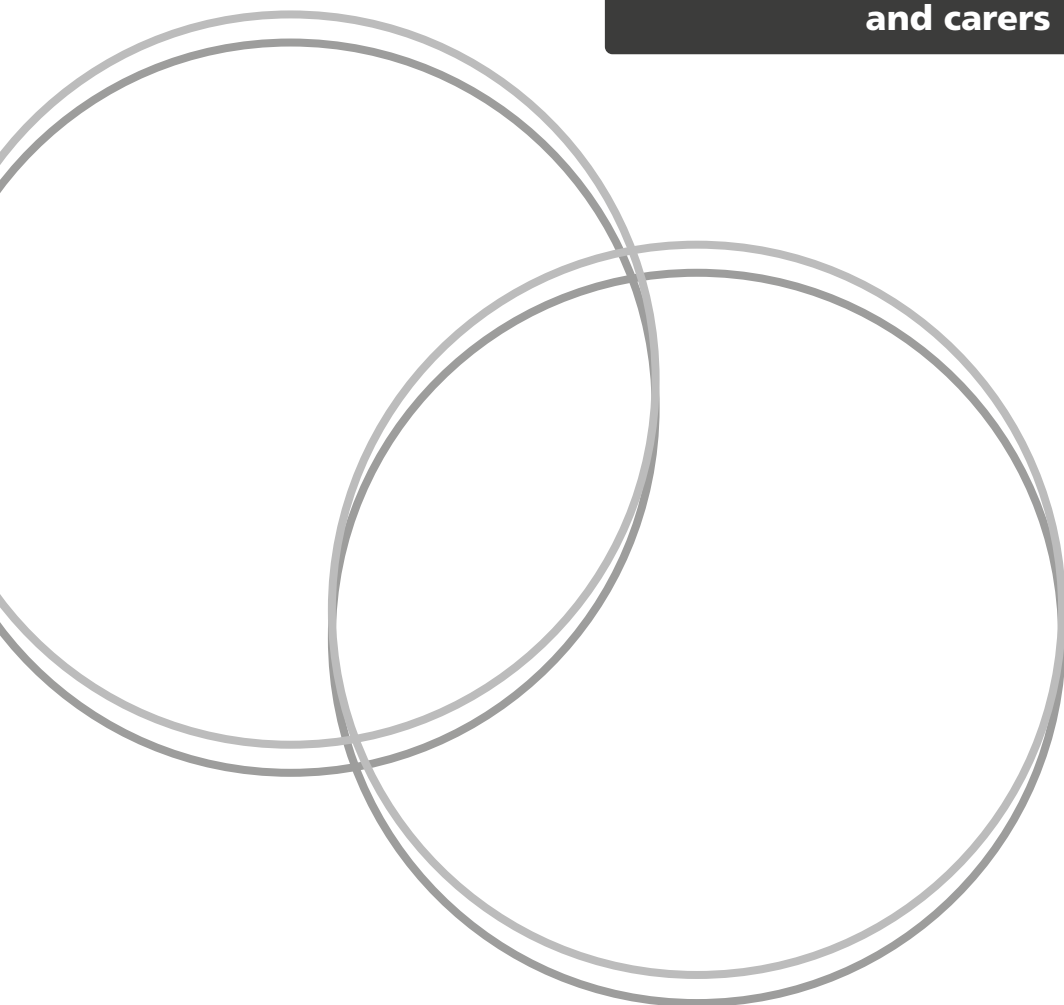




Oxford University Hospitals
NHS Foundation Trust

Neonatal Discharge and Outreach Team Service (DOTS)

**Information for parents
and carers**



Taking your baby home, whether after a few days or months on the Transitional Care Unit (TCU) or the Neonatal Unit (NNU) can be a relief yet also cause anxiety and uncertainty.

When will your baby go home?

On the Neonatal Unit or the Transitional Care Unit you will have gradually learnt how to care for your baby and the staff will discuss with you when your baby is ready to be discharged home. The DOTS Team will aim to introduce themselves to families on the NNU and TCU and will review whether they will need to visit the families once they go home as we have an admission criteria that the DOTS team use as a guideline, and we will share this with you and explain why we are visiting.

What do I need to know before I go home?

Getting ready for home is part of helping you feel more confident in taking this step. The nursing staff will discuss and give advice on what your baby needs before going home and how you can provide these needs. Every baby is different, so we individualise care and support with what you and your baby need and for some babies this may include medical equipment.

DOTS: Discharge Outreach Team Service

Who are we?

- We are a team of Registered Nurses & Nursery Nurses involved in the Discharge and Outreach follow up of babies from the Neonatal Unit, Transitional Care and occasionally the Postnatal Wards.
- We have all worked on the Neonatal Unit and are experienced in looking after babies.
- We are noticeable by our orange lanyards.

What do we do?

- Introduce ourselves cot side and discuss the different discharge pathways available.
- Discuss what is required for your baby to be discharged safely from hospital and help you with this.
- If your baby meets our Discharge and Outreach Team Service criteria, we will aim to visit you and your baby /babies at home within a week of discharge from hospital.
- Visit weekly to begin with and individualise care to each family's needs. We may need to visit longer if your baby has specific medical problems.
- We weigh babies, do a top to toe examination, discuss, and assess feeding patterns, weight trends and monitor head circumferences.
- We clarify important information such as safe sleeping, temperature regulation, and preparation of feeds.
- Change naso-gastric tube (NGT), as required, if your baby is discharged on the Home Tube Feeding Programme.

- Trouble shooting advice.
- Ensure parents are up to date with upcoming appointments.
- Refer to relevant multi-disciplinary teams such as Speech and Language (SALT), Physiotherapist & Dieticians if specific support or advice is needed with your consent.
- Provide reassurance and a listening ear.
- Liaise with your Community Health Visiting Team to ensure good communication and hand over to them when discharged.

Contact us

How to contact the Neonatal Discharge and Outreach Team once you have gone home:

Our office number is: **01865 220 409**

We work Monday to Saturday, 7.30am to 5.00pm

If you call and there is no answer, please leave a message and we will get back to you. This may be at the end of the day due to other commitments. In the case of an emergency regarding your baby's health please call 111, 999 or go to A&E.

Neonatal Discharge /Outreach Team (DOTS)

Newborn Care Unit
Women's Centre
John Radcliffe Hospital
Headley Way
Oxford
OX3 9DU

Email: **NeonatalDOTS@ouh.nhs.uk**

Notes

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Authors: Diane Newman and Alison Tolson

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