



UW Medicine

当宝宝需要留院时

为您做解说

本章为您解说如您自己已经出院、但宝宝还需在母婴室或新生儿重症监护室的情况。

我自己已经出院、但我宝宝乃须留院会是怎样的情况？

有时母亲已出院、但她的宝宝乃然需要医院的护理、如您是在这情况下：

- **您宝宝足够强壮、可以留在母婴室（MBU）：**您就可以留在母婴室（MBU）的房间里、并帮助照顾婴儿。
- **宝宝需要额外的护理：**您的宝宝将留在新生儿重症监护室（NICU）。您将成为医院的“客人”、并且可以在宝宝的NICU过夜。



如可能、父母亲与新生儿在一起是最好的。

我宝宝是患者、我自己是访客是怎样的情况？

- 您自己需签署**出院表格**。这样您就不再是医院的患者、就不会再接受到医疗护理。您的宝宝只要是患者就将继续接受医疗护理。
- 我们将除去您的**住院病者的腕带**。但是、您和您的支持者还是继续佩戴与您宝宝环带相匹配的腕带。在将宝宝带回家之前、您和您的支持人员都需要继续戴这腕带。
- 您需要提供自己的**饮食**。出院前、您可以通过病房服务订一些小吃。这样您就不必很快就要考虑订外卖或去便餐店、可将食物放进房间的冰箱、直到出院为止。我们会为您补添饮水、您也可以使用微波炉加热食物。

- 您和您的支持人需要自己负责衣服和日用品。我们会为您提供 6 个女性护垫、2 个网眼内裤、一块肥皂和牙膏、以便在您自己购买前的暂时所需。
- 您需要自备药物。提醒您、在需要服用下一次剂量之前、请到药房配药。出院后、母婴室就不再为您提供药物。

如我（或我的支持者）需要医疗怎么办？

- 如您的支持人员需要紧急医疗、应去急诊室。
- 因为您是近日出院的、所以需要紧急医疗服务时、也许可以在分娩部看医生或助产士。如您需要看医生、请告诉您宝宝的护士。我们将帮助您安排分娩部门或急诊科看诊。

我们如何帮助照顾我们的宝宝？

在母婴室：

- 至少有一名父母必须每天 **24** 小时与宝宝在一起。一些父母选择轮班制。
- 如有任何原因需要离开母婴室（**MBU**）、请立即告诉宝宝的护士。
 - 如您仅离开 **15** 至 **20** 分钟、我们可安排母婴室（**MBU**）的护士照顾您宝宝。
 - 如您需要离开更长的时间或经常离开、您宝宝就需要留在重症监护病房。如发生这种情况、您可以到那里探望宝宝。您可以客人身份在宝宝的新生儿重症监护室（**NICU**）过夜。
- 如需要自己和宝宝有一段安静的时间、就请告诉宝宝的护士、我们会在宝宝门上的门牌圈选“不要打扰”。并注明结束的时间。请与宝宝的护士商讨、如何按照哺乳的时间做“集中”式的护理。

在母婴室（**MBU**）或新生儿重症监护室（**NICU**）：

- 请与您的护士谈谈您可以如何来帮助照顾宝宝。我们希望帮助您在带宝宝回家之前尽可能地多学习。我们还希望帮助您在宝宝住院期间练习照顾宝宝。
- 当宝宝由我们护理时、我们会：
 - 与您谈论宝宝的护理计划



如需要自己和宝宝有一段安静的时间、就请告诉宝宝的护士

- 观察并评估您宝宝的健康状态
- 根据您的需要来支持、辅导、教导您、这样您就可以自己哺乳、照顾您的新生儿
- 为您的宝宝提供最优质的医疗服务
- 根据需要供应宝宝的尿布、毛毯、衣物和哺乳用品，以及您抽乳液的用品

安全

- 请阅读本手册“新生儿的 8 项安全事项”一章。
- 请保持地面畅通、以便护理人员可以轻松、快速地从门外赶到您宝宝身边。
- 请将所有个人物品放在储藏柜内。如有任何问题、请告诉我们。

防止感染

婴儿有被感染的风险、为了防止感染、请您：

- 洗手或使用消毒胶
 - 每次您进入宝宝的房间
 - 每次您离开宝宝的房间
- 如您感冒伤风了请告诉我们。
- 如有访客或家人病了、请他们留在家里、等好了再来访。

个人物品

- 您随时都要对自己的物品负责
- 离开房间时请勿将任何物品留在房间内、即使您离开的时间很短。随身携带电子设备和所有连接器
- 出院前、请务必检查随身携带的物品。检查地上、电源插头、床上、沙发床、浴室和淋浴间。确保回家时没有将任何物品留在医院。

应对

对于父母亲来说、这可能是一个压力很大的时期。许多父母感到疲乏、有些则很担心。大多数的人都渴望带他们的孩子回家。

宝宝的出院日期取决于:

- 他们的体征
- 哺乳的进展
- 他们有没有黄疸
- 宝宝的医生和护士每天都会与您讨论宝宝的出院计划。但是请注意出院计划可能会经常突然更改。可以带宝宝回家时、我们会帮助您做好准备。

请与您的护士谈谈您的感觉及有什么需要。您的护士可以协助您度过这一段路程。

隐私

请记住护理人员可能会随时进入宝宝的房间。也就是您没有像在家时的隐私。

请您:

- 在浴室更换衣服。
- 提醒您的伴侣他们在宝宝房间内必须穿上衣服。

您宝宝留住母婴室

宝宝的护士会与您一起配合做集中式的护理。每次换班、新护士都会与您一起制定计划、以便在同一个时段内哺乳、测量体征、称宝宝体重、做测试以及其他需要的医护理。如宝宝比计划醒来哺乳的时间早、请致电给护士、这样我们就可以配合让您尽量有时间休息。

我宝宝留住母婴室的目标

您宝宝的护理计划

哺乳

体重

体征

出院的目标

When Your Baby Stays in the Hospital

What to expect

This chapter explains what to expect if you are discharged from hospital care and your baby is still a patient, either on the Mother Baby Unit or in the Neonatal Intensive Care Unit.

What happens if my baby stays in the hospital after I am discharged?

Sometimes a mother is discharged from the hospital but her baby still needs hospital care. If this happens for you, and:

- **Your baby is strong enough to stay in the Mother Baby Unit (MBU):** You can stay in your MBU room and help care for your baby.
- **Your baby needs extra care:** Your baby will stay in the Neonatal Intensive Care Unit (NICU). You will become a “guest” at the hospital and can stay overnight in your baby’s NICU room.



It is best for parents and newborns to stay together, if possible.

What can I expect when my baby is a patient and I am a guest?

- You will sign **discharge forms** for yourself. This means that you are no longer a patient in the hospital and will not receive medical care. Your baby will keep receiving medical care as long as they are a patient.
- We will remove your **inpatient wrist band**. But, you and your support person will keep wearing the wrist band that matches your baby’s band. You and your support person need to keep these bands on until you take your baby home.

- You will need to provide your own **food**. Before you sign out, you might want to order some snacks from room service. This will give you a little time before you need to think about bringing in food, ordering take-out, or using the cafeteria. You can keep these snacks in the refrigerator in your room until you are discharged. We will refill your water and can give you access to a microwave to heat your food.
- You and your support person will need to provide your **clothing and supplies**. We will give you 6 peri pads, 2 mesh panties, a bar of soap, and toothpaste to last until you can get your own supplies.
- You will need to take care of your own **medicines**. Please remember to pick them up from the pharmacy before you need your next dose. The Mother Baby Unit cannot supply medicines to you after your discharge.

What if I (or my support person) need medical care?

- If your support person needs urgent medical care, they should go to the Emergency Department.
- Because you were recently discharged, if you need urgent medical care, you may be able to see a doctor or a midwife on the Labor & Delivery Unit. If you need to see a doctor, tell your baby's nurse. We will help you get care either in the Labor & Delivery Unit or the Emergency Department.

How can we help care for our baby?

On the Mother Baby Unit:

- **At least 1 parent must stay with your baby 24 hours a day.** Some parents choose to take turns.
- **Tell your nurse right away if you need to leave your baby's MBU room for any reason.**
 - If you will only be gone 15 to 20 minutes, we will arrange for a nurse from the MBU to watch your baby.
 - If you need to be gone longer or more often, your baby will need to stay in the NICU. If this happens, you can visit your baby there. You can sleep overnight in your baby's NICU room as a guest.



Tell your baby's nurse if you want some quiet time for yourself and your baby.

- **If you want some quiet time for yourself and your baby,** please tell your baby's nurse. We will circle "Do Not Disturb" on the sign on the door to your room and note an end time on the clock sign. Talk with your baby's nurse about how to "cluster" care around feeding times.

On the MBU or in the NICU:

- **Please talk with your nurse about what you can do to help care for your infant.** We want to help you learn as much as possible before you take your baby home. We also want to help you practice care while your baby is in the hospital.
- **While your baby is in our care, we will:**
 - Talk with you about your baby's plan of care
 - Watch and assess your baby's health
 - Support, supervise, teach, and help you as needed so that you can feed and care for your newborn by yourself
 - Provide the highest quality medical care for your baby
 - Provide your baby's diapers, blankets, clothing, and feeding supplies, and your breast-pumping supplies as needed

Safety

- Read the chapter "Newborn 'Safe 8'" in your workbook.
- Please keep the floor clear, so that care providers can easily and quickly get to your baby from the door.
- Keep all personal belongings inside the storage cupboard. Please tell us if you have any problems doing this.

Preventing Infection

Infants are at risk for infections. To help prevent infection please:

- Wash your hands or use the hand gel sanitizer:
 - Each time you enter your baby's room
 - Each time you leave your baby's room
- Please tell us if you are getting a cold or the flu.
- If visitors or family members are ill, ask them to stay at home and visit when they are well.

Personal Belongings

- You are responsible for your own belongings at all times.
- Please do **not** leave any of your belongings in the room when you leave the room, even if you will be gone for just a short time. Take electronic devices and all connectors with you.
- Before discharge, be sure to check everywhere for items you may have brought with you. Check the floor, electrical plugs, your bedding, the sofa-bed area, bathroom, and shower. Make sure you do not leave any of your belongings in the hospital when you go home.

Coping

This can be a stressful time for parents. Many parents are tired and some are worried. Most are eager to take their baby home.

Your baby's discharge date depends on:

- Their vital signs
- Their progress with feeding
- Whether they have jaundice

Your baby's doctors and nurses will be talking with you every day about your baby's discharge plan. But please know that the discharge plan may change often and suddenly. We will help you to be ready when it's time to take your baby home.

Please talk with your nurse about how you are feeling and what you need. Your nurse can help you through this time.

Privacy

Please remember that care providers may enter your baby's room at any time. This means you do not have the privacy you have at home.

Please:

- Use the bathroom for changing clothes.
- Remind your partner to wear clothes while they are in your baby's room.

Your Baby's Stay on the Mother Baby Unit

Your baby's nurse will work with you to cluster care. Each shift, your new nurse will make a plan with you for feeding, taking vital signs, weighing your baby, doing tests, and anything else that needs to be done for your baby's care. Please call the nurse if your baby wakes up to feed earlier than planned so we can support your need to rest.

Goals for My Baby's Stay on the Mother Baby Unit

My Baby's Plan of Care

Feeding

Weight
