Welcome to the Royal Derby Hospital Maternity Unit

Taking pride in caring
We are a Maternity Unit providing care for women with high and low risk pregnancies. Our unit comprises a Birth Centre, Labour Ward, Ante and Postnatal Ward, Antenatal Clinic and Pregnancy Assessment Unit and a Fetal Medicine Centre. See our virtual tour, supported by British Sign Language, at: www.derbyhospitals.nhs.uk/about-us/departments-services/maternity/

You need to ring us for help or advice during your pregnancy. Please telephone on 01332 785796. When you ring it would be helpful if you have your maternity records to hand, as we will ask you for lots of personal details about your pregnancy.

If you need to come to the hospital to be seen you will be directed to the assessment area either within the Antenatal Clinic or on Labour ward.

**Medication**
Please bring with you any medication you may have been prescribed including inhalers.

**Personal items**
The rooms and bed areas have limited space so please keep your belongings to a minimum and leave the baby’s car seat until you are ready to go home.
If you wish to bring in any electrical items they must have a moulded plug.
You will be asked to complete a disclaimer form in your maternity records as the Trust will not accept liability for loss or damage to property or valuables kept in your possession.

**Mobile phones**
Mobile phones may be used but please respect other people’s privacy.
Labour Assessment Unit

If after you have been assessed, and you are found to be in early labour and you are reassured that all is well, you will be able to go home with advice about when to come/call back.

If you are in established labour or require to be admitted for observation you will be transferred to either the Birth Centre/the Labour Ward or to Ward 314.

Birth Centre

Derby Birth Centre is our new midwife-led centre that consists of 4 en-suite rooms and a water birth room.

It offers a 'home from home' experience for women who wish to experience the comforts of a home birth with the added reassurance of being in a hospital.

Our facilities:

- 4 rooms with sensory lighting, calming music and soft furnishings, complete with swinging crib ready for the new arrival. The rooms also have a CD player, iPod docking station and TV
- 1 room also has a birthing pool
- Specialist equipment; bean bags, mattresses, birthing balls, birthing stools
- Midwives trained to give aromatherapy massage to calm and relax you
- Multitrack
Labour Ward

The Labour Ward has 29 beds in total

- 2 assessment unit beds
- 12 single en-suite rooms
- A 4-bedded room for induction of labour (IOL)
- A 4-bedded room for high dependency care (HDU)
- 2 theatres and recovery room
- Sitting room

The 12 single rooms (one of which has a birthing pool and one larger room for multiple births) have a CD player, iPod docking station and TV - feel free to bring your own choice of CDs.

There are differences in the equipment in the rooms depending upon the care needs of the women in labour.

NB: The pool room is not pre-bookable and may not always be available if it is already in use.

When in established labour you will have a single en-suite room.

If admitted for IOL or with a problem requiring observation on Labour Ward you may be cared for in the 4-bedded bay. If you require very close observation you may be cared for in the 4-bedded HDU.
All rooms have en-suite facilities with showers. There is a separate bathroom on the ward.

Toilets for birthing partners are in the reception area.

The midwives’ handover room is situated centrally on the ward.

Chilled water machines are situated at various points on the ward and there is a hot drinks machine available.

We ask that birthing partners pay for their hot drinks. Snacks and meals are provided for women after discussion with the midwife.

**Visiting**

There is no visiting on Labour Ward.

You may have 2 nominated birthing partners with you in labour. After your baby is born, your own children are welcome to visit with 1 of your birthing partners.

In addition we have the Butterfly Suite and Garden for the comfort of bereaved parents and their families.

**Going home or moving to the postnatal ward**

If you choose to go home soon after the birth - usually after 6 hours, although this could be a bit longer depending on when a Paediatrician (baby doctor), specially trained nurse or midwife, is available to check your baby - you will usually go home straight from the Labour Ward. However, if the Labour Ward is busy it may be necessary to transfer you to Ward 314 first.

If you choose to stay or need to stay for postnatal care then we aim to transfer you to Ward 314 after a couple of hours of giving birth.
Ward 314
Antenatal and postnatal care

Ward 314 is on level 3 of the maternity and gynaecology block and has 62 beds in total: 17 single rooms and 11 4-bedded bays, plus 2 baby bathing rooms.

If you wish to pay to use a private or amenity room please ask your midwife when you are admitted in labour. You will not receive additional services or facilities in these rooms. They are chargeable at a daily rate. Please ring 01332 785200 for more information regarding charges. Please note the room is not pre-bookable as availability cannot be guaranteed.

Water jugs are at your bedside and can be refilled from the taps in your bay or from the cool water machines situated around the ward. There are 2 drinks machines on the ward where you can help yourself to free hot drinks. Partners/visitors please purchase any hot drinks from the coffee shop on level 1.

Breakfast is available in the family room from 7.30am. If you are unable to access breakfast in the family room, please alert a member of staff. The ward hostesses will bring other meals to your bedside - lunch from 12.15pm and supper from 5.15pm. Biscuit/cake or fruit will be offered in the afternoon. You can bring your own food into hospital but we are unable to reheat food.

Special diets, vegetarian and halal meals are catered for and there is a selection of hot or cold meals.
Housekeepers are available during the day to help make your stay as comfortable as possible. If you are not happy with anything, please ask to speak to them or in their absence the midwife in charge.

Other facilities
There is a family room on the main corridor of the ward that is for you, your baby and family to use. It has comfortable seating and a TV to use during your stay with us. We also use this area for sharing information with you before you go home.

On the ward there is a small shop selling maternity pads, paper pants, nappies, cotton wool and tummy tubs. It also provides a bra fitting service and breast pumps are available to buy. There may be a selection of baby clothes and related items for which a charitable donation is requested. There are no defined opening times for the shop but it can be accessed through a member of the ward staff.

There is a public telephone situated outside the main doors to the ward. Hospicom is a telephone and television facility available at each bed for a cost. Credit cards for the use of this facility can be purchased from the machine at the reception area.

The League of Friends visit the ward every day and their shop is open throughout the day on level 1 situated on the corridor towards entrance 20. There is a Costa coffee bar and a cash machine in the lift lobby of the maternity block. There is also a Costa coffee bar, M&S shop, Boots and cash machine at the hospital main entrance.

There is a restaurant and café in the main hospital on level 5, please ask at reception for opening times.

*If you wish to leave the ward it is advisable to leave your baby with another family member and you must inform the staff, for the wellbeing and safety of your baby.*
Visiting
We ask that only 2 visitors and partner visit at one time for safety reasons and to ensure you have time to rest. Whilst your own children may visit, please be advised that no other children under the age of 12 will be allowed onto the ward.

- **Husband/partner and your own children** have flexible visiting from 8am - 11pm.

- **Other visitors may visit:** afternoon visiting: 2pm - 4pm, evening visiting: 6pm - 8pm. No children under the age of 12 years will be allowed access except for siblings.

Additional information
A number of healthcare professionals will care for you during your stay. These include:

- Matron - wearing black/grey stripe with red piping
- Senior midwives - wearing navy blue uniforms
- Clinical specialist midwives - wearing navy striped uniforms
- Registered midwives - wearing royal blue uniforms
- Student midwives - wearing light grey uniforms
- Health care assistants (HCA) - wearing grey uniforms
- Midwife support workers (MSW) - wearing grey uniforms
- Doctors (Obstetrician or Paediatrician) - usually normal clothing or theatre clothes
- Advanced Neonatal Nurse Practitioner (ANNP) - wearing red theatre clothes
• Physiotherapists - wearing white uniforms
• Hearing screeners - wearing white uniform with green trim
• Ward receptionists - wearing navy blouses, black skirt/trousers
• Ward hostess - wearing black uniforms
• Modern housekeepers - wearing burgundy blouse, black waistcoat
• Domestics - wearing black/grey uniforms
• Volunteers - wearing red and white

ALL STAFF WILL CARRY A TRUST IDENTIFICATION BADGE

To make sure that you are cared for 24 hours a day, our staff work shifts.

Security
The Birth Centre/Labour Ward and Ward 314 have locked doors for the safety of you and your baby. You will need to be let in by a member of staff. Please be patient as staff may not be able to answer immediately if they are busy. The system has been adapted for use by the hard of hearing.

All staff should carry a photo identification badge. If you are ever unsure who anyone is, please ask to see their badge.

Do not let your baby out of your care; you should always inform a member of staff if you need to leave your baby. You can accompany your baby if they need to have any tests or examinations.
Sharing information
In order to protect your confidentiality we are unable to give any information out to members of your family or friends regarding your care, either by telephone or in person.

Car parking
Payment is required for car parking. A weekly pass is available and can be obtained from the parking office at car park 6.

Infection control/hand cleanliness
Please use the hand sanitiser on entering and leaving the ward - this is on the wall inside the ward entrance. There are hand sanitisers throughout the ward and at each bed or in each room.

All staff should wash their hands or use the hand sanitiser before performing any examination or procedure. Do not be afraid to ask if they have done this.
Supervisor of Midwives

Supervisors of midwives (SoMs) help midwives provide safe care for you, your baby and your family. They make sure that the care you receive from your midwife is right for you and will meet your needs. They also make sure that it is given in the right place and by the right person.

SoMs are experienced midwives who have had additional training and education to enable them to help midwives provide the best quality midwifery care. They oversee the work of the midwives and meet with them regularly to ensure that high standards of care are provided. They also guide and support midwives in developing their skills and expertise.

All midwives must have a SoM. This includes those who work in independent or private maternity units and are self employed or independent midwives.

A SoM can offer guidance and support about any aspect of your midwifery care. This includes:

- creating a comfortable and confidential environment for you to discuss your care with your midwife, whether you would prefer to have your baby at home, in a birthing centre or in a hospital.

- providing advice about the various options for care available to you and any support you may need during your pregnancy and birth.

- listening to any concerns you may have about the level of care you have received from your midwife (for example a previous birth or following this birth) and then discussing these concerns with the midwife if appropriate.

How do I contact a supervisor of midwives?

You should be able to contact a SoM at any time of day or night by calling your local maternity unit.