Dear Mother

Welcome to the Kangaroo Mother Care Unit (ward 4) of Kalafong Hospital.

The aim of this pamphlet is to assist you by explaining the purpose of the unit and what is expected of you while you are staying here.

Your baby is well enough to be transferred to this unit so that you can learn to take care of your baby yourself. In the unit we expect you to practice skin-to-skin care continuously. On admission you will receive a special wrap (thari) to tie your infant securely to your chest. You will be expected to sleep with your baby on your chest as well as walk around and take your meals with your baby in this position. This is called continuous Kangaroo Mother Care (KMC).

Kangaroo Mother Care

Please ask the nursing staff of ward 4 to tell you about KMC. There is a brochure about KMC available in English and Pedi. We hope to translate it into Zulu and Afrikaans.

While your baby is still receiving oxygen therapy you are expected to do intermittent KMC during the day and continuous during the night.

As soon as you start continuous KMC you are expected to keep your baby in the KMC position all the time except when you are having a shower. The baby should be in the KMC position for all your other activities such as sleeping, eating, watching TV etc. We want you to become used to keeping the baby in this position so that when you go home you can carry the baby like this while you do your housework, visit friends, ride in a taxi, go shopping etc.

Meals

The hospital will provide all your meals and drinks. Extra water and fluid is supplied to increase breast milk and improve breastfeeding. If you have special food preferences please inform the nursing staff or the dietician when she does her rounds during the week.

Meal times are as follows:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast-</td>
<td>8h00</td>
</tr>
<tr>
<td>Lunch -</td>
<td>12h00</td>
</tr>
<tr>
<td>Dinner -</td>
<td>17h00</td>
</tr>
</tbody>
</table>

There are two tuck shops in the hospital where you are able to buy snacks. If you receive food from visitors you are not allowed to keep the food in your bedside lockers. The reason for this is that the food attracts cockroaches and it is difficult to get rid of the cockroaches. The cockroaches carry germs and may cause illness in your baby. You may keep your food in the communal kitchen and food that need refrigeration may be placed in the kitchen’s fridge.

Ward routine

There are 4 showers and you are expected to shower between 06h00 and 08h00. Babies are washed between 7h00 and 8h00. You will be shown how to wash your baby and as soon as you feel that you are able to do it yourself you will be responsible for the washing of your baby.

Nappies are handed out to you on a daily basis. You are responsible to change your infant’s nappies.

If you are worried about the stools of your baby because of the colour, consistency or the lack of stools, please discuss it with the nursing staff or the doctor during ward rounds. Keep the nappy and show it to the nurse or doctor. Infants receiving breast milk may pass 7 small stools per day or they may only pass one stool per week.

The doctor does a ward round every weekday morning between 08h15 and 12h00. You need to be at your beds with your babies during that time. Use this time to ask questions about your baby or discuss problems that you are having. The doctor will check your baby every day.

---

Handling of expressed breast milk, donor milk or formula milk

1. Infants that are not breastfeeding and are receiving expressed breastmilk, donor breastmilk or formula milk will be issued with a red plastic rectangular container in the milk refrigerator. The container will be labelled with your infant’s name and if you struggle to read the label the container can be marked with a coloured sticker which will make it easier to find.

2. The milk must be stored in an orderly manner. The shelves will be marked to guide you where the milk containers should be stored. The infants in the yellow cubicle will have a shelf, the infants in the blue cubicle will have a shelf and the infants in the pink cubicle will have a shelf.

3. You will be provided with small round plastic cups with lids which will be used to store expressed breastmilk. The dietician will label the containers with your infant’s name. This is a special label that does not wash off.

4. It is very important that you always wash your hands before expressing milk from your breast. The cup must be clean, do not use dirty cups. Dirty cups may cause your baby to fall seriously ill.

5. Cleaning of the plastic cups and lids

   a. Wash the cups and lids with soap and water to make sure that any fatty residue has been removed. Cups are washed in the kitchen next to the ward entrance.

   b. After washing and rinsing the cups and lids, place them in the bucket containing Milton. They need to stay in the Milton for 30 – 60 minutes. Thereafter the cups and lids can be removed and immediately used. No rinsing is required.

   c. Every day the bucket of Milton is freshly prepared by the dietician allocated to ward 4 and placed in the kitchen next to the ward entrance.

6. After you have fed your infant the required amount of breastmilk you can store any excess milk in the plastic cup. The cup should be covered with the provided lid and labelled with the date and time of expression. The milk should be placed in the red rectangular container in the refrigerator and used for feeding within the next 24 hours. You must place the fresh milk in the back of the container and move the older milk to the front to be used first. If you produce large volumes of breastmilk, more than your infant would drink within 24 hours, the cups can be frozen for later use.

7. Be sure that the refrigerator doors are closed tightly at all times. Do not open the doors more often than necessary and close them as soon as possible. Do not over pack the shelves so that the air can move throughout the unit.

8. Mothers who have to pasteurise their breastmilk using the Pretoria pasteurisation method should pasteurise the milk shortly before giving it to their infants. Milk that have been pasteurised should not be stored in the refrigerator or frozen.

9. Special powder to improve weight gain

10. The dietician, in consultation with the doctor will provide your baby with a special powder to improve weight gain.

11. The powder will be supplied each day. It comes in a plastic container with a lid and each container will be clearly labelled. This container needs to be stored in the fridge in the rectangular container.

12. A special spoon to measure the powder will be supplied. The spoon will be placed in another container with a lid. One scoop of powder with this spoon is added to 20 ml of expressed breastmilk and given to your baby with each feed.

13. Every day this spoon and container should be washed and placed in the Milton for 30 – 60 minutes. Afterwards the clean spoon should be placed in the container and replaced in the red rectangular container in the fridge.

14. You will receive new powder each day. As soon as you receive the new powder you should throw the old powder away. This is important because it will prevent your infant from getting infection.

15. When you are discharged the small spoons should be handed back to the sister in charge. The spoons cannot be used at home for other milk powders.

Guidelines for mothers in KMC Unit, E v Rooyen, June 2007
If you are receiving medical treatment for any condition for example high blood pressure, diabetes or epilepsy you should please inform the nursing and medical staff. It is important that your treatment is continued and that you do not run out of medication.

**Visitors**

Visiting hours of the hospital is daily from 10h00 – 11h00; 15h00 – 16h00; 19h00 – 19h00

Parents of children admitted to Kalafong hospital may visit their infants at any time but other visitors are asked to keep to the visiting hours.

You are welcome to have visitors during the morning as long as you are at the bedside when the doctor is doing ward round. To respect the privacy of other mothers in the ward and to protect the premature babies against infections we do not want visitors visiting at the bedsides. Visitors are therefore asked to remain in the lounge area or if the lounge is overcrowded they may sit in the first cubicle that is enclosed with glass panels. We also ask that the number of visitors that visit at a time should not exceed more than 3 persons, where possible.

**Smoking**

NO SMOKING is allowed in the ward or the lounge area, because:

- Patients receive oxygen in the ward and there are oxygen outlets in all the cubicles including the lounge area. Oxygen is flammable and a fire may break out or it may cause an explosion in the ward.
- Smoking irritates the airways of babies who have chronic lung disease. They may have a set back or need prolonged oxygen therapy.
- An association between cigarette smoke and sudden infant death syndrome (cot death) has been found. If you smoke in the presence of your baby, he/she may suddenly die.
- If you are determined to smoke please do so outside the building.

**Security and safety**

Please do not leave the ward without informing the staff where you are going. The nursing staff is responsible for your safety and the safety of your baby. At night it is preferable that you do not leave the ward. Furthermore, the ward is locked at night as a safety precaution.

**Activities in the KMC ward**

- The KMC Ward is a shared facility and it is important for all the occupants to treat one another with respect.
- Please respect the privacy of other mothers.
- Please respect one another's property - do not use other people's things without asking first.
- Cleanliness is very important, particularly in the bathroom and kitchen. Please leave these facilities as you would wish to find them.
- You will be expected to make your own bed and to keep your personal belongings tidy. It is important that you keep your lockers clean and organised. The surfaces of the locker should be cleaned with soap and water every day.
- It is important that you are careful to wash your hands before handling your baby or express your milk. Keep your nails short and clean. This will help to prevent infection in your baby.
- Please respect hospital property. A lot of time and effort has gone into making this ward comfortable and pleasant to be in. When you are discharged please leave things as clean and neat and whole as you found them. If you witness any vandalism or theft, please report it to one of the sisters.
- You will receive a Thari (wrap) when you are admitted to the unit to tie your baby in the KMC position. One of the staff will also explain to you how you should tie your baby to your chest with the thari. These thari’s will be washed each week. Please see that it is handed back to the staff when you are discharged. If you would like to buy a thari to take home you can get them from Dr van Rooyen.

**Guidelines for mothers in KMC Unit, E v Rooyen, June 2007**