

**מחלקות יולדות ותינוקות ד'**  
**מידע ליולדת ומשפחתה**

**Maternity and Neonatal D Department**

**Information for the Expectant Mother and Her Family**

**Dear Expectant Mother,**

Congratulations on your upcoming birth. In order to make your stay in the department easier, we have summarized some general information to assist you through your admission to the department, hospitalization stay, and arrangement for discharge – with the goal of making your stay in the Maternity Department easier.

The Maternity and Neonatal D Department staff warmly welcomes you and would like to help with any questions you may have.

You are the focus of our daily activities in the department. Our goal is to promote your welfare and advance the quality of treatment you receive.

**About the department:**

The department is located on floor **10** in the Mother and Baby Wing, in the Dor Haba (Next Generation) Building.

The department has **42** beds in **18** rooms.

Located at the far end of the department is the “rooming in” section.

Your room is arranged for a pleasant and comfortable stay: it has an adjoining bathroom and shower, beds separated by a curtain, and next to each bed there is a cabinet for storing personal belongings, and a pager to call the staff.

At the entrance to the department there is a family room with couches and bathrooms.

You may use the kitchenette opposite room 40. The kitchenette has a refrigerator where you can store packaged and labeled personal food, a hot drink station, and a water cooler.

The heating of food in the department microwave is allowed only for food provided by the hospital.

The hospital does not provide disposable eating supplies.

**Medical specialties of the department:**

The department cares for infants and new mothers following regular birth or C-section.

The baby will stay in the department in one of three ways:



- Spending most of the day with you and night in the Neonatology Department.
- “Flexible Rooming-In”: the baby will be with you day and night. Treatments, follow-up, and examinations will be done in the Neonatology Department.
- “Full Rooming-In”: The baby will stay in your room, with no connection to the Neonatology Department at all. All treatments, follow-up, and examinations, including instruction for bathing and caring for the baby – and more – will be done in your shared room. Examination of the baby prior to discharge and personal consultations with a pediatrician will take place in the Neonatology Department.

Treatment and routine follow-up include:

- Monitoring of bleeding and uterus contractions.
- Guidance for self-care during periods of bedrest.
- Identification of existing and potential abnormal conditions and proper treatment.
- Assistance and instruction in nursing/feeding your baby.
- Provision of medication as needed.
- Treatment of pain following birth.
- Tracking infant weight, and proper urine and bowel movements.
- Guidance for infant care.

**Department staff:**

The department staff includes doctors, nurses, secretary, social worker, dietitian, auxiliary staff, National Service women and volunteers.

Maternity Department Director: **Prof. Arnon Samuelov**

Neonatal Department Director: **Prof. Francis Maimuni**

Department Head Nurse, Maternity: **Ms. Shuli Alchadad**, room 10730

Department Head Nurse, Neonatology: **Ms. Gavriella Louis Edot**, room 10758

Secretary, Maternity: Ms. Bracha Cohen

Secretary, Neonatology: Ms. Daniella Nograni

Social Worker: Ms. Tali Mor-Yosef, Room 9685, Sunday-Thursday, 8:00-15:00.

Nursing Coordinator: Ms. Idit Shitrit, room 10719

You can contact these personnel through the department nurses/secretary.

**Phone Numbers:**

Department Desk: 02-564-5540 (Maternity), 02-564-5541 (Neonatal).

Department fax – 02-564-5138

You can receive a department business card from the secretary's desk.

### **Admission of expectant mother to the department:**

- During your admission to the department, a nurse will admit you and fill out a short questionnaire and measure your vital signs: blood pressure, pulse, and temperature.
- It is best to bring all relevant medical documents: x-rays, test results, summaries of previous illnesses and medications, pregnancy tracking card.
- The admission process may take some time due to the need to treat mothers already hospitalized in the department. We apologize for this in advance and request your understanding.
- We recommend that you bring from home bathing supplies, slippers, a robe, disposable eating utensils, and other personal belongings that you may need during your stay in the department.

### **Admission of infant to the department:**

- Admission includes nursing care, including: bathing and weighing, vaccination, and routine tests (upon arrival at the delivery room, you received a sheet to sign detailing how the infant will be cared for).
- The infant will be examined by a physician in the first hours following birth.

Please **do not** bring valuables such as money, jewelry, and electronic devices.

If you do bring valuables, we will ask you to deposit them with a family member/friend to keep them until your discharge from the hospital.

Alternatively, you can deposit your valuables with the hospital security department.

The attending nurse will summon a security officer at your request in order to arrange for the deposit of valuables.

The hospital is not responsible for loss/damage to valuables.

### **During Your Hospitalization:**

- The work method in the department is based on a “deposit” method: each nurse has a number of patients she is responsible for during the shift. It is recommended to contact this nurse for any issue or request. Of course, in urgent cases – any staff member will be available to you.
- The staff provides treatment based on need: medication, blood tests, measurement of vital signs, tracking and monitoring, and performance of various procedures in the department, as well as sending the patient for procedures in other departments and institutes as needed.
- If you so wish, one person is allowed to accompany you over the course of the night, with the coordination and approval of the head nurse. The person may only use the easy chair.
- Before every test and treatment for you or your baby, the staff member performing the procedure will provide you with an explanation.
- You can ask the staff questions at any time, and we will answer to the best of our ability.



**Please do not leave the department without notifying and receiving permission from the nurse in charge of your care during the shift.**

**When you leave the department, please make sure you have a cell phone and that the department secretary has the phone number.**

**Daily schedule in the department:**

Nursing staff works in three shifts: morning 07:00-15:00, evening 15:00-23:00, night 23:00-07:00.

Nursing shift turnover times: 07:00-07:30, 15:00-15:30, 23:00-23:30.

Medication distribution times: morning 08:00, afternoon 14:00, evening 18:00, 22:00, night 06:00.

Meals served to rooms (for patients who cannot walk): breakfast 08:00, lunch 13:00, dinner 19:00.

**Meals in cafeteria:**

Breakfast 7:30-8:30

Lunch 12:30-13:30

(On Saturday 12:00-13:00)

Dinner 19:00-20:00

**Treatments in Neonatology Department:**

Morning treatment 7:00-9:00

Afternoon 13:00-14:00

Evening 19:00-20:00

For your proper recovery from birth, and to enable optimal rest, we recommend a minimal amount of visitors during each period, with some rest times with no visitors at all.

You can take your baby's bassinet into the department cafeteria.

**You may not take your baby out of the department during the entire hospitalization period!**

Visiting hours:

Sun.-Thurs.

**7:00-16:00** One adult visitor

**16:00-19:00** Open visiting hours, including children

**19:00-21:00** One adult visitor

Fridays and Eves of Jewish Holidays:

**7:00-12:00** One adult visitor

**12:00-21:00** Open visiting hours

Saturdays and Jewish Holidays:

**7:00-14:00** Open visiting hours

**14:00-17:00** One adult visitor

**17:00-21:00** Open visiting hours



Between 01:30-05:30 the newborns (who are not in “rooming-in”) stay in the Neonatology Department. A nursing room is available 24 hours a day in the Neonatology Department. If you would like your baby to stay with you even at night, please tell the nurse in charge of your care over the course of the preceding day.

### **Physician visits**

Physician visits take place in the morning hours until 12:00.

During physician visits, visitors are requested to wait in the day room. However, the Patient’s Rights Law entitles you to request from the physician to have one relative present during the examination.

We recommend speaking with the physician and asking questions during the visit.

In the Neonatology Department, the pediatrician is available to speak with on Sunday, Tuesday, and Thursday at 11:00, in his office in the Neonatology Department.

### **Security and safety:**

If you have any limitation of movement, please have staff members help you whenever you get into or out of bed, and whenever you walk.

A nurse pager is located within your reach next to your bed, easy chair, in the bathroom, and in the shower.

### **Preparing for discharge:**

The decision regarding your discharge will be made during the doctors’ morning visit.

Usually, you and your baby will be discharged on the morning of the second day following the birth. Following a C-section birth, discharge will be on the fifth day after the birth.

In cases where there is a need for longer hospitalization, we will try to inform you as soon as possible.

Discharges take place starting from 11:00, and end usually by 13:00.

At the time of your discharge you will receive a summary letter from the physician, which includes recommendations for continued care, follow-up, and prescriptions as needed.

The nurse will explain the recommendations and gladly answer any question.

You will receive the infant’s letter of discharge and authorization for removal of the infant from the department upon presenting your letter discharge at the nursery; the nurse will explain the recommendations regarding the baby and provide instruction as needed.

To get the baby discharged, make sure that there is a suitable child safety seat installed in your vehicle. We recommend bringing the child seat at the time of discharge to the Neonatology Department. The nurse will assist you in properly buckling the infant into the seat.

### **General information:**

Cafeteria: Floor 4. Coffee, cake, and sandwich stations – Floors 2, 4, 9 (On Floor 2 it is open 24 hours a day, Sunday-Friday)

ATM: Floor 4. Opposite patient admissions.

Synagogue: Floor 8.

Yad Sarah – for borrowing medical supplies: Floor 3 10:00-14:00 Sunday-Thursday.

Cafeteria: Floor 3. You can purchase vouchers for meals for a relative at the Patient Admissions office on Floor 4.

Parking: Paid parking.

Gift and orthopedic supply shop: Floor 4.

Store of the Yael volunteer organization: Floor 3 (magazines, chocolate, toys, etc.).

Motel: Floor 5. Registration in the Housekeeping Department on Floor 3. On Shabbat, a couple will be able to stay in a special room in case the motel is at full occupancy (contact the department nurse to coordinate).

**Dear New Mother,**

Please help us keep you and your baby safe.

Please make sure you return your baby to his/her bassinet.

Check that the name appearing on the bassinet matches the name listed on the baby's identification bracelet.

Please make sure that each time you return or take the baby the nurse checks with you the name and number on the identification bracelet.

We have placed on your baby 3 identification bracelets.

It is very important that these bracelets remain in place until you get home.

Please – do not remove these tags.

If you notice that bracelet is missing – please bring this to the nurse's attention.

We try to provide you with optimal care.

In order to make things as easy as possible for you and your family, we request your cooperation and patience.

**Wishing you congratulations and a speedy recovery,**

**The Staff of the Maternity and Neonatology D Department**

**Shaare Zedek Medical Center - Jerusalem**