

Welcome to the Transitional Care Unit (TCU)

Information for parents and carers at the Princess Royal University Hospital (PRUH)

This leaflet has been designed to help you understand transitional care and how you and your baby will be looked after during your stay. If you have any other questions or concerns, please do not hesitate to speak to the doctors or nurses caring for your child.

What is transitional care?

Transitional care is given to babies born between 34 and 36+6 weeks and those born over 37 weeks who need additional care. This includes low birth weight babies and those with other medical needs that do not need the Neonatal Unit.

Where is the Transitional Care Unit (TCU)?

The TCU is based on the postnatal ward of the PRUH. You will stay with your baby and we will help you meet their needs with support and guidance.

What happens when your baby has been admitted to the TCU?

Our team is made up of doctors, neonatal nurses and infant feeding specialists who will create a personalised care plan for your baby in partnership with you. Your baby will be reviewed daily by a neonatal consultant or a member of their team, while you remain under the care of the midwife.

Please supply your own nappies and clothes for your baby. Mothers are expected to stay overnight but partners are welcome to stay as well. Please speak to your midwife regarding the current visiting policy.

What are the benefits of transitional care?

- Improves attachment and bonding with your baby.
- Encourages ongoing skin-to-skin contact with your baby.
- Helps you to be responsive to your baby's needs and practice responsive feeding.
- Gives you direct access to feeding support when needed and improves the prospects of you successfully breast feeding your baby if that is the feeding method you choose.
- Allows access to nursing, midwifery or medical support if needed.
- Provides an environment for family-centered care.
- Reduces the overall time of your baby's stay in hospital.
- Increases your confidence in caring for your baby.

How long will I need to stay on the TCU?

Most babies will remain an inpatient on the TCU between 3 and 14 days. The length of stay will depend on your baby's progress, so may be shorter or longer.

We aim to discharge your baby home as soon as it is safe to do so. Before discharge, your baby should be:

- feeding well: breast, bottle or combination
- maintaining their temperature without support
- gaining weight (if applicable) or at a discharge weight of at least 1.8kg
- finished their antibiotic course (if applicable)
- no longer needing phototherapy

Support with feeding

We need to make sure that your baby is receiving adequate nutrition, particularly babies that were born early or are small for their gestational age or have unstable blood sugar levels (BMs). We will support you however you choose to feed your baby.

Breastfeeding has many benefits for both you and your baby. Breastmilk is full of antibodies to help your baby fight infection, it helps 'line the gut' with good bacteria and helps promote bonding. We have breast pumps available to use during your stay if needed and we provide sterilising facilities.

If you wish to bottle feed, please supply your own bottles, teats and formula.

The Special Care Baby Fund

The Special Care Baby Fund supports babies whose start in life has needed neonatal medical intervention and hospitalised care. The fund is run by a volunteer group of former special care parents, health professionals and community volunteers who want the best for the babies.



The charity's aim is to give special care babies, equipment beyond NHS provision. This means that babies with a fight on their tiny hands, get care that is second to none.

The website offers advice and support for parents as well as stories from people who have experienced the neonatal unit. Please visit www.specialcarebabyfund.org.uk

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: 020 3299 4618

Email: kings.pals@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email kings.access@nhs.net