

Taking your baby home from hospital





Taking your baby home from hospital before the funeral

Taking your baby home from hospital before funeral arrangements are made is a choice any family can make. You and your family may find it helps to say goodbye in the natural environment of your home rather than in the hospital. Being able to see and touch your baby in privacy and in your own surroundings can help overcome some of the fears, apprehension and emotions associated with your loss.

Some of the benefits of taking your baby home include

- Being able to have more time to make memories and gather keepsakes
- Having time to introduce your baby to siblings, family or friends and to recognise the baby's place within your family

Leaving the hospital

Once you are feeling well enough, you will be able to leave the hospital with your baby. We will accompany you to your car and ensure you get away safely. Your baby must be secure in the care in either a car seat or Moses basket secured with a seatbelt. You will need to sign a transfer of care form which you will need to keep with you whilst you have your baby at home.

At Home

Depending on how far your pregnancy had progressed, different options will be discussed with you for caring for your baby at home. A cuddle cot can be taken from the hospital (we will show you how to use this prior to leaving) which will help to keep your baby cool at home and slow the natural changes. This does not mean that you have to keep the baby in the Moses basket, you are able to hold and cuddle the baby as much as you like.

When at home...

What to expect at home

The appearance of your baby may change over the next couple of days and this is normal, we want to let you know what to expect

- Darkening of the baby's lips and skin
- Baby's skin may become fragile
- Sometimes there may be some fluid loss from your baby's nose, mouth or skin. This is normal and can be cleaned with some soft tissue.

Whilst you are at home, if you would like to, you can bath, dress or cuddle your baby. (Bathing and redressing your baby may not be recommended if your baby has had a post-mortem examination due to how fragile the skin may be.) You should place your baby in the Moses basket on the cuddle cot mattress to keep them cool regularly. The room should be kept as cool as possible and be well ventilated. It is important to keep pets out of the room if you are not in there.

The bereavement team and community midwives will be in touch with you each day whilst you are home to see how you are and if needed, help with arrangements such as registration. Depending on the arrangements you have decided on, when you are ready, your baby can be brought back to Delivery Suite or collected from your house by the funeral director. Below are some useful numbers to contact if you have any questions or concerns. You are able to bring your baby back to our care at any time of the day or night, you can do this by calling either Delivery Suite or your chosen funeral director, each day we will advise you which to contact in this event.

Delivery Suite—01905 760571

Worcester Funeral Services (Worcester) - 01905 23499

Thomas Brothers (Redditch) - 01527 547777

Edwin Harris Funeral Directors (Kidderminster) - 01562 822625

Community Midwives Office Numbers:

Worcester —01905 760582/3

Droitwich—01905 681042

Evesham—01386 502323

Kidderminster—01562 826377

Malvern— 01684 577664

Redditch— 01527 512056

Bromsgrove—01527 488141



Using the cuddle cot at home

Using the cuddle cot at home will allow you to have more time with your baby and slow the natural changes that may occur, we will go through how to use this while you are in the hospital but here are some basic instructions / troubleshooting.

When you have decided where to set this up, place the silver insulation sheet (silver side up) in the Moses basket. On top of this, place the cooling mattress on top ensuring the hoses are exposed and able to be connected to the longer hose without being kinked.

Connect the longer hose to the base unit and to the mattress, these should click in place and feel securely attached. Try and prevent the hose from being kinked as this will alter the effectiveness of the mattress. The base unit should be on a firm surface and have space around it for air to circulate and prevent overheating.

Prior to turning on the base unit, ensure there is enough water inside, this can be checked via the viewing window, the water should be nearly full. You will be given spare water to top this up if it becomes low.

Once you have done this, the unit can be switched on, the initial temperature will show high, pressing the ↓ button will show the target temperature, this should be set to 8°C. Within 45 minutes the display should show 8°C and is ready to be used, placing a blanket over your baby once they are in the Moses Basket will help keep your baby cool.

If the unit is not cooling down, the most common reason for this is that the hoses are kinked meaning the mattress cannot fill with water, if you have checked this and it is still not working, rarely it can be because there is air in the mattress. If the hoses are not kinked then disconnecting the mattress and rolling it tightly towards the hose ends will help expel any air. This should rectify the issue. Please use the numbers on the previous page if you have any ongoing issues. Delivery Suite can be contacted 24hrs a day for advice and the bereavement team as well as the community midwives will be in touch daily.



If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.