



# Mother and Baby Unit

## Patient information – what you need to know

### About us

The Mother and Baby Unit (MBU) is a mental health unit located on the Women and Newborn Health Service campus at King Edward Memorial Hospital.

It is the first unit of its kind in Western Australia to allow mothers to be admitted with their babies.

The unit specialises in the support and treatment of mothers with postnatal depression and anxiety, and other perinatal psychiatric conditions.

The MBU is able to admit mothers with babies under 12 months old who are not yet walking.

A key focus of care is engaging with partners, families and the local community, as well as primary care clinical services, to support recovery following discharge.

Staff will work with mothers to manage their babies' sleeping and feeding routines while an inpatient in the MBU.

The unit has a responsibility to keep babies safe and follows prevention of sudden infant death syndrome guidelines. This means that we are unable to support co-sleeping.

### Prior to admission

- After the unit receives a referral from your health practitioner, we assess the appropriateness of the unit in meeting your needs.
- You will receive a phone call from one of the senior nurses. They will ask you some questions and give you some information about the unit and explain what you need to bring with you.
- We kindly ask that if you or your baby becomes physically unwell while waiting for admission that you contact us to discuss. This includes common illnesses such as cold and flu-like symptoms, as well as gastro symptoms such as vomiting and diarrhoea.

### What to bring

- Clothes, toiletries for you. Please leave expensive and potentially dangerous items at home (razors, nail scissors, mirrors, medication). If any concerns, please discuss with the nurse prior to your admission.
- Clothes, toiletries, etc, for baby – nappies, wipes, bottles, food
- Pram
- Purple book from the child health nurse
- Phones and chargers are allowed on the unit but phone chargers must be left at the nursing station. Photos and videos are not allowed to be taken in the unit, to protect the privacy of other patients.

## On arrival

- You will complete paperwork for your admission to the MBU.
- We will conduct a health screen check.
- We will ask to check your belongings to ensure you do not have anything that is potentially dangerous.
- You will have a formal medical assessment before admission. This will include:
  - » A mental health assessment by a psychiatrist and a physical health examination by a medical officer
  - » Organising a meeting with your partner or closest support person. This is to ensure that your family and the MBU team are collaborating effectively in planning for your recovery and discharge.

## During your stay

- Visiting hours are usually 4pm–7pm daily. However, this is subject to change due to COVID restrictions. Please check with the MBU team to get the most up-to-date information.
- Your partner may be able to stay over for one night, if clinically appropriate, and suitable for the ward environment. This is usually in preparation for discharge to allow partners to support you when you return home.
- Your doctor will review you regularly on the ward.
- The MBU, along with other health department premises, does not allow smoking on its grounds. We can help you get access to nicotine replacement therapy to support a reduction in nicotine (or quitting).
- Time off the ward will depend on how you are feeling and how long you have been with us. You will start with short walks, which may be escorted initially.
- An overnight stay at home may be included as part of your discharge plans.
- You are expected to attend daily group activities, which have been designed to enhance your treatment. The aim of the group program is to start a journey of recovery that can continue on discharge with the appropriate supports.

- Please don't use your phone in communal areas or during group activities. Charging must be done in the nursing office, preferably overnight.
- Please be available after lunch each day, so you can be involved in the nursing shift handover of your care. Nursing staff from the day shift and the afternoon shift will meet with you to discuss briefly how things are going with your care, any plans you might have and areas that you might be focussing on for the afternoon, evening and night time.
- There is a kitchen where you can prepare meals, baby food or store snacks.
- There is also a laundry where you can wash clothes.

## Privacy and recovery

Mums are requested to support the privacy and recovery of other patients by:

- Respecting confidentiality and boundaries of other patients and seeking nursing support if a patient seems distressed or in need of psychological support.
- Not going into other patients' rooms or handling other babies (please seek nursing staff if support is required).
- Encouraging healthy lifestyle and positive social interactions (eg: going for a walk, cooking baby food, sharing recipes, etc)
- Avoid socialising between 10pm and 6am to support healthy sleep routines and environment.

If you have any questions or concerns throughout your stay in the MBU, please let your allocated nurse or treating team know so we can help resolve the issue.



## Prior to discharge

- Along with the MBU staff, you will develop a wellness plan outlining how best to aid your recovery and stay well. This plan will be tailored to your requirements and will include input from your support person where relevant.
- A discharge summary will be provided. You will also be given a plan that outlines follow-up treatment, including who you will be seeing and your next appointment.
- Nursing staff will go through your medication with you.

## Back at home

You will receive a phone call from MBU staff a few days after you have arrived home to check how you are going and if you have managed to follow up on discharge plans.

## Contact us

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