

## Women's Services

# Welcome to Special Care Baby Unit

### About the ward

The Special Care Baby Unit (SCBU) is for babies who need less intensive care. The unit has 10 cots.

- Babies may be cared for here if they need some help with feeding or keeping warm.
- Some babies are cared for here post surgery, once they no longer need to be in the intensive care unit.
- Some babies may just require antibiotics and/or intravenous fluids.

The unit is a quieter, more family focussed environment. The emphasis is on parents starting to take over more of the care their baby requires. The unit also prepares parents for taking their baby home.

Babies may be discharged from SCBU to Sara Ward (Transitional Care) or to home with the support of the Neonatal Community Team if you live within the area they cover. If not, the team will contact your local team.

### Contact Details

SCBU, Rosie Hospital, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ

### Telephone numbers:

Direct line 01223 348059

### Directions and Travel

- Directions from main reception:  
Turn right into main concourse. Exit the concourse near to the hairdressers and turn right. Follow the long corridor towards the Rosie hospital. On entering the Rosie, follow the corridor to the lifts. Take the lift to the third floor. On exiting the lift turn right and follow the signs to SCBU which is accessed through Sara ward.
- If your baby is likely to be hospitalised for two weeks or more, you can get a discounted parking ticket from the main reception. This allows you to exit

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from the car parks for 14 consecutive days from the day you validate the ticket.

## Staff

If you would like to find out 'who's who' on the ward, please see the ward notice board. It contains the names and pictures of the staff on the ward. It will also detail on a daily basis which staff will be working so that you can easily identify who will be providing care for you and your baby.

## On your Arrival

When your baby is admitted to SCBU, the staff will ensure that he/she is stabilised and settled in. They will carry out any procedures that may be necessary and these may take a bit of time.

When you arrive on the unit, your baby's progress will be discussed with you. We aim to include you in all aspects of your baby's care. The staff will give you general information about visiting and the daily ward routine.

## Visiting Hours

- Visiting is open for partners and the mother's own children only.
- SCBU is a very warm environment and two visitors at any one time is the routine.
- Visiting times for other visitors: 1430 -1630 hours and 1900 – 2030 hours.
- When you have visitors, please be considerate of other families, whose babies may not be very well. We aim to provide a quiet environment for the babies as this encourages their development.

## Infection Control

- When you or your visitors are entering and leaving the SCBU wash your hands and use the hand rub provided to help us prevent the spread of any infections.
- When you pick up your baby or perform any care please remember to also wash your hands and use the hand rub provided.
- Addenbrooke's has a number advice leaflets for patients and their visitors about infection control. They can be accessed from the Addenbrooke's website:  
[http://www.addenbrookes.org.uk/patient\\_visitors/information\\_leaflets/library/list\\_i.html](http://www.addenbrookes.org.uk/patient_visitors/information_leaflets/library/list_i.html)
- If you do not have access to the Internet, please contact PALS on 01223 216756 or extension 2756.

## Food and Drink

- If you are a patient on Sara ward – please see ward information about meal times.
- If you are not a patient on the ward, there is access to the food court in the concourse of the main hospital.
- There is a cold water fountain opposite the door of SCBU.

## Ward Facilities

- Toilets: the first toilet on the left hand side of Sara ward may be used by visitors.
- There are also male and female toilets just outside the ward entrance.

## Clothing and Laundry

- You are welcome to bring your baby's own clothes, but they should be labelled clearly and taken home for laundering.
- Please provide your own disposable nappies and cotton wool as well.
- We advise you not to use baby products on your baby's skin in the early days of life, as it may lead to the development of skin allergies later.
- We do have a supply of small baby clothes for SCBU which can be useful.
- You may wish to have a toy in with your baby; this also should be labelled and taken home for washing at the end of each week. You may want to have a rotation system to ensure that your baby has a clean toy at all times.

## Who to contact for further advice/questions

- Mandy Wilderspin, Acting Lead Nurse, SCBU: 01223 586961 or;
- The nurse in charge: 01223 348059.
  
- Please call after 0800 hours, the changeover of nursing staff will be complete by this time.
- To discuss care issues, please contact the nurse in charge.

## Drug Rounds

- The nurses may be preparing drugs to give to the babies in SCBU. If you see this and you wish to speak to them, we would ask that you try and wait until they have finished.

## Doctor's Ward Rounds

- Doctors ward rounds are every morning and you are welcome to be present.
- The ward round starts at 0900 hours.



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

#### Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

#### Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

#### Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

#### Cantonese

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagidaki adrese e-posta gönderin: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

#### Turkish

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk) ঠিকানায় ই-মেইল করুন।

#### Bengali

##### Document History

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