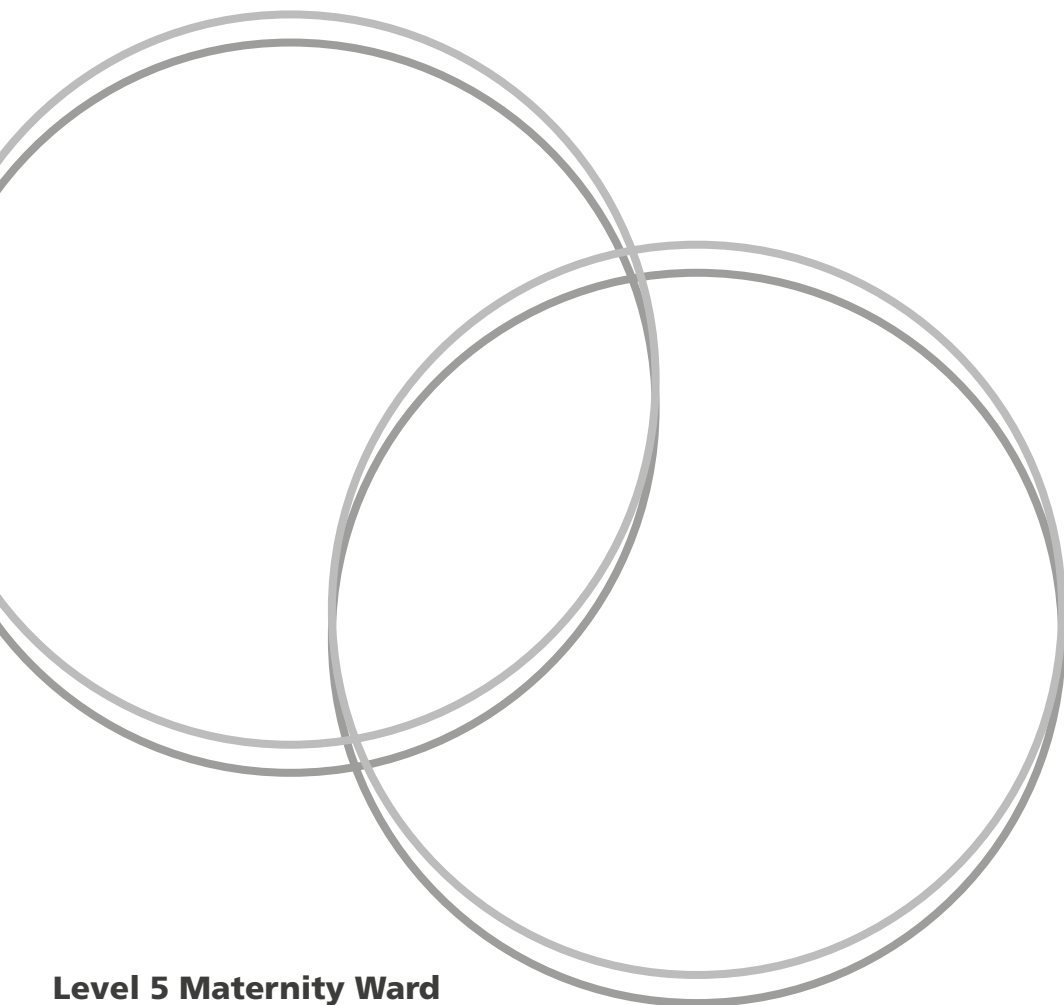




Oxford University Hospitals
NHS Foundation Trust

Supporting your partner overnight

Information for birthing partners and companions



Level 5 Maternity Ward

Thank you for staying to help

It is important for you to read and understand the information in this leaflet if you are staying overnight with your partner/friend/relative.

The term partner refers to the woman or birthing person's chosen supporter. This could be the baby's father, the woman or birthing person's partner, a family member or friend, or anyone who the woman or birthing person feels supported by and wishes to involve in their care.

Similarly, where the term parent is used, this should be taken to include anyone who has main responsibility for caring for a baby.

Facilities

We are pleased to be able to welcome birth partners to stay overnight on Level 5 in either the side rooms or family bays. There are currently 7 side rooms, 4 family rooms and 3 family bays (equaling 11 beds) where partners are able to stay over either in a pull-down bed or a chair next to their partner.

We are pleased to be able to offer pull-down beds in the side rooms. There are also designated toilets for birth partners. Unfortunately, at present, we do not have sleeping facilities in the bay areas.

We are unable to offer meals or snacks for partners, however we do provide tea, coffee and water. There is also an M&S, WHSmith,

Pret a Manger and canteen serving hot food on the John Radcliffe Hospital site.

There are also food shops and cafes a short walk away in Headington.

Safety

The decision to stay overnight must be made in partnership with the staff and it is important to understand that this cannot always be accommodated.

However, it is our wish to make the postnatal experience as positive as possible, so if an overnight stay is accommodated, it is with the understanding that you are able to provide practical help and support for your partner during this time. We recognise that this helps with family bonding and reduces anxiety amongst new parents.

We recommend that if you are overtired or have existing health problems, that you do not stay overnight.

For safety reasons, it is not possible for children to stay overnight.

Infection Prevention and Control

For safety and infection prevention reasons we cannot allow you to stay if:

- You are COVID positive/have COVID symptoms, have a cold or flu, or diarrhoea and vomiting.
- You are thought to be under the influence of alcohol or drugs.

In meeting our responsibility for the health and safety of everyone present, we must comply with policies on infection control and fire safety. In helping us do this, we ask that you agree to the following when staying overnight:

- Sleep on your allocated bed rather than with your partner or on the floor.
- Wash your hands regularly and use the alcohol gel provided.

What is expected of partners on the ward

- We are delighted to expand the opportunity for partners to stay overnight to provide essential support and promote family bonding.
- If you are feeling tired and unable to help, we strongly recommend that you go home to rest, so you can be supportive in the upcoming days.
- Invaluable support you can provide on the ward may include:
 - Getting water or refreshments.
 - Changing baby's nappy.
 - Helping to settle baby.
 - Supporting your partner to the bathroom.
 - Infant feeding support.
 - Anything else your partner may need or request support with.
- You will need to sign in and out of the ward each time you leave and enter so that we know you are present and can account for you in the event of a fire.
- Please wear shoes/slippers (non-slip) and do not walk around in bare feet or socks.
- Please do not sleep in bed with your partner. The beds are not designed, or safe, for two people. If you need additional sheets/blankets, please do not hesitate to ask a member of staff.
- We request that you do not wander around the ward at night and do not leave the ward between 10pm and 8am.
- Not all birthing people will be able to have their partners stay and may find the presence of strangers uncomfortable or intimidating.
- Birth partners are advised to keep fully dressed while on the ward. We wish to preserve the dignity and privacy required by everyone present including staff members.

- Please keep noise levels down and do not use mobile phones or devices that are noisy at night-time (between 9pm and 7am). This will help facilitate sleep and rest for everyone.
- Please bring your own overnight bag and toiletries.
- We cannot provide free or discounted car parking if you choose to stay overnight.
- If you have any concerns or worries regarding your partner's or baby's welfare, please ask to speak to the midwife in charge.
- Please use the emergency call bell (which both you and your partner will be shown during your orientation on the ward) if help is required urgently.
- Our staff prioritise the care they give. They may not always be immediately available but will aim to attend to your needs as soon as possible. As staffing levels change from day to night, please be patient if you require extra assistance at night time.
- If there is an emergency involving your partner, then please stay calm and allow the staff to act as they need to.
- A member of staff will provide you with information and support as soon as it is appropriate.
- If there are concerns for the physical safety of mothers and babies or staff on the ward, the security team will be called to assist at any time.
- Please be reminded that the Trust has a strict no smoking policy.
- If the fire alarm sounds, please follow the instructions given by ward staff. Please do not attempt to leave the ward without staff guidance.
- Oxford University Hospitals NHS Foundation Trust operates a Zero Tolerance Policy on violent, disruptive, and aggressive behaviour. It is a criminal offence to cause a nuisance or disturbance on NHS premises.

Thank you in advance for your understanding and cooperation

We welcome any feedback about your stay/time with us on the ward.

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.

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Oxford University Hospitals NHS Foundation Trust
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