



UW Medicine

在宝宝身边

当您的宝宝在新生儿加护病房时

恭喜您的孩子出生！我们能参与您生育经历，并在这重要时刻成为您家庭生活中的一分子深感荣幸。感谢您信任我们来照顾您和您的宝宝。

为什么我宝宝是在另一个部门呢？

有时我们必须采取特殊措施来帮助妈妈和宝宝在出生后康复并变得更强壮。这可能包括他们需要在医院其他部门待一段时间。

目前、您是在母婴病房中康复室、宝宝在新生儿加护病房（NICU）接受额外的护理。新生儿加护病房（NICU）是专门照顾需要额外医疗护理的新生婴儿的一个特殊部门。新生儿加护病房（NICU）拥有先进的技术和训练有素的员工、他们将为您的宝宝提供专业的护理。

我们也希望您尽可能地与宝宝在一起。我们也希望帮助您快速地全面恢复。



目前宝宝正在新生儿加护病房（NICU）接受额外的护理

我如何去新生儿加护病房（NICU）看我宝宝？

一般妈妈第一次去新生儿加护病房（NICU）是在：

- 产后
- 在您入住母婴室(MBU)之前
- 与您产房的护士一起去

当您第二次去看宝宝时、母婴室（MBU）的护士或患者护理技术人员会带您去新生儿加护病房（NICU）。虽然您可能觉得自己可以走去、但为了安全起见、我们还是会带您坐轮椅去。

之后、您可以自己与家人一起去新生儿加护病房（NICU）我们会告诉您和您的家人如何从蒙特湖大楼（**Montlake Tower**）到新生儿加护病房（NICU）的门口。

当您离开母婴室去新生儿加护病房（NICU）看望宝宝时：

- 在母婴室前台**签出**。并写下您计划何时回来。
- 当您回母婴室时请签到。这样、我们才能根据需要告诉您的访客您在那里。

新生儿加护病房患者服务专员会为您和您的家人解说该病房的操作。他们会为您提供有关访客政策、安全性、健康状况、洗手习惯和家庭设施的信息。

我是不是随时可以去看望我宝宝？

请确保在护士交接班时您是在母婴室。护士交接班需要做安全检查、照顾您的护士和接班的护士都必须与您交谈。如您大多数的时间都不在母婴室、那这段交班时的一些检查就更重要了。

有关您的护理及康复

在您离开母婴室去看望探宝宝之前、您的护士会与您讨论您的疼痛控制和其他药物的护理计划。每次您离开母婴室时、我们都会这样做。

护士还会制定一个检查体征并泵母乳的作息计划。我们将利用您在母婴室的时间来做这些项目。

这个计划可以帮助我们支持您的康复。它还可以帮助我们了解您可以多频繁地、安全地离开母婴室去新生儿加护病房看望宝宝。

当您宝宝在新生儿加护病房时、可能很难考虑到自己的护理需求。但是请记住：

- 您必须小睡和休息、使自己健康强壮、以便照顾宝宝
- 控制好疼痛有助于您的康复。不要长时间不服用止痛药。尤其对剖腹产的妈妈就更重要了。

在看望宝宝时、新生儿加护病房的护士可否顺便看看我？

照顾宝宝的新生儿加护病房的护士不是产科护士。您在新生儿加护病房时、他们无法为您提供护理。

我们会把您在母婴室护士的电话、告诉新生儿加护病房照顾宝宝的护士。如您在看望宝宝有任何顾虑、请致电您母婴室的护士。 **如您感到稍有不妥、请致电您的护士或返回母婴室。**

如您觉得不舒服

如您的体征、血糖和疼痛无法控制好、我们可能会与您一起制定计划、以便您去新生儿加护病房的时间可以短一些。

如您的家人有视频的设备、他们可以从新生儿加护病房拨打电话、来给您一些与宝宝视频的时间。新生儿加护病房的护士可以帮助他们选择一个适当的时段。

母婴室的护士经理、助理经理或值班护士会与您核对、以确保我们提供了您需要与宝宝在一起的时间。

去母婴室及新生儿加护病房的指南

- **去母婴室:**从医院大门入口（就是 **3** 楼）右转。乘太平洋电梯（**Pacific Elevator**）到 **5** 楼。
- **新生儿加护病房:**从医院大门入口（就是 **3** 楼）左转。到礼品店时右转、顺着走廊到蒙特湖电梯、再乘蒙特湖电梯（**Montlake Elevator**）到 **4** 楼。

现在、请回到本手册的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。

您有疑问吗？

我们很重视您的提问。如您对去新生儿加护病房看望宝宝有任何疑问、请致电您的医疗提供者。

Being Near Your Baby

When your baby is in the Neonatal Intensive Care Unit

Congratulations on the birth of your child! We feel privileged to be part of your birth experience and this important time in your family's life. Thank you for trusting us to care for you and your baby.

Why is my baby on another unit?

Sometimes we have to take special measures to help moms and babies recover and become stronger after birth. This can mean that they need to be on separate hospital units for a while.

Right now, your baby is being cared for in the Neonatal Intensive Care Unit (NICU) while you are recovering on the Mother Baby Unit. The NICU is a special unit that cares for newborn babies who need extra medical attention. The NICU has advanced technology and trained staff who are providing expert care for your baby.



Right now, your baby is being cared for in the Neonatal Intensive Care Unit in the hospital.

Please know that we want you to be with your baby as much as possible. We also want to help you to recover fully and quickly.

How can I visit my baby in the NICU?

Most times, a mother's first visit to the NICU is:

- After delivery
- Before you move to the Mother Baby Unit (MBU)
- With your labor nurse

When you and your baby are ready for a 2nd visit, your Mother Baby Unit (MBU) nurse or patient care technician will take you to the NICU. Even if you feel you can walk, we will take you in a wheelchair. This is for your safety.

After that, you may be able to travel to the NICU with just your family. We will show you and your family how to find the NICU entrance in the Montlake Tower.

When you leave the MBU to visit your baby in the NICU:

- **Sign out** at the MBU front desk. Write down the time you plan to return.
- When you return to the MBU, **sign in**. This way, we will be able to tell your visitors where you are, as needed.

The NICU Patient Service Specialist will help you and your family learn about the unit. They will give you information about the visitors' policy, security, health, handwashing practices, and family facilities.

Can I visit my baby at any time?

In the MBU, we do safety checks every time the nurses start a new shift. Please make sure you are on the MBU at these times. Both the nurse who has been caring for you and the nurse who is starting the next shift must see and talk with you during these safety checks. These checks are especially important if you are spending time away from the unit.

Your Care and Recovery

Before you leave the MBU to visit your baby, your nurse will talk with you about your plan of care for pain control and other medicines. We will do this each time you leave the MBU.

Your nurse will also make a plan for checking your vital signs and pumping breast milk. These tasks need to be done while you are in your room in the MBU.

This planning of your day helps us support your recovery. It also helps us know how often you can safely leave the MBU to visit the NICU.

It may be hard to think about your own care needs when your baby is in the NICU. But, please remember that:

- You must take regular naps and rest time for yourself so that you can get healthy and strong, and be able to care for your baby.
- Keeping your pain under control will help your recovery. Do not go for long periods without your pain medicines. This is especially important if you have had a Cesarean birth.

Can the NICU nurses provide my care when I'm visiting my baby?

The NICU nurses caring for your baby are not obstetric nurses. They cannot provide your care while you are in the NICU.

We will give your baby's NICU nurse your MBU nurse's phone number. Please call your MBU nurse if you have concerns while you are visiting the NICU. **If you feel even a little unwell, call your nurse or return to the MBU.**

If You Are Not Well

If your vital signs, blood sugars, and pain are not well controlled, we may work with you to create a plan for you to visit the NICU for shorter periods.

If you have a family member with a device for Skype or FaceTime, they can give you some "virtual" baby time by dialing your phone from the NICU. The NICU nurse can help them choose a good time to do this.

The MBU nurse manager, assistant manager, or the charge nurses will check with you to make sure we are meeting your need to be with your child.

Finding the MBU and NICU

- **Getting to the MBU:** From the main entrance of the hospital (3rd floor), turn right. Take the Pacific elevators to the 5th floor.
- **Getting to the NICU:** From the main entrance of the hospital (3rd floor), turn left. When you reach the Gift Shop, turn right and go down the hallway to the the Montlake Tower. Take the Montlake elevators to the 4th floor.

Now, please go back to the Table of Contents of this workbook and check the box so your nurses will know you have read this chapter.

Questions?

Your questions are important. Call your healthcare provider if you have questions about visiting your baby in the NICU.