

Facts about the sbmc nicu

We did not know this when our babies were treated here...

About 1300 babies are treated in the SBMC NICU each year.

Premature babies cared for here have really high survival rates and very low disability rates. This is true for the littlest babies too.

For a number of years, the NICU has had one of the lowest chronic lung disease rates among over 500 NICUs in 27 countries.

Outcomes here are better than those at other NICUs across the country. Infants with the lowest birth weights have survival rates more than double the average rate at NICUs internationally.

From 2001-2006, a 23 week gestation baby here had a 65 percent chance of survival compared to the national average survival rate of 30 percent. The NICU team here works in the delivery room during the first few minutes of life which is the most critical period for premature babies.

No residents or interns work in the unit. The result is a staff of highly skilled and experienced neonatologists working in the NICU all the time, even on weekends and holidays.

Places to Relax

Here are a few places that are nearby if you need to clear your mind or spend time with your other children.

- There is a hospital patient park right here at SBMC. If you are facing the front of the hospital it is located to the left behind the first wing. Ask at the front desk for directions.
- The Chapel is located on the 1st floor.
- The NICU Family Resource Center or Library on the 3rd floor.
- The Livingston Mall and The Mall at Short Hills are both close to the hospital.
- Connect with nature at the Turtle Back Zoo or South Mountain Reservation.
- Taylor Park in Millburn is located on Old Short Hills Rd. (Make a right out of the SBMC main parking lot & it's a few miles down on the left.)
- Take in live theater or a movie at the South Orange Performing Arts Center (SOPAC) in South Orange.
- The Papermill Playhouse in Millburn has live theater for adults and children.

Important Phone Numbers:

NICU.	973-322-5300
NICU Step-down (3100).	973-322-5310
NICU Social Workers.	973-322-5503
	973-322-8408
Birth Certificate Office.	973-322-5327

Want to Join the Family Advisory Council?

The FAC usually meets at SBMC on the first Wednesday of each month. We're always looking for recent graduate parents to share their experiences and ideas to help make our NICU the best it can be. If you are interested or have questions, please contact:

Eileen Steffen Neonatal Intensive Care Unit Quality & Research Coordinator 973-322-5453 esteffen@sbhcs.com	Hayley Hirschmann FAC Coordinator hhirschmann@sbhcs.com
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nicu Family News



welcome to the First Issue

The Saint Barnabas Medical Center (SBMC) Neonatal intensive Care Unit (NICU) Family Advisory Council (FAC) welcomes you to our first issue! Our purpose is to provide you with information you may find useful during and after your family's stay in the NICU.

The people on the FAC are mostly parents who have had babies in the NICU just like you. Today we volunteer our time to try to help improve the NICU for families.

We know you all have lots of questions - from wanting to know about your babies' medical care to where to find a quiet cup of coffee. We hope our newsletters help answer some of your questions.

Regards,
The SBMC FAC

SBMC NICU Opens New Family Resource Center

On September 17, 2008, a small celebration will be held outside the NICU to officially open the new NICU Family Resource Center. The Center was built to give visiting parents and families a place to relax, reflect, learn and eat.

The Center is made up of three rooms:

- The NICU Family Resource Library has books and pamphlets on many NICU issues like prematurity and breastfeeding. It also has three computers, a printer, a phone and wireless internet access for NICU family use. The NICU nurses can give you the code to get in anytime.
- The NICU Family Lounge has a TV and comfortable seats for parents, children and other NICU visitors to relax.
- The NICU Family Room is separated from the lounge by a sliding wall and has several purposes, including parent and family education classes. When not being used for classes, families may bring food to eat there. There are also lockers to keep personal items in while you spend time with your NICU baby.



The new NICU Family Lounge.

The *nicu* Parent Buddy Program

This program was started by parents who have had a baby in our NICU. They provide emotional and informational help to parents with babies in our NICU.

The parent buddies are able to give a special kind of support that only a parent who has also had a baby go through the NICU can give. They know first hand what it is like to have your baby be in the NICU. Parents are matched with buddies who have had the same kind of things happen - either by how early their baby came, medical concerns or whether or they have twins or triplets. Buddies keep in touch with you by phone and e-mail but you can decide together to meet in person if you choose.

If you want to have a Parent Buddy, please fill out one of the yellow Parent Buddy forms in the NICU and give it to your nurse or social worker. You may also contact:

Parent Buddy Program Coordinator
Hayley Hirschmann
973-322-9753
hhirschmann@sbhcs.com

DID YOU KNOW....?

...lots of good hand washing is the best way to keep your baby from getting sick. Do it and insist others who come in contact with your baby do it too. You will be glad you did!

Interview with Dr. Sun

Shyan C. Sun, M.D., is the Director of Neonatology at SBMC and has been a neonatologist for 36 years.



Dr. Sun hard at work in the NICU.

Q: Why did you become a neonatologist?

A: I was inspired by Professor Tizzard at Imperial College of London during my residency. He was one of the first neonatologists.

Q: What do you like most about working in the NICU?

A: Making a difference and saving more babies' lives.

Q: What are you most proud of?

A: I am most proud of being able to contribute to the progress of Newborn Medicine.

Q: What do you think of when you think of Family Centered Care, or what does it mean to you?

A: I realize the importance of the family as a partner in the care of their newborn(s). Including parents makes a huge difference in the care of the baby as well as parent satisfaction.

Q: Can you share some of the changes in the SBMC NICU that have occurred over the years?

A: We have seen more small babies survive and the rate and degree of handicaps decrease dramatically.

We have also seen major advances in technology to provide sophisticated equipment needed to treat the smaller and sicker babies we see in the NICU.

Q: Any suggestions for parents?

A: Don't be afraid to talk to your doctor and ask any questions that you may have.

Breastfeeding & Pumping

Breastfeeding your premature baby may be more important than you thought. When a baby is born too early, he does not get many of the special nutrients that the mom's body gives the baby at the end of the pregnancy. Breast milk has these nutrients and more. Premie mom's bodies make "better" breast milk for preemies to make up for what they are missing by being born early.

- You will most likely need to start pumping right away. Pump for 15-20 minutes every 2-3 hours all day and night for at least the first two weeks to establish your milk supply.
- Newborns less than 34 weeks (and many born after that) will probably be fed through a tube at first using your breast milk. Any extra milk will be frozen and stored for later use.
- You can pump at home and in the NICU pumping room. It is a good idea to pump after visiting with your baby since you produce more milk after a visit with your baby.
- You may not make enough milk for every feeding. The nurses may give your baby formula too. It's okay because your baby only needs to get half his daily feedings from breast milk to get the extra benefits from it.
- Once your baby is healthy enough to take a bottle, you may be able to put your baby to your breast. Ask for assistance from the lactation consultant or the nurses.
- Try to breastfeed while your baby is in the hospital. It will make breastfeeding easier when you bring your baby home. Try different positions and holds to find the ones that work best for you and your baby.

DID YOU KNOW....?

...if you are visiting SBMC more than once on any day, you only need to pay for parking one time? See the security desk when you leave the first time and they will validate your ticket for later in the day.

If your stay in the NICU is beyond 21 days, parking is FREE. Ask your social worker when this time approaches.

8th Annual MIRACLE WALK

To Benefit the Saint Barnabas Medical Center NICU

Miracle Walk was started by a family to express their thanks to everyone at the SBMC NICU for caring for their premature baby during her three month stay in the NICU. A team of dedicated parents have joined together for this annual walk-a-thon to raise money to support the NICU.

The money from Miracle Walk has paid for Giraffe™ Omnibeds™, NeoPuff™ infant resuscitators, neoBLUE™ LED phototherapy lights and Draeger Air-Shields® Isolette® Infant Transporters. They bought these items so NICU babies here get the best care and can be kept as comfortable as possible. Parents of babies treated here know the care their infants get leads to the best possible outcomes.

This year's walk will be on Sunday, October 5, 2008, in Verona Park, Verona, NJ. The event starts at 9 a.m. and the walking starts at 10:30 a.m. We hope to see you there!

To learn more or to sign up for the walk:
Visit: www.miraclegwalk.com
Email: miraclegwalk@sbhcs.com
Phone: 973-322-4259