

Discharge & Recovery Planning

Whether you are looking forward to discharge or nervous about it, the team will work with you to build your confidence about leaving hospital. Both you and baby (and your family/carer involved in your care) will be invited to take part in discharge planning. This means talking about your treatment plan and support needs before you leave hospital. Staff will try their best to give you a potential date of discharge as soon as possible.

Recovery is a process that is very personal and different for everyone – so talk with the team about your hopes for recovery and what type of support you feel would be helpful. This could include making appointments with your General Practitioner (GP), maternal child health nurse (MCHN), Community Mental Health treating team, private psychiatrist or psychologist, and/or other services.



Perinatal & Infant Inpatient Unit
Monash Medical Centre
246 Clayton Rd Clayton 3168



Phone **03 9594 1414**



monashhealth.org



For interpreting services call **131 450 TIS National**

Last reviewed 11/08/22

Consumer Reviewed

Perinatal and Infant Inpatient Unit (PIIU)

Early in Life Mental Health Service (ELMHS)
Monash Medical Centre
Patient Information



Welcome to the Perinatal & Infant Inpatient Unit (PIIU)

PIIU is an inpatient unit for mothers (or primary carers) and babies (under 12 months of age). It is located at Monash Medical Centre, Clayton.

PIIU is a safe and supportive place for you to work through mental health challenges and any concerns you may have in your relationship with your baby. You and your baby's physical health needs are also addressed, which may include exploring health concerns, conducting a physical examination, ordering investigations and liaising with your GP or medical specialists.

What support does the PIIU Team offer?

- Assessment, information and advice about your mental health and treatment options
- Support in parenting skills, and in developing a strong relationship with your baby
- Discussions with your family and carers to provide education, and optimise supports at home
- Groups to assist with emotional and psychological well-being for parent and baby
- Help to link you with support services in the community

Your Care Team ('Mini-Team')

Every client on PIIU is allocated a Mini-Team of clinicians who will work with you and your baby to identify your goals and develop a Treatment and Recovery Care Plan.

Your care team is usually made up of:

- You and your baby
- Psychiatrist
- Psychiatric registrar or medical officer
- Nurse
- Perinatal and Infant Clinician (Social Worker, Occupational Therapist or Psychologist)

Consultant Psychiatrist

The psychiatrist is responsible for the assessment and management of your mental health during your stay. They are able to diagnose mental illness, and may prescribe medication or other treatments if they think it will help you.

Psychiatric Registrar or Medical Officer

The registrar or medical officer will look after your everyday general health care needs, organise any tests or referrals, and help with any physical concerns you may have.

Nurse

Your nurse is your main contact on a daily basis, and they work with the rest of the team to provide support with treatment and at appointments.

Perinatal and Infant Clinicians

You will be allocated an allied health clinician (social worker, occupational therapist, psychologist or Maternal Child Health Nurse). Perinatal and Infant Clinicians can assist you with:

- Reviewing your treatment & recovery plan
- Building confidence in caring for your baby
- How to access support for accommodation, employment, legal, and financial issues

- Arranging mental health and parenting supports that you may need in the community on discharge
- Arranging family and care-team meetings

Group Program

Groups on PIIU run every week-day. These may include:

- Talking groups – exploring topics like recovery, how babies communicate, or managing difficult feelings in yourself and your baby
- Activity groups – like exercise, relaxation, self-care and baby massage

Families & Carers

With your consent, the team will speak with your family/carers during your admission. If you are concerned about your privacy, talk to the team about what can and can't be kept private.

Laundry

A washing machine and dryer are free to use, and we supply laundry powder and a clothes-horse.

Meals

All meals are provided during your stay and are delivered at set times to the common dining area. You will fill in a menu card daily (either via app or paper form) to select your meals each day. Tea, coffee and other light snacks are available in the dining room. Please let staff know if you have special dietary requirements. You are able to bring in snacks/meals from home if you prefer. Oven and stovetop are available if you wish to cook your own meals.

Formula Room

We have a formula room where you can prepare and store bottles. We also have a locked fridge for storing expressed breast milk. We don't supply bottles or formula. Parents are advised to bring in their own breast pump if needed, or this can be hired from the hospital for a fee.

Leave

You must gain permission from your doctor to leave the unit, even if it is just for a short walk. Your safety is important to us, and our team is responsible for the wellbeing of you and your baby while you are in hospital. If you wish to plan leave, please discuss this with your doctor. Usually, leave isn't approved during the first 24 hours of admission. Please speak to your nurse for more information. Leave may be impacted by COVID restrictions.

Smoke free

PIIU is part of Monash Medical Centre, which is a smoke free environment. This means that patients, staff, and visitors will not be able to smoke within the grounds of the unit or hospital. Support is available to help manage your smoking with a range of nicotine replacement therapies.

Mutual Expectations

- We will always listen and treat each other with respect.
- We will not be aggressive towards each other, and always try to talk in a calm way.
- We will keep everyone safe by not bringing cigarettes, lighters, alcohol or drugs onto the unit.
- We will provide a safe and supportive environment for recovery.

Valuables and personal Items

- You are advised not to bring jewellery, cash and valuables to hospital. Staff cannot accept responsibility for loss or damage to your property.
- Belongings brought onto the unit by yourself and your visitors will be searched. This is to ensure a safe environment for everyone.
- Any items that are unsafe will be removed and stored safely, or given to your family/carers to look after during your stay.
- Some items may be allowed into the ward but must remain with staff for safe keeping, such as: razors, spray cans, and chargers/cables for electronic devices.

Sexual Safety

- Monash Health values the sexual safety of all consumers. Sexual activity with others, or in the presence of others, is not permitted on any acute inpatient unit.
- No sexual activity between consumers is considered to be consensual.
- Behaviour that breaches the safety of others, including sexual harassment, will be addressed by staff.
- Police will be notified of allegations of sexual assault.

Visiting Hours

All visits are by appointment, for 2 hours per day.

Monday – Friday: 4pm – 8pm

Weekends: 8am - 8pm

We are flexible with times to accommodate visitors' needs. Visitors can also attend Family/Care-Team meetings on the ward. Please supervise your older children when they visit you on the ward.

Please note – visitation may be impacted by COVID restrictions. Please check with the treating team.

What Other Services Can Help?

There are many services that can help with a range of issues. Talk to any staff member to find out more about what these services offer and how you can get in touch:

Services within Monash Health:

- Early in Life Mental Health Service (0-18 years)
- Lactation Consultant
- Paediatrics
- Dietitian, Physiotherapy & Speech Pathology
- Interpreting services
- Refugee Health Service
- Aboriginal Health Liaison Officers (AHLO)
- Families where a Parent has a Mental Illness (FaPMI)

Services outside of Monash:

Mental Health Supports:

- Mental Health Complaint Commission **#1800 246 054**
- Mental Health Community Support Services (staff will advise of relevant service details)
- PANDA (Perinatal Anxiety & Depression) **#1300 726 306**
- Independent Mental Health Advocacy Service (IMHA) **# 1300 947 820**
- Victorian Mental Illness Awareness Council (VMIA) **# 9380 3900**

Parenting Supports:

- Maternal and Child Health Support – Local council
- Queen Elizabeth Centre (sleeping/settling program and parenting assessment) **# 9549 2777**
- Kidsafe Victoria **#9036 2306**
- Orange Door (<https://orangedoor.vic.gov.au>)
- Parent line **#13 22 89**
- Australian Breastfeeding Association **#1800 686 268**

Other Supports:

- WAYSS Housing Service **#9791 6111**
- Centrelink (<https://www.servicesaustralia.gov.au>)
- Department of Families, Fairness and Housing (<https://www.dffh.vic.gov.au>)