

Partner/Companion Staying Overnight – Antenatal and Postnatal Stay

We welcome you stay overnight to support your partner/companion for the first night of their stay post birth and to provide support during early labour. To ensure this stay is beneficial to both your own partner/companion, but also is supportive of the needs of other women on the ward, we would like you to read the information below. You will be asked to sign to say you agree to this if you choose to stay overnight with your partner/companion.

We welcome you to stay with the understanding that you provide practical help and support for mother and baby. We also understand that due to the lack of sleep which can be achieved on Rothschild ward, it may be helpful for you to go home to sleep and return in the morning. We therefore recommend that if you are overtired or have existing health problems, that you do not stay overnight.

If you choose to stay overnight, we anticipate that you will provide support with elements such as:

- Obtaining refreshments
- Supporting your partner to mobilise I.e.to the bathroom.
- Baby care such as changing nappies, feeding and holding baby

Due to our restricted environment and limited space, we are unfortunately unable to offer comfort facilities such as a bed or showers. We can provide a chair by the bed for rest, and you can provide your own blanket if you wish.

Conditions for overnight stays

Safety

- We ask that you **sign the register** to stay overnight so we know you are present and can account for you in case a critical incident such as a fire. If the fire alarm sounds, please follow instructions given by ward staff. In the event of other critical incidents, you will be provided information by staff members that must be followed to ensure safety for all.
- You will be required to **wear a wristband**, which clearly identifies you as a partner/companion staying on the ward and the date you are able to stay
- **We ask you to please not take the baby out of the ward area at any time. Please stay within your bedspace with your baby overnight. Please follow safe sleep guidance and if you are tired, please ensure you return your baby to the cot provided.** We ask that you please ensure you are appropriately and fully dressed at all times. Pyjamas, or just underwear are not permitted. If you are undertaking skin to skin with your baby, please ensure that you replace your clothing when you leave the bedside or have completed your time.
- Please wear shoes(nonslip) and kindly not walk around in bare feet or in socks
- We request that you do not wander around the ward at night and not to leave the ward between **9pm and 9am**. Not all women will have a partner/companion to stay and may find strangers wandering around uncomfortable or threatening
- If you require to use the visitor's bathroom overnight, please inform a member of staff who will release the ward doors for you. On your return, please access the ward via the intercom. We request that you are patient with staff as they will be providing care.

- If you are a smoker/vaper and cannot go without smoking/vaping overnight, it is advised you do not stay as you will be unable to leave the unit to smoke/vape between the hours of **9pm and 9am**. Please be reminded that the Trust adheres to a no smoking policy.

Infection Control/ health and safety

- **You must not sleep in the bed.**
- We ask that you please use the hand gel and wash your hands **before and after** you help care for mother or baby and on entering and leaving the ward area.

Noise

- We ask that everyone keeps noise levels down and does not use mobile phones or handheld devices between **9pm and 9am**. This will help facilitate sleep and rest for the mothers/birthing people and babies.
- Use of devices such as headphones between 9pm and 9am should be kept to a minimum to not disturb others and be able to hear any requests from you partner or instructions from staff.

Facilities

- **There is a visitor's toilet situated outside of the ward.** Please be patient with staff who will need to let you on and off the ward to use this. There are no shower facilities. Please do not use patient shower/wash facilities. We advise you to go home if you need a shower/rest
- Tea and coffee will be available, but we are unable to supply food.
- Please bring your own overnight blanket if you wish
- **Please do not lie on the floor, remove furniture from other bedspaces, or rest anywhere other than the chair you have been provided – this is to ensure staff can access patients and babies safely and promptly when required. The furniture is laid out to avoid injury and ensure accessibility during an emergency, please do not move it**
- If you need to make an urgent phone call between 9pm and 9am please ask staff who will direct you to an appropriate place to do so

General

Our staff are here to provide care for mothers and babies and so need to prioritise the care they give. On occasion you may have to wait for a few minutes until the call bell is answered, however we endeavour to do so as quickly as possible.

Please be patient if you require extra assistance at night-time. Do alert a member of staff if help is required urgently.

If you have any concerns, please ask to speak with the midwife in charge of the ward.

Parking

Please note that parking overnight in the hospital grounds is not free. Normal parking charges apply when you are here.

Please note: We reserve the right to decline permission for partners or companions to stay on the ward at any time; this includes inappropriate behaviour or significant concerns that will compromise the safety/wellbeing of mothers, babies and/or staff on duty.