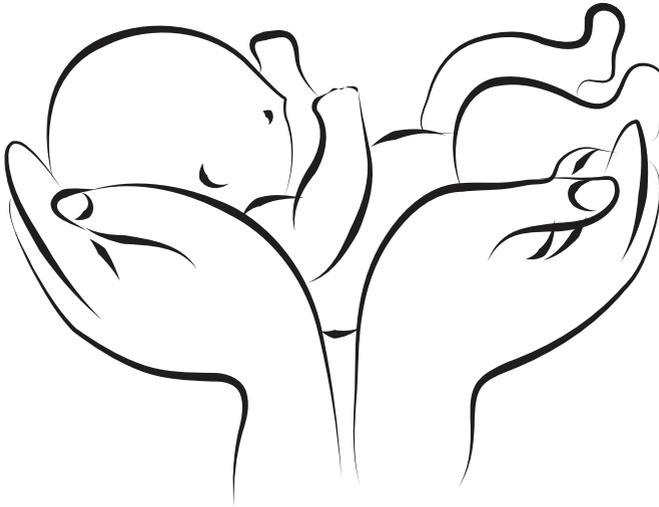




**Brighton and Sussex  
University Hospitals**  
NHS Trust

# **Welcome to the Princess Royal Special Care Baby Unit (SCBU)**



**Lewes Road, Haywards Heath  
West Sussex RH16 4EX**

**01444 441881 Ext. 8489  
Direct Line:01444 448733  
neonatal.service@bsuh.nhs.uk  
<http://www.trevormannbabyunit.co.uk>  
[www.bsuh.nhs.uk](http://www.bsuh.nhs.uk)**

## **What do we do?**

We provide special care to sick and premature babies in our two nurseries.

We offer family-centred care within a quiet, relaxed environment, so that you are well-prepared for going home with your baby. We will involve you fully with your baby's care and progress while they are here.

We are linked with Trevor Mann Baby Unit (TMBU) at Brighton.

It may be necessary for your baby to be transferred there if more intensive care is needed. We will inform you as soon as possible if this is likely to happen.

Our consultants work at both sites.

## **When can I visit?**

Parents and baby's brothers and sisters are welcome to visit any time. Other visitors may come after ward round - 9pm. They must *always* be accompanied by a parent unless permission has been given.

Only three visitors are allowed per cot, including parents. We ask that only parents and siblings handle their babies, to allow them to recover and help bonding. No other children except siblings are allowed on the unit, even in the waiting room because of space and noise constraints.

We try not to disturb babies between care times, so they can rest and grow. We ask that only parents handle their babies, to allow them to recover and help bonding.

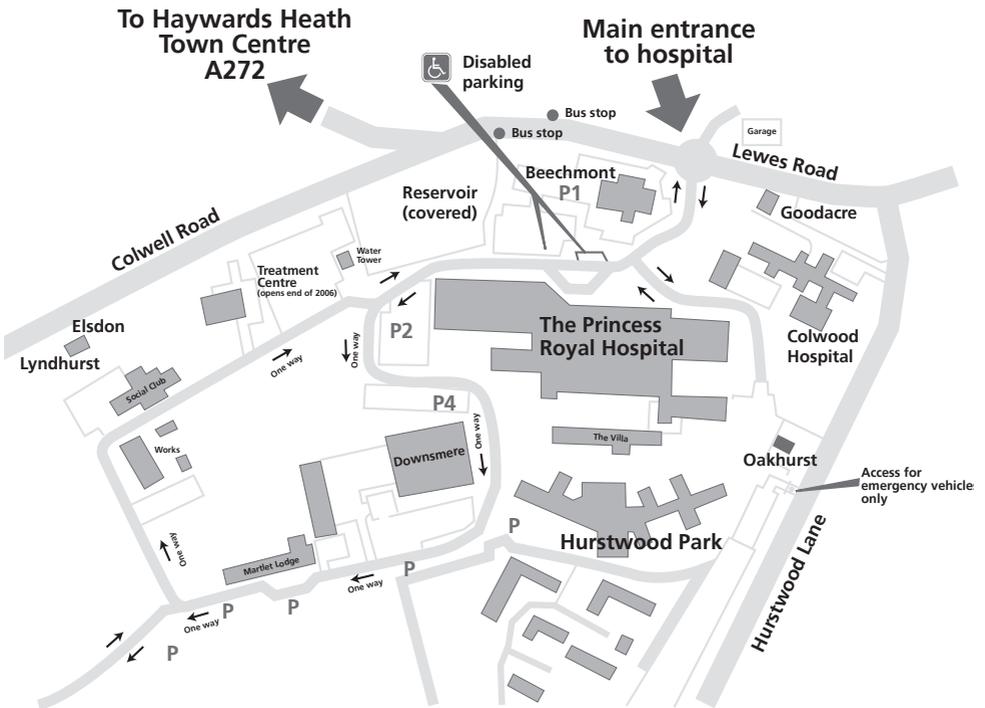
# How do I get to SCBU?

We are on the second floor of the hospital, just past Bolney ward. The nearest train station is Haywards Heath.

The Metro Bus 271 and 272 bus services run between the Princess Royal Hospital and Royal Sussex County Hospital. This service is free to parents with an authorisation letter from nursing staff.

Alternative public transport options can be found via <https://www.bsuh.nhs.uk/hospitals/princess-royal-hospital/>

There is ample car parking and concessions are available. Please ask nursing staff for the relevant form.



P1, 2 and 4 = patient and visitors car park  
P = car park (also available to patients and visitors)

## **What hospital facilities are there?**

The shop and café on the ground floor are open during the day.

Bluebells Restaurant – 2nd floor of the main building, open weekdays 7.30am to 4pm and weekends 8.30am to 4pm.

On the unit we have tea and coffee available.

In our parents' lounge on the unit there is a fridge, microwave and some children's toys.

Hot drinks and food are not allowed in the nursery.

## **How do I get into SCBU?**

For security, we keep the unit front door locked. Please ring the intercom outside and a nurse will let you in as soon as possible. Please don't let anyone through who is not with you.

## **What about infection control?**

Babies have immature immune systems so we need to protect them from infection. Please do not visit if you have a cold or other infectious illness.

We ask visitors to hang coats up in the corridor and to wash their hands thoroughly when entering and leaving the nursery and before handling their baby.

## **Who are the SCBU team?**

Your baby will be allocated a named neonatal consultant, who is a specialist doctor in charge of your baby's care.

We have two staff grade paediatricians and a team of advanced neonatal nurse practitioners (ANNPs) who are highly trained specialist nurses. The nursing staff are trained to care for sick and premature babies. We also have a neonatal transport service attached to the unit.

## **What should I bring?**

Please provide nappies, cotton wool and cotton buds for your baby.

We have a large stock of baby clothes, or you may bring your own and take home to wash.

You may wish to bring a small special toy for your baby and a camera and notebook to record your baby's progress and your feelings.

Please turn your mobile phone off or to silent mode when in the nursery.

## **How is my baby's care planned?**

Every morning about 9am, a ward round is held with the consultant, doctor/ANNP and nurses to assess and plan your baby's care. You are welcome to stay with your baby during this time. An appointment may be made to see your baby's consultant if you cannot be present.

## **How can I feed my baby?**

It is best to give babies breast milk, especially in the first few weeks, to build up their immune system.

We offer facilities to express and store your breast milk for your baby.

Some babies take time to learn to suck at the breast, so may need feeding by a tube passed into their stomach through their nose (nasogastric tube).

We will support you however you choose to feed your baby.

Electric breast pumps can be hired from Bolney ward and external companies, please ask a nurse for details.

## **What about my baby's privacy?**

Staff are not permitted to give medical information to anyone else except the baby's parents.

Please refrain from looking in and asking about other babies under our care. We are not allowed to discuss this to protect confidentiality.

## **What about my spiritual needs?**

We have a chaplain on site and access to religious leaders from other faiths. Please ask nursing staff for details.

## **How do we prepare for going home?**

Throughout your stay here we will be helping to support you while feeding and caring for your baby.

When your baby is ready for discharge home you will be offered the opportunity to stay on the unit overnight with your baby.

During this time you will be caring for your baby but we are here if support and help are needed.

We offer training in baby resuscitation as part of your discharge plan, please ask about this during your stay.

We contact your midwife/health visitor to advise them of your discharge, so that support can continue in the community. The Neonatal Community Outreach team also offer support following discharge.

## **Can I get financial help while my baby is in hospital?**

If you are receiving benefits such as the Jobseekers allowance or income support, you may be entitled to reclaim bus and train fares or a petrol allowance from the hospital or your local DSS office. You need to keep your tickets and receipts.

The hospital Patient Advice and Liaison Service (PALS) may also be able to help. Please ask the nurse caring for your baby.

## **Further information**

Please speak to the nurse caring for your baby if you have any questions or worries.

There is a 'parent information pack' on the unit with information about local services.

We have a large selection of leaflets from Bliss, the premature baby charity. Volunteers from The Early Birth Association charity (EBA), Bliss and the Mother's Union visit the unit regularly to offer refreshments, support and a listening ear for families.

## **Parents' voice**

We would be grateful for your comments and suggestions. If you have any problems during your stay, please speak to the nurse or doctor caring for your baby.

We have a parent forum group which meets quarterly with the aim of developing our service. Please let us know if you are interested in joining this.

## Useful contact numbers

### **BLISS Family support helpline**

0500 618140

Mon-Fri 10am-10pm

[www.bliss.org.uk](http://www.bliss.org.uk)

### **Early Birth Association**

[www.earlybirth.co.uk](http://www.earlybirth.co.uk)

### **National Childbirth Trust (NCT)**

0870 7703236

Breastfeeding line:

0870 4448708

[www.nct.org.uk](http://www.nct.org.uk)

### **Patient Advice and Liaison Service (PALS)**

01444-441881 Ext. 5909

e-mail [pals@bsuh.nhs.uk](mailto:pals@bsuh.nhs.uk)

### **Patient Complaints Dept**

01444-441881 Ext. 8114

[complaints@bsuh.nhs.uk](mailto:complaints@bsuh.nhs.uk)

### **TAMBA (Twins and Multiple Birth Association)**

Freephone: 0800 1380509

[www.tamba.org.uk](http://www.tamba.org.uk)

#### Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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