

VISITING POLICY TO NEWBORN CARE CENTRE

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INTRODUCTION

Parental presence during hospitalisation of their infants in the NICU is an important aspect of developmental care. Research has demonstrated that separation after birth of infant and parents can impact attachment and bonding.¹⁻⁴ However, visitation policy should take the following into consideration:

- Confidentiality and privacy of infants and their families
- Infection control

1. AIM

- To provide an extended, supportive visiting policy within the constraints of a Neonatal Intensive Care Unit environment

2. PATIENT

- All neonates admitted to Newborn Care Centre

3. STAFF

- Medical, nursing and clerical staff

4. VISITING POLICY

NOTE:

- All visitors must remove jackets/jumpers and roll up sleeves
- All visitors must wash their hands thoroughly at wash sink as they enter NCC

- Parents/caregivers are able to visit NCC at all times.
- Parents/caregivers are encouraged to be present and participate in medical handover.
- Only 2 visitors are to be allowed at the bedside at any one time. One of these must always be a parent/caregiver.
- In some circumstances, parents can nominate **4 primary visitors** to visit when they are not present. Primary visitors can visit alone or with parents but cannot bring additional visitors.
- Primary visitors:
 - Should not be present at rounds or during quiet time
 - Will generally not be given patient information
 - Will be identified in the baby's notes and provided with an authorisation to visit
 - Must be able to present their authorisation if requested
 - Must remain by the bedside when visiting
- Quiet Time:
 - This occurs between 1 – 3pm to provide rest time for infants
 - This time is limited to **one parent only** for Kangaroo Care or just sitting quietly by the bedside
- If visitors including parents and siblings have coughs, colds, flu symptoms, diarrhoea or vomiting, they are to promptly inform the staff and not to visit the NCC until the symptoms resolve and as advised by the NCC staff.
- Children other than siblings are not to visit during the hospitalisation of the infant.
- All nominated visitors should be over 18 years of age.
- Parents/visitors to remain with their infant only.
- No food or hot drinks are to be kept at the bedside.

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- All drinks must have lids and are not to be drunk while holding the infant.
- Mobile phones must be cleaned with neutral detergent wipes upon entry into NCC.
- Neutral detergent wipes are supplied for use and located on the shelf next to the hand-washing metal trough as you enter NCC.
- Mobile phone use in NCC should be kept to a minimum.^{5,6}

NOTE:

- To be included in induction training of all new nursing /medical staff

5. RISK RATING

- Low

6. NATIONAL STANDARD

- Standard 1 Clinical Governance
- Standard 2 Partnering with Consumers
- Standard 3 Preventing and Controlling Healthcare-Associated Infections
- Standard 5 Comprehensive Care
- Standard 6 Communicating for Safety

7. ABBREVIATIONS AND DEFINITIONS OF TERMS

NCC	Newborn Care Centre	NICU	Neonatal Intensive Care Unit
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8. REFERENCES

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3. Reynolds LC, Duncan MM, Smith GC, et al. Parental presence and holding in the neonatal intensive care unit and associations with early neurobehavior. *J Perinatol.* 2013;33:636-41.
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9. AUTHOR

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