

Overnight stay on the Postnatal ward

What you need to know



Other formats

If you need this leaflet in another format such as Braille, large print, high contrast, British Sign Language or translated into another language, contact the Patient Advice and Liaison Service:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

Thank you for supporting your partner and baby during this important time. We welcome your partner **or** a support person to stay overnight after visiting hours, as your presence can help with bonding and reassurance. This also helps support the person who has given birth with things they may need, such as trips to the bathroom, holding the baby while they get changed, filling up their water jug, and assisting with feeding the baby, etc.

To ensure the safety, comfort, and wellbeing of all families and staff, we ask that anyone choosing to stay overnight agrees to the following expectations.

Staying overnight is optional. If you decide to stay with your partner, please understand that facilities you can use are limited and you must follow the guidelines below.

Health and safety

- If you or any visitors have an illness such as a cold, flu or vomiting and diarrhoea, please do not visit. Speak to the midwife in charge.
- **Please do not sleep in the patient's bed.** Beds are not designed for two people. If you need proper rest, please go home and return when you can.
- Please do not sleep on the floor or bring in camp beds etc. We need to keep the bed area clear to be able to provide care for the patient and in case of an emergency.
- To prevent baby falling on to the floor, please return your baby to their cot after feeds, nappy changes or cuddles. Always put the baby in the cot if walking around the ward, don't carry them in your arms.
- Always follow the safe sleeping advice which includes not sleeping with the baby in your arms.
- Please always wear shoes or non-slip slippers. Do not walk around the ward in bare feet or socks.
- Please do not walk around the ward at night unless a staff member asks you.
- You will not be able to stay under the influence of alcohol and drugs.
- Children are not permitted to stay.
- If you smoke and feel unable to go overnight without smoking, we advise you not to stay. You cannot leave the ward to smoke between 10pm and 8am. The Royal Devon operates a strict smoke-free policy across all hospital sites.
- Please use hand gel and wash your hands before and after helping with care.
- Please take any unnecessary luggage back to your car on arrival. Bed spaces are small and should be kept clear. You should also keep your baby's car seat in the car until it is needed to go home.

Dignity and noise

- You must remain fully dressed while on the ward.
- Please talk quietly and always use headphones for mobile devices.
- Be mindful that noise travels easily at night and not all patients have someone staying overnight. Please be considerate, quiet and show respect for others.

Facilities

- A chair will be provided for you to rest in overnight. If you have a reclining chair, please put it back up in the daytime.

- Please do not use patient toilets at any time. Please use visitor toilets (ask staff where these are located.)
- Please do not use patient showers. If you require a shower, please go home and return when ready.
- Tea and coffee facilities are available in the day room on Basset Ward (NDDH) or for a small charge in the patient dining room (on APNW) or from the cafe.
- We cannot provide meals or snacks for partners staying, only for patients. Please bring your own food if required or use the hospital paid eating facilities.

Emergencies

- If the fire alarm sounds, please follow staff instructions immediately.
- During a medical emergency involving your partner or baby, please remain calm and let staff work to help your partner or baby. You may be asked to move away from the bed area until the situation is under control. Staff will update and support you afterwards.

Security

- Do not take your baby outside the ward area at any time. Babies must stay with their mother/birthing parent on the ward. When you are discharged, a staff member will come with you to leave the ward.
- If there are concerns about safety or behaviour, we may call the Security Team. This could result in you being prevented from being allowed into the unit.
- We reserve the right to withdraw your permission to stay overnight at any time if safety concerns arise.
- The Royal Devon follows a strict Zero Tolerance policy for violence, aggression or disruptive behaviour.
- Please note: Any restrictions set by children's social care, the police, or the courts must be respected.
- Failure to leave when asked may result in legal action under the Criminal Justice and Immigration Act 2008 (Sections 119 & 120).

General information

- There may be circumstances beyond our control where we may not be able to facilitate partners staying.
- Please understand that we will answer your bell as quickly as possible.
- For any concerns about care during your stay, please ask to speak to the midwife in charge and request a Hear to Listen conversation.

- We welcome your feedback please complete a Family and Friends Test card, or via the MNVP (Maternity & Neonatal Voices) feedback card/email info@devonmaternityvoices.org.uk, via PALS, or you can share your maternity experience on careopinion.org.uk

Parking

Please note that overnight parking charges apply on the Royal Devon sites.

Thank you for following these guidelines which are in line with Royal Devon University Healthcare NHS Foundation Trust policies, including infection control, fire safety, and safeguarding and have been co-produced with Devon Maternity and Neonatal Voices Partnership (MNVP.)

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
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- rduh.pals@nhs.net

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

You can also share your feedback on the Care Opinion website at www.careopinion.org.uk or freephone 0800 122 3135.



Scan the QR code to visit the Care Opinion website →

Royal Devon University Healthcare NHS Foundation Trust
www.royaldevon.nhs.uk

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon sites or in community settings.

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www.royaldevon.nhs.uk/get-in-touch