

4 July 2018

Fairfield Hospital claims victory in Kangaroo-a-thon

Fairfield Hospital staff might have claimed the Miracle Babies Kangaroo-a-thon title, but parents and babies are the real winners.

Kangaroo care is skin-to-skin contact between a new baby and one of its parents, usually on the parent's chest.

The hospital achieved the highest number of kangaroo care minutes per baby across the 14 day period, with babies receiving on average 239.14 minutes with their parents.

"It was promoted around the special care nursery and it was amazing how all the staff embraced it," Fairfield Hospital Maternity Manager, Women's Health and Paediatrics, Stephanie Nunn said.

"It just shows if you are committed and interested in something you can achieve great things.

Ms Nunn said kangaroo care had been shown to help stabilise a baby's heart rate, promote breast feeding and enhance bonding between a parent and baby.

She said parents had embraced kangaroo care and had found it to be very beneficial in their journey through the Special Care Nursery.

"Leadership from nurses and midwives is crucial in promoting best practice around kangaroo care," Ms Nunn said.

"I'm proud of what Fairfield Hospital has achieved and we will continue to promote kangaroo care with our new parents."

Fellow South Western Sydney Local Health District Hospital Bankstown-Lidcombe Hospital also did very well, finishing in second place.

The aim of the kangaroo-a-thon was to encourage neonatal intensive care units and special care nurseries around Australia to actively promote kangaroo care during a two-week period in May.

Work is currently underway on the \$7 million upgrade to Fairfield Hospital's Emergency Department.

The upgrade will include improved treatment facilities, an upgraded patient waiting area and a discreet paediatric treatment area. It is expected to be completed by the beginning of 2019.

In 2018-19, the NSW Government is investing \$35.3 million in a New Parents Package to support pregnant women and babies, including 100 more midwives to support maternity services and additional nurses for more postnatal home visits (\$157 million over four years).

Work is currently underway on the \$7 million upgrade to Fairfield Hospital's Emergency Department.

The upgrade will include improved treatment facilities, an upgraded patient waiting area and a discreet paediatric treatment area. It is expected to be completed by the beginning of 2019.