The Rosie Hospital

Welcome to the Obstetric Close Observation Unit Level 3

About the ward

The obstetric close observation unit (OCOU) is a specialist 3 bed unit in high risk postnatal care. You will have been admitted to this unit because you need to be closely observed. This can be because of a number of reasons which will be explained to you on admission. Your stay will depend on the care you need and we will try to ensure you are kept informed every step of the way. You will be cared for by a named midwife and a named maternity care assistant.

Will my baby stay with me?

Yes, we will make it a priority to keep mother and baby together wherever possible. You may be separated for a period of time from your baby if baby requires extra care. This may include a stay on neonatal intensive care unit (NICU). The plan of care will be discussed with you should this be the case. Please be reassured that as soon as is possible we will get you to see your baby on NICU.

Can my partner stay with me?

Birthing partners are able to stay on OCOU; all assistance looking after baby will be greatly appreciated. Please be aware we do not have washing facilities for partners and advise partners bring their own food and refreshments. Also, please be aware that we do not have facilities for partners and we ask that you be prepared for this.

Why do my curtains have to be open?

The Trust as a whole operates an open curtain policy. This ensures that you and your newborn may be observed at all times to minimise risk and keep you safe. During a breastfeed or whilst personal care is taking place, the curtains may be closed. If further information regarding this guideline is required, please do not hesitate to ask a member of staff. Please see bed space safety information poster. Please help us to care for you and your baby appropriately.

Breastfeeding or formula bottle feeding?

We understand that this may be a very important decision and how you decide to feed your baby is a personal choice; we are here to support you. However, we are aware that sometimes women make choices without enough information and would make a different choice if given all the facts. This is what we call ‘informed choice’. We do promote breastfeeding as evidence based research tells us that this helps development of baby and also builds maternal confidence.
Facilities

There is a bathroom for patient use only and this is cleaned daily. You will be offered a daily wash by a member of the unit staff if appropriate (if you are not independent). Complete bed linen changes will also be offered. Please do not hesitate to contact a member of staff should the standards not be appropriate. Visitors must leave the unit and use any of the facilities located throughout level 3. If in doubt please ask a member of staff.

Visiting hours

13:00 – 15:00
17:00 – 19:30

Partners are welcome to stay outside of these hours.

This is restricted to two visitors per bedside. Siblings of the new born are most welcome unless there is a visiting restriction in place. They must be supervised by a parent/guardian as we cannot take responsibility for their care.

If you are likely to be hospitalised for two weeks or more, your visitors can get a discounted parking ticket from any of the car park reception offices. This can be used to exit from the car parks for 14 consecutive days from the day the ticket is validated.

Mealtimes:

Meals to include breakfast, lunch and supper are provided for patients only. You are more than welcome to bring in your own food should you wish. These will be labelled and refrigerated for your convenience. Tea and coffee making facilities are available for visitors in the adjacent corridor. All donations gratefully appreciated.

Breakfast - anytime during the morning
Lunch - 12:00
Supper – 17:00

As an inpatient, sometimes it is important that you have a procedure at a set time. If you have missed a meal for this reason or felt unwell and consequently missed a meal, please talk to the staff who will be able to arrange a hot meal or snack box for you.

Safety Security

The main doors to this area are locked at all times. Staff accesses the ward by using their ID badges. Patients and visitors are asked to ring the doorbell and this will be answered as soon as possible. If your visitor is a staff member, please ask them not to use their ID badge.

Baby should not leave the unit until discharged from our care, or unless arranged for medical reasons. We also urge that baby not be carried around in the arms as this is not safe due to slips, trips and falls.
We recommend skin to skin contact in order to initiate feeding. However, please be careful bed sharing with your baby as this increases the risk of sudden infant death and baby falling out of bed. We, the staff, are happy to assist you.

To help us prevent the spread of any infections, please ask your visitors to use the hand rub at the entrance to the unit on arrival and on leaving. Visitors/partners may not sit or lie on the beds. If you have any concerns about any aspects of the cleaning or food service please speak to the unit manager/staff on duty.

**Drug and doctors rounds**

Whilst you are here, you will be cared for in a holistic manner. Many different healthcare professionals may be involved in your care. Doctors will review you twice a day on the ward round and once you are medically fit and well, you will be transferred to the post natal ward.

Please try not to interrupt the nursing staff while they are doing the 'drug round' or checking medicines.

**Discharge**

Once you are medically fit and well, you will be transferred to the post natal ward. More information will be given to you on transfer.

**Privacy & Dignity**

The communication of information will be delivered in a way which is respectful and accessible to your personal needs.

**Our commitment to you**

The Trust’s philosophy is to keep you, the patient, at the heart of everything we do and we, the staff to uphold our values of *Together - Safe, Kind, and Excellent* at all times. A centre of excellence, providing expert care in a safe, clean, comfortable and friendly environment.

Cambridge University Hospitals (CUH) is committed to respecting our patients' privacy and dignity at all times in a safe, clean and comfortable environment.

**Contact details**

Telephone: 01223 217640
Please call after 08:15 hours or 20:15 hours as the changeover of staff will be complete by this time. To discuss care issues, please contact the ward sister in the first instance.
We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:

If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team: patient-information@addenbrookes.nhs.uk.

Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.