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Facilitated by: ACMM Maternity	Last reviewed: September 2018
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Partners or support people staying overnight within Hutt Maternity

Hutt Maternity Policies provide guidance for the midwives and medical staff working in Hutt Maternity Services. Please discuss policies relevant to your care with your Lead Maternity Carer.

Purpose

Hutt Maternity recognises that the birth of a new baby is a life changing event and where possible would like to support families to stay together during this special time. Issues of safety and security for mothers, babies and staff are paramount which has resulted in criteria around partners or support person staying on the unit.

Hutt Maternity recognises that there are some situations where it would be beneficial for support people to stay overnight to support women while they are an inpatient within the service.

There are potential short term and long term benefits to having a partner/support person stay and support the new mother during her inpatient stay include better family health, better breastfeeding outcomes and increased satisfaction with postnatal care (Johansson et al, (2012), McLachlan et. al, (2008), Persson et. al, (2012), Steen et. al, (2012).

Hutt Maternity is guided by documents and strategies when considering a request for partners/support people to stay overnight in the maternity unit including:

- Te Tiriti O Waitangi/The Treaty of Waitangi (1840)
- Code of Health and Disability Services Consumers' Rights Regulations (1994)
- Section 88, New Zealand Public Health and Disability Act (2000)
- Baby Friendly Hospital Initiative (2008)

This policy is to guide and support staff in their decision making process around when permission is appropriate.

Scope

- All Hutt Maternity staff
- Access holders
- Social workers

Definitions

Support person: a person designated by the woman to support her overnight. This may be a partner, family member or friend. The support person must be 16 years of age or older.

Indications for a support person receiving permission to stay overnight

In all circumstances:

- The request **must be** discussed with the Associate Clinical Midwife Manager (ACMM) or in their absence the senior co-ordinating midwife.
- The woman **must be** in a single room.
- The woman **must give** permission for a support person to stay with her
- Family violence screening must have been completed by the Lead Maternity Carer (LMC) or staff member and be documented in the notes. **There must be no family violence concerns raised or documented** and the partner/support person **must not** be on home detention.

Procedure

- All requests **must be** directed to, and approved by the ACMM or in their absence the coordinating midwife.
- The information and contract of expectations for support people staying overnight within Hutt Maternity **must be** read and signed by the woman and her support person, before the support person is permitted to stay. This is filed in the woman's notes and a copy is given to the support person. (Appendix 1)
- Any support person who is staying overnight **must be** identified by an indication on the ward allocation board and on the ward handover sheet to ensure that everyone is accounted for in the event of an emergency. The support person will be given a pink ID bracelet identifying them as a support person staying overnight. This must be worn for the duration of the stay. A register of support people staying overnight will be kept with the ACMM and security orderlies.
- **Meals will not be provided for the support person.** The Hutt Maternity social worker can be contacted Monday to Friday if there is a concern regarding financial hardship.
- As each room's facilities are shared, support people **cannot use** these bathrooms and toilets. The support person will be directed to the public toilets by the lift. Support people are to be encouraged to return home daily to shower and to rest.
- Only **one** support person is permitted to stay. They must be 16 years or older.
- Children **are not** permitted to stay overnight.

If a staff member feels unsafe at any time she/he should contact the security orderlies immediately on 777 and state: security emergency and location where incident is occurring.



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Information and contract of expectations for support people staying overnight within Hutt Maternity Patient & Whanau Information

Hutt Maternity Policies provide guidance for the midwives and medical staff working in Hutt Maternity Services. Please discuss policies relevant to your care with your Lead Maternity Carer.

Permission to stay overnight within Hutt Maternity needs to be discussed with the Associate Clinical Midwife Manager (ACMM) or coordinating midwife in their absence. Ideally requests will be made in advance.

Only **one** person, 16 years or older is permitted to stay with the woman. The woman must be in a single room.

Single rooms are allocated based on clinical need only.

Here are ways you will be expected to assist and support the woman:

- Changing the baby's nappies and clothes
- Helping to settle baby to sleep after feeding
- Caring for baby when unsettled and returning baby to the mother when hungry
- Supporting the mother while she feeds the baby
- Collecting and returning breast milk and pump equipment to the milk room
- Cleaning expressing and feeding equipment
- Providing drinks for the mother and generally assisting her to care for the baby

Children are not permitted to stay overnight.

Please be considerate to the other women on the ward, and stay in the room of the woman you are supporting. During your stay you must be wearing a reasonable standard of clothing at all times.

The Whanau room is available to use if you would like somewhere to comfort your baby while the mother gets rest. Please do not walk around the ward while your baby is unsettled or take your baby outside.

Please be sure you understand the principles of safe sleeping for babies; (on their back, face clear, close by, own sleeping space, breastfed and smoke free for every feed)- if unsure, please ask staff to explain this to you. See the Safe Sleep pamphlet.

Please do not use the shared ensuite showers and toilet facilities. There is a public toilet available for support people to use which is located by the lifts in the foyer. You will need to return home daily to shower and to rest.

We ask that you do not sleep in the woman's hospital bed with her as they are not built for two. Due to infection control reasons we ask for support people not to lie on or sleep in the bed even if the woman is not in it. If you are found in the woman's bed at any time you will be asked to leave the ward. A chair and bed linen will be provided for you to rest in subject to availability. We would appreciate your assistance in keeping the room neat and tidy and free from clutter. This helps us to clean the room each day and allows staff easy access in an emergency.



Consent form for one partner/support to stay overnight in the Maternity Unit

I, _____ (woman's name) request permission for my partner/ support person to stay overnight with me in the Maternity Unit, whilst in a single room.

I, _____ (partner/support person's name) agree to the following conditions to ensure the privacy and security of all women, babies and staff in the Unit:

- The purpose of my stay is to provide emotional and practical support, for example changing nappies and settling the baby.
- I will wear a pink wristband identifying me as a support person staying overnight as well as have my name and details noted in the Support Person Staying Overnight register to meet health and safety regulations.
- I will remain in the room of the woman I am supporting and respect other women's privacy. I am required to wear a reasonable standard of clothing at all times.
- I am aware the toilets in the unit are for the use of inpatients only. I may use the toilets located at the end on the corridor opposite room 17 at night and during the day I may use the toilet in the lift foyer outside the main hospital doors. If I am found using the ward ensuite I will be asked to leave the facility.
- The hospital has a smoke free, alcohol free and substance free policy, in the hospital buildings and hospital grounds. If I am found to be breaching this policy, security will be called and I will be removed from hospital grounds.
- I understand that if I leave the Unit during the night, the doors are automatically locked and I will not be able to re-enter the unit until the doors are unlocked the following morning. This will be strictly enforced.
- I understand that children or siblings cannot be accommodated in the unit.
- I am aware that I need to provide my own meals and can purchase food at the cafeteria.
- I am aware that inappropriate behaviour is unacceptable at ALL times and abuse directed at staff will not be tolerated and I will be asked to leave the premises
- Hutt Maternity can provide a blanket and pillow subject to availability. There are no mattresses available, an arm chair will be provided if one is available. To fulfil health and safety regulations, airbeds or mattresses from home are not allowed on the ward and I will not sleep on the floor.
- Maternity Unit visiting hours are from 8am-8pm for all other persons (excluding 12.30-2.30pm rest period)
- If the woman I am supporting is required to move into a shared double room due to unit requirements I understand I will not be able to stay the night. Single rooms are allocated on a clinical needs basis only and the criteria do not include partner/support staying overnight.

If the above conditions are not adhered to, the Duty Manager or Security personnel have the right to remove the partner/support person from the premises.

Signed (Woman) _____ Date ___/___/___

Signed (Support person) _____ Date ___/___/___

Signed (ACMM) _____ Date ___/___/___

References

Code of Health and Disability Services Consumers' Rights Regulation 1994

Johansson, M I., Rubertson, C., Radestad, I., & Hildingsson, I. (2013) Improvements of postnatal care are required by Swedish fathers. *Int J Health Care Qual Assur.* 26(5):465-80

McLachlan, H.L., Forster, D.A., Yelland, J., Lumley, J., (2008) Is the organisation and structure of hospital postnatal care a barrier to quality care? Findings from a state-wide review in Australia in Victoria, Australia. *Midwifery* (24) 358-370

New Zealand Breastfeeding Authority 2008 Baby Friendly Hospital Initiative Documents for Aotearoa New Zealand

Primary Maternity Service Notice 2007 (pursuant to Section 88 of the New Zealand Public Health & Disability Act 2000)

Persson, E.K., Fridlund B., & Kvist, L.J. (2012) Fathers' sense of security during the first postnatal week – a qualitative interview study in Sweden. *Midwifery* (28) 697-704

Steen, M., Downe, S., Bamford, N., & Edozien., (2012) Not-patient and not-visitor: a metasynthesis of fathers' encounters with pregnancy, birth and maternity care. *Midwifery* (28) 422-431

Treaty of Waitangi/Te Tiriti O Waitangi (1840).

Acknowledgement

Hutt Maternity wishes to acknowledge Penny Wyatt, Clinical Midwife Specialist Lactation (CCDHB) for her input in to this policy.

Informed Consent

The right of a consumer to make an informed choice and give informed consent, including the right to refuse medical treatment, is enshrined in law and in the Code of Health and Disability Consumers' Rights in New Zealand. This means that a woman can choose to decline treatment, referral to another practitioner, or transfer of clinical responsibility. If this occurs follow the process map on page 18 of the Referral Guidelines (Ministry of Health, 2012).