



Neonatal and Perinatal Services

at St. Christopher's
Hospital for Children



St. Christopher's
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Welcome to St. Christopher's Hospital for Children.

Through the eyes of a child, a journey can be a small discovery or a great adventure. The healing process, too, is a journey, one of determination, courage and collaboration. Together, we renew the body, the mind, the spirit. St. Christopher's Hospital for Children; the journey begins here.

At St. Christopher's Hospital for Children, we believe our patients' families are partners in the information-sharing and decision-making process regarding their child's care. St. Christopher's recognizes that families play a vital role in their child's healing process. Parents, legal guardians, and primary caregivers are essential members of the healthcare team in helping the patient overcome illness or injury. St. Christopher's is committed to working in collaboration with patients and their families to draw from their knowledge and strengths. We recognize that the great diversity of cultural characteristics is a source of strength for families and their caregivers.

Pennsylvania's Highest Level of Neonatal Care – Neonatal and Perinatal Services at St. Christopher's Hospital for Children

The Section of Neonatal Medicine provides a comprehensive program of care for critically ill newborns. The highest level of neonatal care is provided by a team of neonatologists as well as neonatal nurse practitioners and physician's assistants that provide individualized care for the complex needs of each neonate at St. Christopher's Hospital for Children. As a referral center, the Neonatal Intensive Care Unit (NICU) receives air and ground transfers from local and regional hospitals if the baby requires advanced subspecialty or surgical services available at St. Chris. Our dedicated intensive care transport team is staffed with specially trained Medical Director, Registered Nurses, Nurse Manager and Nurse Educator Paramedic who have expertise in pediatric and/or neonatal intensive care, pediatric emergency nursing, pediatric trauma and pediatric critical care transport.

The NICU maintains a ratio of one nurse to one: three patients (depending upon acuity), maintaining the high standards of care for the most at-risk patients.

NICU patients receive specialized care from our highly qualified experts who are certified to work with the individual and unique needs of infants and pediatric patients. Comprehensive care is provided at St. Christopher's and our pediatric surgeons and subspecialists are available at all times to respond to problems requiring medical, surgical or subspecialty intervention.

St. Christopher's Hospital for Children's Neonatal Intensive Care Unit (NICU) is a comfortable private calm environment with the goal to prepare your baby and your family to go home together.

Parents can come at all hours to spend time with their baby. We will teach you how to care for your baby so you know exactly what you need to do when your little one arrives home. If you have any questions during your baby's stay, please ask your baby's care team or a member of our staff. We are here to help you and your baby continue the journey together.

Your Baby's Caregivers Medical Providers

- **The Attending Physician/Neonatologist** is the doctor who directs and coordinates your child's care.
- **Fellows** are pediatricians or surgeons who have completed their residency and are training to be specialists in the field of neonatology or surgery.
- **Residents** are licensed physicians who have completed medical school and are receiving additional pediatric or pediatric surgical training. They play an important role in your child's care under the direction of a senior physician.
- **Consulting Physicians** have experience in certain medical specialties and may be called on to participate in the care of your child.
- **Neonatal Nurse Practitioners** and **Physician Assistants** perform physical exams and educate patients and families concerning their infant's illness. These specially trained personnel are part of the NICU team.
- **Medical Students** may participate as a part of your child's medical team.
- **Consultants, fellows, residents, neonatal nurse practitioners, physician assistants** and **students** all work in cooperation with your child's attending physician, who is always in charge of your child's care.

Nurses

- The **Senior Director of Nursing** is the administrator who has overall responsibility for your child's patient care unit and other units as well.
- The **Nurse Manager** is a registered nurse who is the frontline manager of your child's patient care unit.
- **Charge Nurses and Registered Nurses** are responsible for coordinating your child's care among all the disciplines and departments and for providing bedside nursing, patient and family education and discharge teaching.

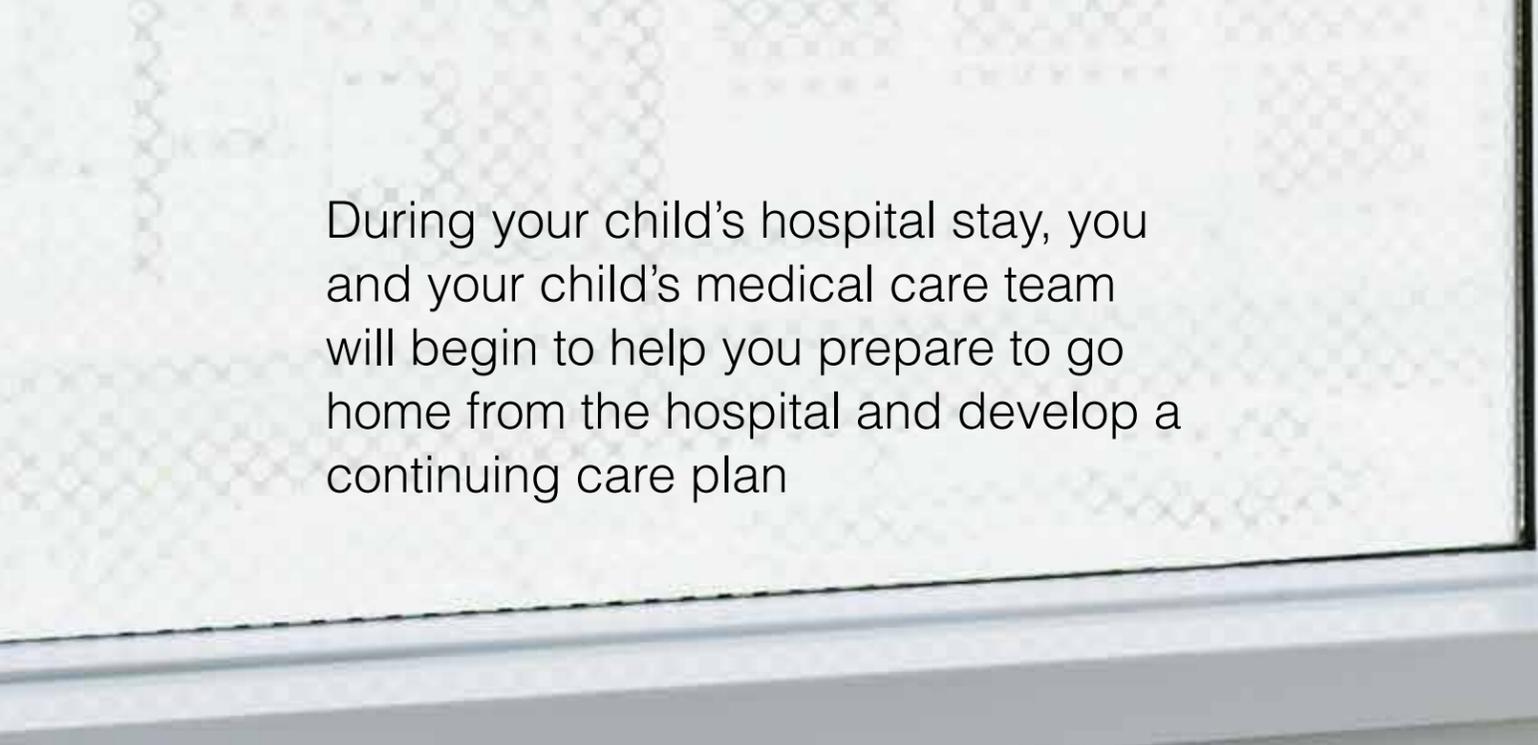
Others who may be in contact with you/your child

- **Child Life Specialists** are experts in child development who can help prepare you and support your child during treatments and procedures; and your child for treatments and procedures; interact with children through play and art; provide visual stimulating equipment (such as mobiles) and soothing lullaby music for comfort measures. They are crucial in capturing every milestone your infant may reach during his/her stay in the NICU.
- **Clinical Dietitians** are experts in pediatric nutrition who work with the medical team to ensure that your child's specialized nutritional needs are being met using therapeutic diets and nutrition support.
- **Social Workers** will help you/your children cope with the emotional and social impact of illness, assist with communication efforts with the medical team and will put you in touch with community resources.
- **Respiratory Therapists** provide breathing treatments and other therapies if necessary.
- **Case Managers** are experienced pediatric registered nurses who work with your insurance to coordinate ordering of equipment, supplies, rehab services, home nursing and infusions for your child's discharge if ordered by your child's doctor.
- **Physical Therapists** help support development and aid in building strength of the neck, body and work to improve balance.
- **Occupational Therapists** work with your child to improve hand skills, like grasping, and promote participation in day to day activities.
- **Speech Therapists** assist infants with feeding and swallowing skills.
- **Audiologists** test hearing by providing a hearing screen prior to discharge and, if needed, assist in a follow-up with the speech and hearing department.
- **Volunteers** provide nurturing and companionship to patients.
- **Chaplain** provides spiritual support and guidance to families of children with chronic and terminal illnesses.
- **Certified Breastfeeding Counselors** provide education and support in breastfeeding, including milk production, prevention and management of breastfeeding complications, counseling mothers, and handling and storage of breast milk.

Baby's Environment

Parents have an important role in keeping their child comfortable. We encourage parents to participate in their infant's care by being present during the daily morning rounds with the NICU team to help answer any questions or concerns. Your child's nurse will welcome you to your room and familiarize you and your child with the room or unit.





During your child's hospital stay, you and your child's medical care team will begin to help you prepare to go home from the hospital and develop a continuing care plan



Clothing and Toys

The hospital will provide pajamas and age-appropriate toys through child life services (Ext 5321). If you choose to bring in personal items, please:

- Label the items with your baby's name
- Avoid toys in the crib to provide safe sleep
- Parents should limit their items to only the essentials for your stay due to limited space in the rooms
St. Christopher's is not responsible for any items brought in and left at the hospital

Sleeping

One parent/legal guardian is permitted to stay overnight in your child's room. Please return all chairs to a seated position by 7:30 a.m.

Telephones

You are permitted to use your cell phones or electronic devices for entertainment, but please keep them on silent or on vibrate mode. We ask you to use headphones to participate in our goal toward a restful and quiet environment. To protect your infant from germs, we provide device cleaning wipes, which should be used before entering and leaving the unit or patient's room.

Wi-Fi

Wi-Fi is available for your convenience.

Resources

- Child Life
- Rehabilitation Services
- Family Education
 - » CPR and safety prevention baby care
 - » Car seat safety
 - » Safe sleeping
 - » Infant formula and feeding
 - » Medications and your baby's symptoms
- Breastfeeding Support: We encourage breastfeeding and understand how difficult it can be while your baby is in the hospital. Our Breastfeeding Committee is comprised of nurses, nurse practitioners, a clinical dietician and certified breastfeeding counselors. Our lactation counselors provide support and education on breastfeeding and pumping.
 - » Breast pumps: Pumps are available in each patient room and also located in the unit's lactation room
 - » Lactation Room: an available private space
- Special Housing Accommodations: The Ronald McDonald House at St. Christopher's Hospital for Children is conveniently located on Erie Avenue in front of the hospital's main campus. The Ronald McDonald House provides a haven for you and your family when your child is being treated at St. Christopher's, providing lodging, comfort and support to families who travel 25 miles or more for medical treatment. For more information on the Ronald McDonald House, call (215) 291-0907.

Preparing to Go Home from the Hospital

During your child's hospital stay, you and your child's medical care team will begin to help you prepare to go home from the hospital and develop a continuing care plan. If your child needs special home care equipment or home nursing, your child's nurse will help you arrange for it.

We will help you so you are fully prepared to care for your baby at home:

- Understand your baby's diagnosis
- Assess your baby's symptoms
- Provide medications properly
- Safety and injury prevention
- Routine baby care
- Encourage proper development
- Feeding your baby
- When to call your pediatrician or specialist
- Ask your nurse or doctor for training in any of these areas

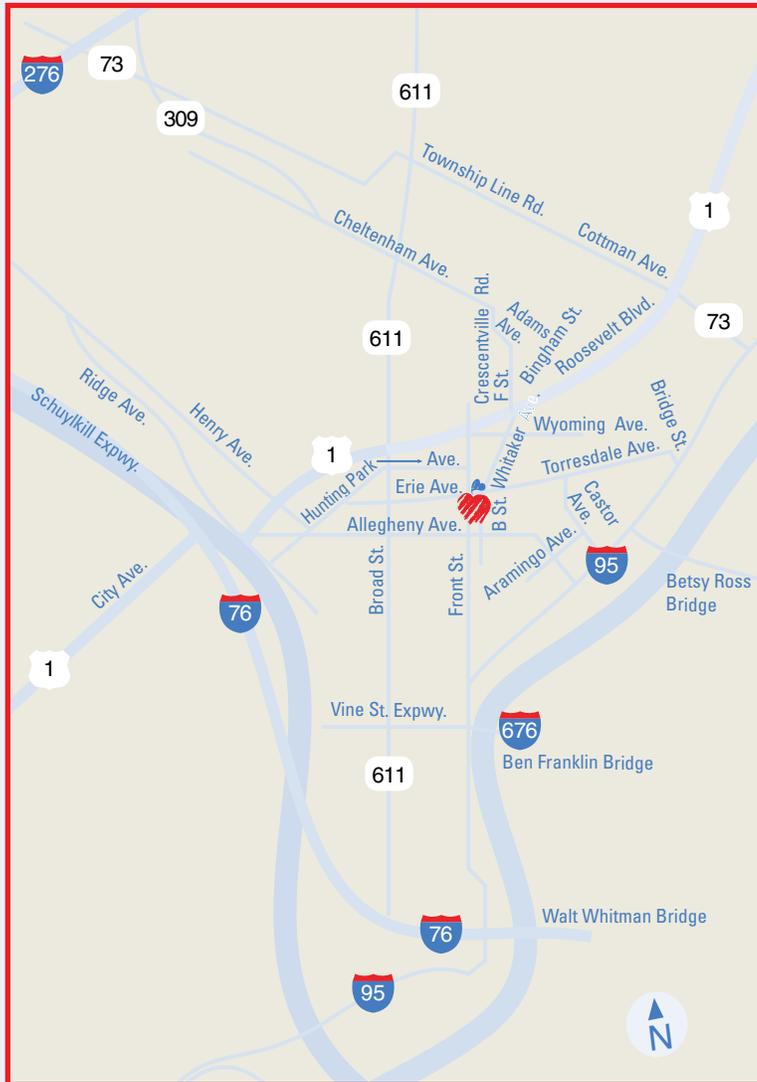
Helping Your Child Adjust at Home

Once your child returns home from a hospital stay or surgery, you may notice changes in your baby's behavior, such as changes in sleep patterns, irritability, desire to be held, or easily startled. Try not to worry as many of these changes are a natural response to what can be a difficult experience for your baby and are often temporary. To help baby adjust:

- Bring in items from home a few days before they leave (blanket, etc.)
- Hold your baby skin to skin if medically appropriate
- Create a routine for play, naps and feeding
- Play music or sounds at a low volume
- Follow-up appointments

Our team can assist with coordinating follow-up appointments with your baby's pediatrician or specialist, which may include physicians located here at St. Christopher's Hospital for Children or at our surrounding locations in Pennsylvania or New Jersey. We can also discuss other helpful options that may be available through your health insurance.

Directions to St. Christopher's Hospital for Children



From the North

I-95 South to Bridge Street exit, right on Bridge Street, two blocks to Torresdale Avenue, left onto Torresdale Avenue, continue until it becomes Erie Avenue, continue on Erie Avenue, left into hospital parking lot.

From the West/Northwest

Schuylkill Expressway (I-76) East, follow signs to Route 1 North (Roosevelt Boulevard), at the Ninth Street exit, move to outside lane, continue on Route 1, watch for lettered streets, turn right at Whitaker Avenue (first traffic light immediately after "F" Street), follow Whitaker to Erie Avenue, right on Erie Avenue, left into hospital parking lot.

From the Northeast

Route 1 South (Roosevelt Boulevard) to Whitaker Avenue (inside lane), left onto Whitaker Avenue to Erie Avenue, right onto Erie Avenue and left into hospital parking lot.

From the South & Center City

I-95 North to Allegheny Avenue, right at end of ramp, right at stop sign onto Allegheny Avenue. Right on B Street, left on Erie Avenue and left into hospital parking.

From New Jersey via Betsy Ross Bridge

Betsy Ross Bridge to Richmond Street exit, left on Richmond Street, two traffic lights to Castor Avenue, right on Castor Avenue and follow to Erie Avenue, left on Erie Avenue and left into hospital parking.

From Southern New Jersey via Ben Franklin Bridge

Benjamin Franklin Bridge, follow signs to I-95 North, to Allegheny Avenue exit (follow above directions "From South & Center City").

From Allentown, Lehigh Valley, Scranton, Upstate Pennsylvania and Route 309

Northeast Extension southeast to Pennsylvania Turnpike, east to Fort Washington Exit (Exit 26), Pa. Route 309 South to Cheltenham Avenue, left on Cheltenham Avenue to the end, right on Crescentville Road, at first traffic light turn left onto Adams Avenue, travel 0.5 miles to Bingham Street. Right on Bingham Street, left on Garland Avenue (Garland leads into "F" Street), cross Route 1 (Roosevelt Boulevard) on "F" Street, right on Whitaker Avenue, right on Erie Avenue, left into hospital parking lot.

Public Transportation

St. Christopher's is easily accessible by public transportation including the bus, train and subway routes operated by Southeastern Pennsylvania Transportation Authority (SEPTA). The Route 56 bus stops right outside St. Christopher's at Erie Avenue and A Street. Other buses that stop nearby include Routes 57 and 89. For more information, please visit www.septa.org or call 215-580-7800.

160 East Erie Avenue
Philadelphia, PA 19134
stchristophershospital.com
1-888-ChrisKids

