



Neonatal Discharge and Outreach Team

Parent/Caregiver/Whānau Information – Neonatal Services

Kia Ora

The Neonatal Discharge and Outreach Service are a team of specialised nurses whose aim is to get you home as soon as your baby is ready and provide follow-up support. The team is made up of the following people:

- **Team Leader Discharge/Outreach:** attends ward rounds and coordinates discharge plans. Can be contacted Monday to Friday via your baby's nurse.
- **Discharge Facilitators:** assist with planning and education as part of your preparation for home.
- **Outreach Nurses:** provide support for you and your baby once home if your baby requires outreach follow-up.

You are an important part of your baby's life, and we see you as a member of the Neonatal Unit team as we work together during your baby's stay to care for them. We encourage you to be with your baby as much as possible. Your baby will be comforted by having you here. We appreciate the challenges of having a baby in Neonatal Unit, and you may find some days are difficult to juggle. Please remember it is important to take good care of yourself. Take time out to relax and do something you enjoy.

We encourage you to be involved in FICare (Family Integrated Care); this is an opportunity to be involved in your baby's feeding, regular cares and participate in ward rounds. Research suggests that FICare decreases parental stress and increases confidence, results in fewer infections, and improves infant growth and breastfeeding rates. Participating in caring for your baby can lead to fewer days in Neonatal Unit.

Please feel free to speak with any member of the Neonatal team if you have any questions or concerns you wish to discuss.

Nga mihi nui
Neonatal Discharge/Outreach Team

