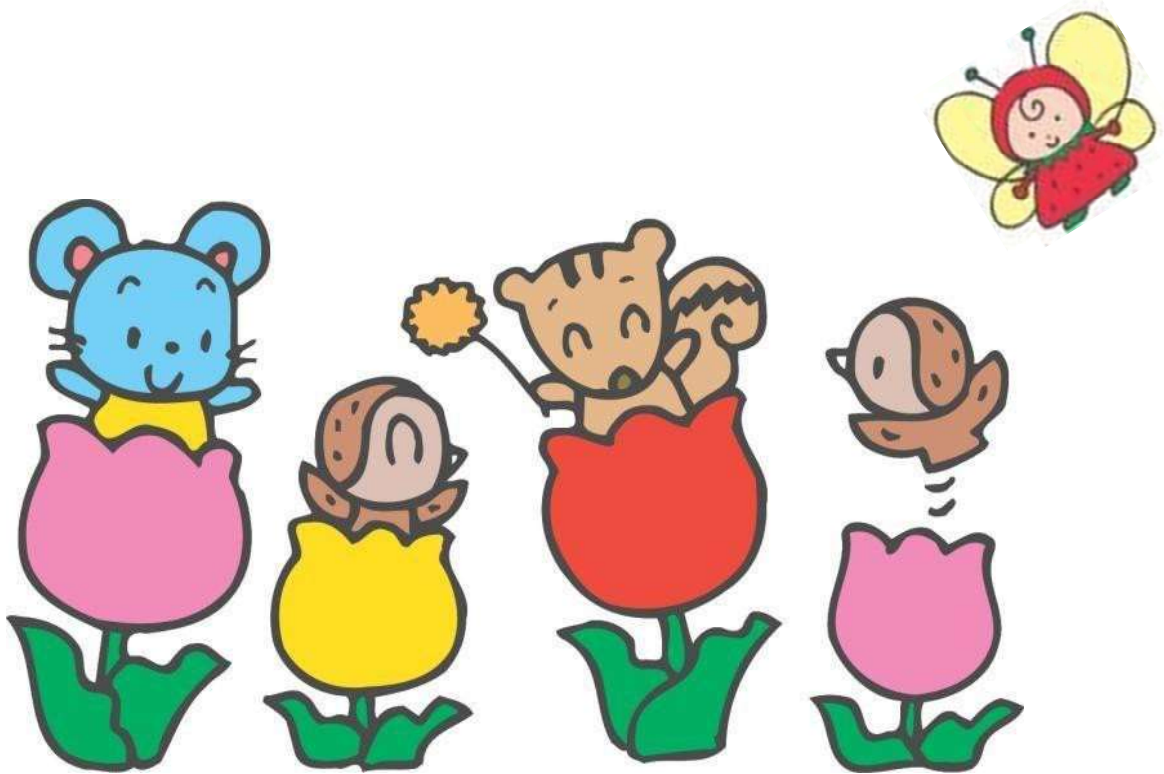


Information on Neonatal Intensive Care Unit (NICU) Growing Care Unit (GCU)



Japanese RedCross Medical Center

Phone:03-3400-1311

To the family members of the NICU/GCU patients:

Congratulations on the newborn!

The staff at JRMC will do the best to support the mother and the baby. Please feel free to ask for any help.

The NICU/GCU department is divided to 2 areas: the NICU and the GCU.



This brochure includes the following information. Please read carefully.

I Basic information regarding:

- Guest visit to the NICU/GCU
- Items allowed to be brought to the visit
- Kangaroo care • sibling's visit • childcare during the visit

Required documents

- Required Documents for the Baby's Birth
- Consultation with the Doctor Others

II Information regarding breast milk



I Basic information



1. Guest visit to the NICU/GCU

If this is the visitor's first visit, a staff member will guide the visitor around the unit. Please inform the staff over the intercom at the NICU/GCU entrance.

➤ Before the visit:

- ① Because children in the NICU/GCU are vulnerable to illness, the visitor should refrain from visiting if he or she not in a good physical condition.
- ② If any member in the visitor's family is not feeling well, we ask the visitor to wear a mask during the visit. You may take off your mask only at your baby's bedside. The visitor should prepare the mask by himself. If he or she is not sure if the visit is proper due to the physical condition, please consult our staff.
- ③ Before entering the unit, the visitor should wash his hands. Before making any physical contact with the baby, please use the prepared alcohol-based hand sanitizer for disinfection.

➤ Entering the NICU/GCU

- ① After hand wash, the visitor will tell his name over the intercom. Upon confirmation of the visitor's name, the

door will be unlocked.

- ② Only the child's parents and grandparents can enter the room and no more than two people can enter at the same time. If there are more than two visitors, please take turn to enter the room.
- ③ The position of the bed may change depending on the situation in the ward. When you visit, please confirm your name by bed name.
- ④ If the child's siblings wish to visit, please make an appointment.
- ⑤ The following hours are for checkups or treatment. Please avoid these hours.

8:00~11:00 and 16:00~18:30

➤ Possible Interruption of the visit

If any emergent checkup or treatment is necessary, the visit may be temporarily interrupted. We appreciate your understanding.

➤ Use of locker

A limited number of lockers are available and each family can use one locker. The hospital is not responsible for any lost items in the locker. Please keep the valuables with you at all time.

➤ Lost & Found

Please directly contact the general administration office (Soumuka 03-3400-1311 ext. 2128) for any lost and found items.



2. Items allowed to be brought to the visit

While your baby is in the hospital, you can bring a message card or a photo (only one per child) to decorate the bed. We will announce you of bringing in a toy for the baby based on his/her growth. Please clearly label it with the baby's name. We will carefully handle it but please understand that there is a possibility of breaking or losing it accidentally.

➤ Use of cellphone

Because of the medical devices used in the NICU/GCU, please set your devices to the mode which do not emit radio waves or turn them off.



➤ Use of camera or camcorder

Use of camera or camcorder is allowed in the unit. The hospital is not responsible for any lost items brought to the unit.

➤ Food and drink

Visitors are not allowed to bring food and drink into the NICU/GCU.

However, there is an exception for the mothers.

Mothers can drink in “the salon for mothers and babies (the nursing room)”.

The drink must be bottled with a lid. To drink, mother will need to move to the salon. No food is allowed in the salon.

No one is allowed to drink or eat at baby’s bedside.

To drink, visitors other than mother will have to get out of the NICU/GCU.

➤ Others

Please do not bring in PC or books, that is not necessary for the visit.

3. Kangaroo care*•sibling’s visit•childcare for the baby’s siblings during the visit

Please talk to the staff if interested.

When the siblings visit, please do not leave them alone on the hallway at any time. They should always be accompanied by adults.



*If the condition allows, for better bonding between the mother and baby, we will have the mother hold the baby for a while during the visit. This is referred to as “Kangaroo care”.

4. About checkups for congenital metabolic disorders

Depending on the baby's birth weight, milk intake or the condition of digestion, a test might need to be repeated for several times. In such situation, if the family gives consent to the test, we will perform any additional tests if necessary at no further notice to the family. The family's understanding is appreciated in advance. The test result will be given directly by the doctor in a later consultation. If the family does not agree to this arrangement or has any questions, please talk to our nursing staff.

5. Doctor's Consultation

If you wish to request a consultation with the doctor, please inform the staff of a desired date and time. After confirming with the doctor, we will schedule a meeting.

As the policy of the hospital, we do not give patient's health information over phone calls and a consultation with the doctor cannot be scheduled on nights, Saturdays, Sundays or holidays.

Required Documents for the Baby's Birth

【Birth Registration and Health Insurance】

For birth registration, please bring your seal and the Maternity Health Record Book and visit your ward office within 2 weeks after the birth. You can take out health insurance for the baby at the same time when you register the birth at the ward office. If the parents have social insurance or are insured by any health insurance society, please take out insurance through your office at work.

When the child's health insurance card is ready, please present it to the Admission Reception Office on the first floor.

【Birth Notification】

You can find a postcard in the Maternity Health Record Book for birth notification. After the birth of the baby, please fill out the required information on the postcard and specify that the baby is being hospitalized. Please send out the postcard and contact the health center again after the baby is discharged from the hospital.

【Medical Subsidies】

Newborns with birth weight lower than 2000g or in need of critical care may be qualified for medical subsidies. In such cases, a staff member from the financial office will contact

the parents.

【Billing】

Upon confirmation of your medical insurance, the medical bill will be ready for you to pay after the 10th of the next month.

Place and Hours for Payment

You can pay your bill at the accounting counter on the first floor between 8:30 and 17:00, Monday to Friday (except national holidays, the year-end and New Year holidays, and May 1st).

Please note that:

A deposit of 30,000 yen is required if the medical insurance card is not ready before the baby is discharged. Fee adjustment will be made later after you present the insurance card.

Other information

There are midwives, students and interns from nursing schools practicing in this hospital. Your child may be under the care jointly provided by a nursing staff member and a student or intern. Please let the staff know if you prefer otherwise.

We occasionally give facility tours or tours for the parents whose child might be hospitalized in the NICU or GCU. The

visitors of the tour will be observing from the hallway. Your understanding on such occasion will be greatly appreciated. To prevent any accidents, the child's name will be specified on the baby crib or incubator.

To improve the quality of medical care, we provide the data regarding perinatal care (the development of pregnancy, delivery, baby's birth weight, postnatal care) to Ministry of Health, Labor and Welfare. Please let the staff know if you do not agree to this.

When the umbilical cord falls off, sometimes it could be accidentally thrown away with used diapers. Your understanding is appreciated in such situation.





Kangaroo Care



For parents to have more opportunities to establish an early relationship with their baby by physical contact, we promote “kangaroo care” here NICU • GCU. It refers to direct skin contact by holding the baby in the arms. We encourage parents to take part in this care and enjoy the special moment with their baby.

The merit of “Kangaroo Care”...

It could promote the secretion mother's milk.

A special moment between the parent and baby. It keeps the baby calm.

Frequently Asked Questions

Q. When is the good time to start “kangaroo care”?

A. When the baby's breathing and blood pressure become stable.

Q. At what time and for how long each session of the care is?

A. During the visiting hours for about one hour each time.

You may feel anxious to hold the baby longer outside the baby crib. But, to keep the baby calm, we recommend that the session be for one hour.

Q. What does the parent do at the session?

A. Please seat yourself comfortably in the chair prepared in front of the baby crib. The baby will only be wearing a diaper. Hold the baby in your arms directly to your bare chest.

Q. Can the mother breast feed the baby during the session?

A. If the baby wants to be feed, the mother can try to breast feed the baby and the accompanying staff member will help.

☆ “Kangaroo Care” is by appointment only.

Before the session, a staff member will explain the details to the parent and practice with the parent if necessary. Please feel free to ask any questions.



II Use of Breast Milk in the NICU/GCU



Breast milk is the best primary source of nutrition for newborns because it is easy to digest and high in food energy. This is particularly true for premature babies. It also has high concentration of antibodies that keeps the baby from getting infection. Freshly-expressed breast milk is carefully stored and all the newborns in our NICU/GCU are fed with breast milk.

1. Breast milk

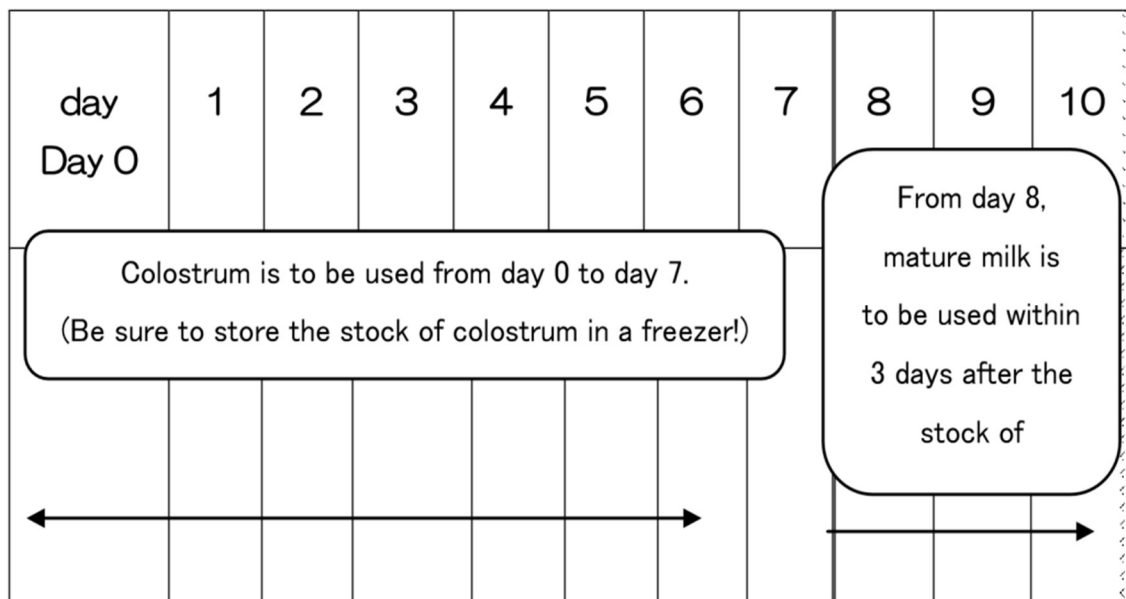
The initial thick and yellowish milk after childbirth is referred to as “colostrum”. In this hospital, all newborns are fed with colostrum. Breast milk up to the first 7 days after childbirth is regarded as colostrum and is stored in the freezer even for babies who cannot be fed right away. Breast milk after the first 8 days is referred to as “mature milk” with a bit different nutrient

content from colostrum. In this hospital, mature milk stored in freezer packs is used within 72 hours (3 days) of expressing.

✕Breast milk can be stored up to 3 months at -20°C in a freezer.

★How breast milk is used:

①colostrum before being frozen→②frozen
colostrum→③mature milk before being frozen→④frozen
mature milk



2. When to freeze mature milk:

Store all the unused colostrum in freezer packs. Three days before the stock of colostrum runs out, you can start to prepare the stock of mature milk. Please freeze the expressed mature milk before bringing it to the unit, and bring in the frozen stock of mature milk before the stock of colostrum runs out. Be sure to eject the colostrum before you start to prepare the stock of mature milk. Even during milk ejection, please continue to express milk for more milk to be made later.

3. How to store breast milk in freezer packs

Please remember:

- ① Store all the amount of freshly-expressed breast milk in freezer packs after each expressing.
- ② When the mother is not directly breast feeding the baby, freshly-expressed breast milk should always be stored in breast milk freezer packs and be frozen. Babies are usually fed every 3 hours (8 times per day). Therefore, please prepare 8 bags of breast milk for each day. When the baby's milk intake increases, please increase the amount in the bag by 5–10 ml.

How to prepare a stock of frozen breast milk:

- You should prepare:

Breast milk storage bags and disinfected baby bottles.



- How to sterilize baby bottles?

Wash the bottles with bottle detergent and rinse thoroughly. If you use bottle sterilizer, please follow the manufacturer's instructions.

You can also use the following methods to sterilize bottles:

- ① To boil in water: Fill a pot with enough water to cover all items. Bring it to the boil and boil for 10 minutes.
- ② Using chemicals : Follow the manufacturer's instructions carefully when you make up the solution to make sure it's the right strength. Submerge all the items and leave them

in the solution for at least 1 hour.

- ③ Steam sterilizer: Following the manufacturer's instructions, put water, solution (if any) and bottles into the unit and turn on the switch.
- ④ Microwave steam sterilizer: Put water and bottles in a specialized container or bag to be used in a microwave oven. Heat it for 5 minutes.

How to express breast milk?

- ① Wash your hands thoroughly with soap.
- ② Express breast milk into a sterilized baby bottle. Avoid contact with the face or hair during expressing.
- ③ Store the freshly-expressed breast milk into a milk pack and air should be extracted from the pack. Fold the opening of the pack 3 times and seal the pack with a label.

Be careful that:

Never touch the inside of the pack with your hand.

On the label that seals the milk pack, please write down the mother's name, the time and date of expressing and amount of milk. Colostrum should be specified.

How to freeze the breast milk?

Within 30 minutes of expressing, freeze the pack in a freezer

and make sure that it is getting frozen. You do not need to wrap the pack with plastic wrap.

Having a good control on the milk stock

- ① The mother is responsible to have a good control on the amount of expressed milk and baby's daily milk intake. Please keep a record on the milk amounts using the milk diary on the next page. It is not our responsibility to inform the mother of insufficient stock of milk.

- ② How to keep a record on the stock of milk

During hospitalization, babies are fed 8 times a day. If the baby needs 30 ml for each feeding, 240 ml ($30 \text{ ml} \times 8$ times) is the amount needed for 1 day. Because the amount is only approximate, please prepare more than 240 ml to spare. The amount of milk needed is likely to increase every day, so please confirm the amount at each visit. If you have any questions, our nursing staff will be happy to answer your questions.

4. When to bring in the frozen milk stock?

- ① Please bring the frozen breast milk to the unit using a cooler with ice packs. If you do not live nearby, please talk to our staff.
- ② Breast milk can be brought whenever you want. If it

arrives before 10 am, possibly it will be given to the baby on the same day.

5. The outpatient lactation service

If you have any questions or troubles regarding breast feeding, please consult with the outpatient lactation service in the department of obstetrics. If you have delivered in a different hospital, some extra fees may apply. Please contact the department directly.

Service hours:

Weekdays only: 8:30 to 15:00 (by appointment only) How to make an appointment: Please directly call the Outpatient Obstetrics Department to make an appointment.

★ Please call in the afternoon if possible.

★ A midwife from the NICU/GCU is on duty every Wednesday.