

Guidelines Sheet - Version 3

Maternity Nurse Contract

This sheet which forms part of the Maternity Nurse Contract states current guidelines for:

- Administering medicines
- Preparation of infant formula
- Prevention of sudden infant death

Administering medicines:

The Maternity Nurse will only administer prescription or over the counter medicines to the client's baby(s) on the advice of a health professional.

Prior to administration of medicines the Client and Maternity Nurse will sign a document which includes the following information: the date, the full name of the child the medicine is to be given to, the reason why the medicine is being administered, the name of the medicine to be administered, the dosage of the medicine, the frequency of administration, the Client's agreement that the Maternity Nurse can administer the medicine.

The Maternity Nurse will also keep a written record of every time she administers the medicine, including the date, time, name of medicine, name of child and dosage and the record should be signed and dated by the Maternity Nurse and the Client.

Preparation of Infant Formula:

Use fresh tap water (not bottled or artificially softened). Once boiled, the water will be allowed to cool for no longer than 30 minutes. The infant formula should then be prepared with this water as per the manufacturers instructions.

This freshly prepared formula should then be cooled down to the required temperature for the baby(s) prior to the feed by running the bottle under the cold tap (with the lid of the bottle still on).

This freshly prepared formula should be used within 2 hours of its preparation and after that time has elapsed any leftover formula milk will be discarded.

Prevention of Sudden Infant Death:

The baby(s) should be placed on his/her back to sleep, in the feet to foot position in the baby(s) own cot(s) in the same room as their parent/carer for day and night sleeps for the first 6 months. Babies should not sleep on sofas or armchairs.

There should be no smoking in the same room as the baby.

Room temperatures should be between 16-20 degrees Celsius and blankets / clothing should be adjusted so that the baby(s) are not too hot- overheating increases the risk of sudden infant death. Baby(s) head should be left uncovered for sleeps, and duvets, quilts, baby nests, wedges, bedding rolls and pillows should not be used in the baby(s) cot(s).

When baby is around one month old a dummy should be used at the start of sleep periods (if the Mother is breastfeeding this should be established first-in most cases this is by the time baby is one month old).

For more information on the prevention of sudden infant death: www.fsid.org.uk