00 p.m. Closed Saturday and Sunday.

The cafeteria is located on Level 0 adjacent to elevators 7, 8, 9. It is open 8:00 a.m. - 7:00 p.m. daily.

Robin's Donuts is located in 2 locations: at the main entrance which is open 24 hours a day and at the centre of hospital down from the Gift Shop which is open 7:00 a.m. - 7:00 p.m. daily.

“It’s Safe to Ask”

Make sure you and your family stay safe by asking questions about your care and needs. Some examples of questions to ask your health care providers are:

- Did you wash your hands?
- Are there any risks to me and my baby?
- What is involved and what can I expect?
- Are these the correct medications?
- Can you provide me with information regarding the care being provided?
- Where is my call bell?

When health care providers change shifts or when you move from one unit to another, information about you is shared. This is a time to make sure the information shared is correct.

Another way to assist with the safety of yourself and your family is to learn about your care. Bring a family member or friend along when discussing your health.

There are many decisions and choices that you will have to make relating to pregnancy, birth and beyond. It is important for you to be aware of the fact that you have the right to make informed choices regarding your care. During your stay, the healthcare team want to make sure you are safe and informed.

Please speak to your care providers at any time if you have questions or concerns. We want you and your baby to have a safe, pleasant, and comfortable experience.

Using the acronym, BRAIN, you can evaluate a particular decision by asking yourself: What are the proposed Benefits? What are the proposed Risks? What are the Alternatives? What is my Intuition telling me? What if I Need more time, or do Nothing?
Getting Ready for Birth

In the early stages of labour your body is going through various changes. When labour begins you will wonder what it means. Sometimes labour can start and stop. Listen to what your body is doing.

Early Labour

- This is when your cervix (opening of your uterus) is starting to dilate (open). You may have irregular cramps or contractions.
- Your body is beginning to prepare for the birth of your baby and active labour.
- The contractions in the early stage help to open and soften your cervix. This stage can last a long time and it can start and stop. The amount of time it takes for your body to progress and get to the active stage of labour is different with each pregnancy and person.
- The contractions, your baby, your body, and your mind work together to assist with the birth.
- If you have had a healthy pregnancy or your health care provider encourages you to do so, it may be best to stay home until active labour.
- Staying at home, being comfortable with your support people helps to decrease pain, decrease interventions occurring during your labour, and helps you to have a positive birth experience.

Management of Early Labour

Activities to do at home:

- Rest or sleep (if you can);
- Go for walks;
- Watch television or movies;
- Play video games or cards;
- Eat and drink whatever you feel you would enjoy. Try to drink 1 or 2 glasses of fluids every hour you are awake;
- Have a relaxing bath or shower, and/or;
- Begin to track your contractions, time how far apart they are and how long they last.
What Can I Eat and Drink in Early and Active Labour?

It is encouraged to eat in EARLY labour, before 3 - 4 cm without regular contractions. This stage of labour can be quite long and it's important to keep your strength up by eating and drinking.

Once you are in ACTIVE labour and are admitted to the Regina General Hospital the obstetrician and anesthetist team recommend not eating. Active labour is defined as (3 - 4cm dilated with regular contractions).

What are the risks of not eating during active labour?
The result of not eating during active labour may be feelings of low energy. This may lead to more painful and lengthier labour.

What happens to the food I eat during active labour?
Eating during labour can provide nutrients and energy required to give birth but food remains in the stomach after eating. During active labour, stomach emptying slows down and food eaten during this time remains in the stomach longer than normal. This can lead to a higher risk of vomiting or regurgitating solid food.

What are the risks of eating in active labour?
Eating during labour may introduce the risk of vomiting (due to the stomach not emptying during labour), and if a cesarean section (major surgery) is required, the risk of the vomiting increases the possibility of the stomach contents getting into the lungs. This is concerning if a caesarean section is needed with the solid food getting into the lungs causing a serious and sometimes fatal pneumonia.

What can I eat during active labour?
While in active labour, there is no limit to the amount of clear fluids. You are encouraged to have:
- Water
- Fruit juice or flavored drinks
- Tea or coffee without milk
- Sports drinks
- Broth

What if I choose to eat during active labour?
Should you decide to choose to eat during active labour, we advise you to discuss your decision with your primary health provider. Your primary care provider may want to complete a form with everyone’s signature to communicate that the risks associated with eating during active labour were discussed with you.
When to Come to Hospital

Premature Labour is when changes occur for the birth of the baby prior to 37 weeks of pregnancy. You may experience changes such as:

- uncomfortable or painful contractions, cramps or back pain;
- changes in mucous or discharge from the vagina, such as clear mucous or red bleeding;
- fluid loss, if the amniotic fluid sac is leaking; and/or
- less fetal movement.

Remember that it is normal for the labour process to start and stop. The health care providers will assess you and depending on the stage of labour that you are in, you may be encouraged to go home until you are in active labour.

If you have questions or concerns call:
- Your health care provider
- Saskatchewan Health Line 811

Labour

Active Labour has begun when your cervix (the opening of the uterus) is 3 to 4 cm dilated and you are having regular contractions that are getting stronger. Remember:

- the birth of a baby takes time and energy;
- to continue to drink and eat as much as you can; and
- that the amount the cervix is open is not the only predictor of labour.

It is Time to Come to the Hospital When:

- you have regular, intense or painful contractions;
- you are having 12 - 15 contractions in 1 hour;
- your amniotic fluid sac leaking, “water broke”;
- you have any bright red vaginal bleeding or clots;
- there is less fetal movement;
- you have constant pain that is not relieved by usual comfort measures, severe pain, or trouble coping with pain; and/or
- you are worried or unsure of what to do.
Other Details for the Hospital

Scheduled Cesarean Sections

Pre-Admission is done in the Fetal Assessment Unit for patients who are having pre-arranged Cesarean Section delivery. Check with your doctor to make sure this has been arranged for you.

People attending the birth in the caesarean section operating room dress in a hospital gown, hat, shoe covers, and mask. There is a Regina Qu’Appelle Health Region video outlining what a patient can expect, and it is available to watch in the Fetal Assessment Unit and can be accessed through this link YouTube https://youtu.be/GMiD39P9aUg

Tour of the Hospital

Tours of the hospital are available where the admitting process and details of the hospital are explained. This tour is to assist you with knowing what happens and where to go for the birth. Please call: YMCA at 306-757-9622 extension 0.

How Long I Will Stay in Hospital After My Baby is Born

- Vaginal delivery - average stay is 24 to 36 hours.
- Caesarean section - average stay is 48 hours.

Entrances/ Admitting

When you come to the hospital it is required that you receive an admission “pink” sheet. You need to be admitted to the hospital. If your needs are urgent go directly to the Labour and Birth Unit. If you are comfortable doing so you may be admitted at either of the following entrances:

- 14th Avenue Entrance - weekdays: 6:00 a.m. to 6:00 p.m.
- 15th Avenue Entrance - weekdays: 7:00 a.m. to 3:30 p.m.

Please use the Emergency Department entrance on weekends, holidays, and after 6 p.m. If you access the hospital through the 14th Avenue entrance, the switchboard operator is available to assist you.
Parking

Pay parking lots are located on 14th Avenue and 15th Avenue entrances.

Passes are available for daily and weekly parking available at the Finance Department by the doors of the hospital’s 14th Avenue entrance.

Two hour parking is located on side streets around the hospital.

If you park in the Emergency Department parking lot, please move your vehicle as soon as possible. You need to write down your license plate number at the Security desk in the Emergency Department.

Labour and Birth Unit (L&B) (306) 766-6150

Who Can Support You During the Experience

It is important that you have the support you need as you welcome the newest member(s) of your family.

Triage (Assessment area)
- 1 person may stay with you, plus 1 additional person may be allowed in special circumstances.

Birthing Room
- Partner and people identified by the patient that will help them and give them support.
- Siblings of the baby must be accompanied by a separate care giver.

The timing and length of supports being present is determined by you and your partner and your team to ensure your safety and quality of care. The support of the patient is specific to their needs. Following the birth of your baby, family are welcome for a brief visit, being respectful of your needs.

Caesarean Section
During the Cesarean section the nurses and doctors will help you and your family with your needs during the surgery and recovery on the unit.

- One person may stay with you, 1 additional person may be allowed in special circumstances.
- Children are not allowed to attend in the operating room or recovery room.

* Visiting guidelines are subject to change *
Management of Discomforts

There are many ways to help you cope with the birth of your baby. Remember to practice what you learn in the prenatal classes or with your health care provider. Please ask for information about options with pain relief for labour and birth.

Pain is unique to each patient. Your health care team provides you with pain management and support options. These options include: coaching, breathing methods, tub relaxation in bath/shower, birthing ball or birthing stool, many position changes, massage, and medications.

Discuss the options available, the risks, and what is best for you.

Moving Through the Birth Experience

Triage Assessment

- When you arrive to Labour and Birth you are seen in the triage area. The staff talk with you and help you.

- A medical history and physical exam (vaginal and abdominal) is done and your doctor or midwife is contacted.

- Your nurse takes your temperature, blood pressure, and pulse. They assess your baby’s heart rate, your contractions, and may ask you for a urine sample.

Birthing Room

- During labour you and your baby are supported and assessed on an ongoing basis.

- We encourage you to move around during your labour. We let you know if there are any restrictions.

- Videotaping and photography of the birth experience is a personal choice. Please discuss your wishes with your support people and the doctor or midwife before the birth of your baby.

Scheduled Cesarean Section

- You are admitted to the Mother Baby Unit when the Fetal Assessment PreAdmission Clinic tells you to arrive at the hospital.

- When your time for surgery is available you are asked questions about your surgery and then the staff helps you get safely to the Labour and Birth Unit.

- Labour and Birth Unit staff help you in the surgery and answer questions you may have.
After the Birth

- The goal is that your newborn is placed on you, skin to skin shortly or immediately following birth. This helps to keep the baby warm. The placenta (afterbirth) may take anywhere from 2 to 60 minutes to be delivered. You may not notice this occurring.

- Please speak to your health care team regarding your choice of feeding method, if you need help with feeding please let your team know. If you choose to chest/breastfeed, your baby should be placed on your chest as soon as possible. If you choose another method to feed your baby the staff will assist with showing you the proper methods.

- Your newborn will have a physical assessment, will be weighed and measured. Your newborn may receive necessary medications after you or your partner consent for them to be given.

- Identification bands are placed on the patient, the partner, and baby.

Mother Baby Unit (MBU) (306) 766-6170

Between 1 to 2 hours after delivery you and your family are welcomed to the Mother Baby Unit. Your baby stays with you in your room.

Visiting on the Mother Baby Unit

- Individuals are encouraged to have one (1) “Support Person” in addition to their partner/designate to help them throughout their stay. This may be a family member or friend. The partner or designate and additional support person are referred to as individual’s Support People. These Support People are welcome to be with them to help at any time, night and day.

- It is the individual’s responsibility to determine who visits by informing visitors/guests of their room number. Patients, families and guests are asked to minimize disruptions and respect the privacy of other patients.

- Siblings of the baby are welcome to visit. Any visitor under the age of 12 years must be accompanied by an adult caregiver. The Mother Baby Unit does not have the capacity to allow for any children to stay overnight.

- Space limitations require large groups to alternate their time with the patient. Four (4) guests in addition to individual’s support people and children can be accommodated at a time. Spouse/partner and 1 support person are welcome 24 hours a day. The 24 hour support person can be changed at your request.

- Individuals/families will determine their own rest periods. “Do Not Disturb” signs are available in each patient room if patients wish to use them.
Services Available on the Mother Baby Unit

Each room on the unit provides family centred care to the patient and the family during pregnancy and following the birth of your baby. Each room is equipped with its own bathroom, tub, and shower and has a fridge for you to use. There are 2 galley kitchens in the unit with a fridge and a small amount of food and beverages for the patient. There is a microwave in each galley for you and your family to use.

Telephone and television rentals: Each patient room has a television and telephone at the bedside for an additional cost. The televisions can play videos from a flash drive. Payment is accepted with Visa or MasterCard.

Technology: The use of cellular phones is allowed on the unit. You are welcome to bring a personal DVD player or a wireless tablet/laptop to access the internet. Free WiFi is available in the Regina Qu’Appelle Health Region.

Mother Baby Gathering Room: This room is for patients and their babies to gather day or night. It can provide a quiet place for them. Informal information sessions about breastfeeding are on Monday, Wednesday, and Fridays at 11:00 a.m.

Daily Routine

It is important that you have the support you need as you welcome the newest member of your family. Your spouse/partner or support people are encouraged to be with you and baby during your hospital stay.

Every Day on the Unit

- Staff check you and your baby when you arrive on the unit and on each new shift.

- You get to know each other and begin to gain confidence caring for your baby by being together as a family.

- Teaching about your baby and care of your baby is ongoing. You are provided with a postpartum teaching check list to help the team understand the information you need. Some topics for learning are: breastfeeding, bathing, the baby, cord care, birth control, and taking care of yourself.

- Staff help you with the registration of the birth for Vital Statistics Birth Records. Make sure this form is filled out before you are discharged home. Information regarding the baby’s birth certificate and child tax is given to you.

- During your stay, your baby has blood tests done. Information regarding the Saskatchewan Newborn Screening program can be accessed through this link file:///D:/File%20Downloads/newborn-screening-info-for-parents-june-2009.pdf This is done by a small poke on your baby’s heel. To help the baby with the procedure you can place your baby skin to skin, breastfeed, or discuss the option for sugar and sucking with your nurse.

- Medications for your pain relief are available. If it does not help your pain, talk to your nurse/physician/midwife.
For Your Baby’s Safety:

- If you leave the unit **always** make sure to have someone look after your baby.
- Never leave your baby alone in your room or take your baby off the unit.
- To prevent falls, push baby in the bassinet when you are walking.
- The Regina Qu’Appelle Health Region does not support co-sleeping due to the increased frequency of Sudden Unexpected Infant Death and Sudden Infant Death Syndrome associated with this practice.
- Baby **must** sleep in the bassinet on their back.

Neonatal Intensive Care Unit (NICU) (306) 766-6161

There are many reasons why babies are admitted to this area:

- preterm;
- diabetes in the pregnancy if it was not well controlled;
- suspected infection in the newborn;
- some medications used by patient;
- difficulties with baby’s breathing; and
- low birth weight.
Newborn Nursery (NBN) / Special Care Nursery (SCN) (306) 766-6657

These areas provide additional care and support for newborns and their families. With help from staff, individuals and families may access the NBN when family support is limited and if there are concerns about patient or baby. Talk to your nurse if you would like more information about the nurseries.

If your baby is admitted to the NICU/SCN it is best if you visit as often as possible. You are given more information about the unit and your baby on your first visit.

The length of time your baby stays in NICU/SCN depends on your baby’s condition. Please ask the healthcare team any additional questions or concerns you may have at any time.

Visiting in Newborn Nursery (NBN), Special Care Nursery (SCN) & Neonatal Intensive Care Unit (NICU)

It is important to ensure that family members are not sick with signs and symptoms of a cold, flu, or any infection. It is important to wash each person’s hands for 2 minutes when you come to visit.

- Parents and grandparents welcome anytime.
- Siblings over the age of 5 supervised by a parent can visit.
- Four visitors at a time are permitted.

Visitors are not allowed from 7:15 a.m. to 7:45 a.m. during shift turnover.

Visitors may be asked to leave during doctors’ rounds.

Feeding Your Baby

Your healthcare team offers you support and help with feeding your baby. Feeding your baby is a learned, new skill for both the individual, family, and the baby. Chest/breastfeeding can most often be successful with the support of family and the healthcare team.

If needed, extra help is available from a certified Lactation Consultant. This service is provided on the Mother Baby Unit 7 days a week. The Lactation Consultants provide a “Baby Friendly” class for infant feeding Monday, Wednesday, and Fridays 1:30 p.m.—2:30 p.m.

If feeding with formula or other methods, the staff can give you information and resources.

“Baby Friendly” Means Assisting You to:

- make decisions on how to feed your baby;
- be prepared with correct and current information about feeding;
- receive help getting a good start with chest/breastfeeding in hospital;
- learn how to get feeding support once you are home; and
- feel confident and supported to continue chest/breastfeeding for as long as you and baby want to.
Going Home

- Discuss leaving the hospital and further instructions with your nurse/doctor/midwife before you leave.

- All linen, house coats, and breast pumps that have been provided to use in the hospital are property of the RQHR and must be returned before you go home.

- Make sure that you have baby clothes and an approved car seat to take your baby home in. Staff will make sure you have your baby properly strapped into the car seat.

- The Maternity Visiting Program (MVP) supports families in and around Regina once you are home. A MVP public health nurse talks to you about this service before you leave the hospital. (306) 766-3700

- The MVP nurse calls you once you are home to provide support and arrange a home visit. A Population and Public Health Services public health nurse contacts you 2 to 3 weeks after discharge to provide more support.

- If you live outside of the Regina area, a Public Health nurse within your community contacts you to discuss how you and your family are doing, to provide support, and may arrange a home visit.

- Postpartum care is provided by your doctor/midwife/nurse practitioner. Your midwife sees you in your home or in their office. Your doctor/nurse practitioner has you schedule a time to see them in the office within 6 weeks.

- Newborn care is given to the baby by the doctor/midwife after you leave the hospital. These health care providers have you schedule a time to see them in the office or home within a couple weeks.

- It is important to know about depression in pregnancy, depression after the birth, and possible “baby blues” or postpartum psychosis. There is information in “Caring for Yourself and Your Newborn” about this. Another resource is the Saskatchewan Maternal Mental Health initiative.

- During your stay at the Regina General Hospital, speak to your doctor, midwife, nurse practitioner, or nurse at any time if you have questions or concerns. For information refer to the booklet called “Caring for Yourself and Your Newborn”.

The Obstetric Healthcare Team is here to care for you and your family and help each of you in the birth experience.

All Photos courtesy RQHR Medical Medial Services Department.