



Lucile Packard  
Children's Hospital  
**Stanford**

Johnson Center for  
Pregnancy & Newborn Services

# Neonatal Intensive Care Unit (NICU)

Integrated Care for Newborns with Critical or Special Needs



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# A World Leader in Neonatal Research and Care Innovation

As a birthplace of modern neonatology—the study and practice of caring for newborns—Lucile Packard Children’s Hospital Stanford provides premature, high-risk, or otherwise critically ill newborns the best care possible, whether these conditions are diagnosed during pregnancy or discovered upon delivery. No other free-standing children’s hospital also offers adult subspecialty facilities for pregnant women who may require such care.

Packard Children’s Neonatology Department has its roots in the Stanford University School of Medicine, where the history of the division of Neonatology is largely the history of Neonatology in the United States. The first apnea monitor was developed at Stanford, for example, and this legacy of innovation continues today. Our doctors continue to develop care methodologies that become common practice at other hospitals. Instead of focusing exclusively on repair of disorders, our physician scientists work to prevent many conditions from happening in the first place. From new treatment protocols to non-surgical interventions, the work developed here at Packard Children’s and Stanford University School of Medicine marks the highest standard in newborn care.





## Your Baby's Health is Our Top Priority

As an expectant mother, selecting the hospital where you'll deliver your baby is the most important decision you'll make. Lucile Packard Children's Hospital Stanford makes that decision easy by providing newborn care that is unmatched by any other hospital on the West Coast, and the most advanced, reliable and comfortable care for mothers, all under one roof.

This unique combination of maternal health and newborn services in one location is the hallmark of our Charles B. and Ann L. Johnson Center for Pregnancy and Newborn Services. At the Johnson Center, the health and well being of mothers and babies is our top priority; and comprehensive medical services are always within easy reach. We bring together clinical services for mother, fetus and newborn along with academic partnerships among participating faculty and staff dedicated to the health and well-being of childbearing families from conception through infancy. This makes Packard Children's the safest place for newborns, period.

Ranked as the best in the West and among the top ten in the country by U.S. News & World Report, our

comprehensive, multi-level neonatal intensive care unit (NICU) is not just for high-risk pregnancies or premature births. Even full-term babies sometimes unexpectedly need a little extra support.

Yet, parents diagnosed with a healthy pregnancy often do not consider that their baby may need the services of a world-class neonatal intensive care unit (NICU). Choosing the very best hospital helps decrease the chances that your healthy pregnancy might unexpectedly need high-risk services, and also ensures that, if your baby does need extra support, you'll already be in the right place at the right time.

Located adjacent to the labor and delivery department and accessible with a one-button call from any one of the labor or operating rooms, our expert doctors and 100-percent registered nurse (RN) nursing staff in each of Packard Children's nurseries have a singular focus: providing the highest possible level of medical care. Our NICU nursing staff cares exclusively for high-risk newborns. This expertise includes supporting families while their baby is receiving care. And, at Packard Children's, even the most critically ill babies are just steps away from their mothers, at all times.



# Packard Children's NICU Team

Packard Children's neonatology staff defines and delivers state-of-the-art, personalized, around-the-clock care of newborns with critical or special care needs. Our neonatologists—pediatric physicians with additional training and expertise in the care of sick and premature babies—provide care, supervise pediatric fellows and residents, nurse practitioners, and nurses who care for babies in the NICU. In addition, every major medical sub-specialty available for adults—such as cardiology, hematology, urology, nephrology, surgery and oncology—is available with a neonatology focus at Packard Children's.

## About Our Nurseries

### NEONATAL INTENSIVE CARE UNIT

The Neonatal Intensive Care Unit at Lucile Packard Children's Hospital Stanford provides round-the-clock, family centered care for the most critically ill newborns with complex, critical care needs. The NICU is equipped to care for newborns who require the most high-tech and up-to-date assisted ventilation, neonatal surgery, neonatal cardiovascular surgery, nitric oxide therapy, and subspecialty diagnosis, consultation and treatment for complex congenital anomalies. The NICU also cares for infants requiring more complex therapies, such as extracorporeal membrane oxygenation (ECMO) and hypothermia.

This Level IV NICU is the highest level of intensive care available for newborn babies. As they grow and get healthier, babies "graduate" to a level II Intermediate Intensive Care nursery before heading home.

### NEURO NEONATAL INTENSIVE CARE UNIT (NNICU)

This specialized unit within our NICU delivers the latest in neurology care for babies at risk for brain injury. Just one

of a few in the country, this unit provides the latest in neuro-protective care for newborns. Using neuro-diagnostic equipment to monitor the brain in real time, our neuro-intensive care trained nursing staff provides neuroassessment, neuro-monitoring and therapeutic hypothermia. Babies are followed by a multi-disciplinary team that includes neonatal neurology, neonatology, neuroradiology, neurosurgery and developmental medicine.

### PACKARD INTERMEDIATE CARE NURSERY (PICN)

When newborns are well enough to breathe on their own, or if they were born with less severe conditions than those in the NICU, they are cared for in the PICN. This unit is designed to provide care to recovering newborns and those with more chronic conditions requiring prolonged hospitalizations, the PICN offers a full spectrum of services and consultation with Packard Children's attending physicians. In addition to those babies recovering from critical illness, babies with mild, transitional respiratory distress, which requires monitoring and short-term oxygen therapy, or those susceptible to infection requiring observation, diagnosis,

and antibiotic therapy can benefit from this special care in a safe but less intensive environment. The care in the PICN also focuses on parent and family education. This education prepares families to confidently care for their infant once they are discharged.

## Collaborative Care Includes Parents

At Packard Children's, parents are essential members of our expert care teams. From participating in care-plan design, to changing diapers and taking temperatures, or standing back and letting our staff do what they do best, every family chooses the level of involvement that's right for them.

We invite parents to:

- Attend daily rounds in the NICU, NNICU and PICN
- Be involved in their baby's care to the extent they desire to be
- Speak with one of our parent mentors
- Participate in our "parent hours" and weekly educational and support meetings
- Provide feedback to help improve the NICU, NNICU and PICN for future patients and families
- Apply to become a future parent mentor

This tailored, collaborative experience is just part of what makes the Packard Children's NICU, NNICU and PICN the very best. Our commitment to parent participation helps make every family's experience better, and makes our NICUs better for every family.



## Staying Close After Mom is Discharged

A mother may be ready to leave the maternity unit before her baby is well enough to leave the NICU. For families who are not local to Packard Children's, accommodations are available at the award-winning Ronald McDonald House just a half-mile from the hospital, or at other local lodgings. Limited in-hospital accommodations are available for breastfeeding mothers. As your baby's condition improves, transfer is available to a level II or special care nursery at one of our partner hospitals across the Bay Area and beyond. All of our partner nurseries are staffed by Packard Children's doctors and nurses, making transitioning to home easier for the whole family.

## Why Might a Baby Need the NICU?

A variety of factors can place a baby at high risk and increase his or her need to be admitted to the NICU. Many healthy, full-term pregnancies may have unexpected complications. Under such circumstances, newborns are often transferred to Packard Children's for the care they require. If the condition is urgent and time-sensitive, the difference between a trip down the highway and a trip down the hallway could make all the difference for you and your baby. Packard Children's Neonatology team is qualified to test for all of these conditions and each baby must be evaluated individually to determine if there is a need for NICU care.

## Prepared for the Unpredictable – Simulation Training

Although birth can present unexpected complications, there is nothing our care teams aren't prepared to handle. All of our providers in obstetrics, neonatology and pediatrics undergo rigorous, technologically advanced simulation training at Packard Children's Center for Pediatric and Perinatal Education (CAPE), the largest and most advanced pediatric simulation training center on the West Coast. Our OB Simulation Program provides realistic scenarios designed to teach obstetric teams the technical, behavioral and communication skills necessary for optimal performance when faced with real-life emergencies. From improving communication with patients and families, to rehearsing unexpected birth or newborn health scenarios, our teams train together so that even the most unpredictable or demanding situation is met with refined skills, coordinated expertise and seamless teamwork.

## About Lucile Packard Children's Hospital

Lucile Packard Children's Hospital Stanford is the heart of Stanford Children's Health, and one of the nation's

top hospitals for the care of children and expectant mothers. For a decade, we have received top children's hospital honors, we're the only Northern California children's hospital with specialties ranked in the top 10 of the U.S. News and World Report's best children's hospital survey, and are consistently recognized for quality care and patient safety. Providing pediatric and obstetric medical and surgical services and associated with the Stanford University School of Medicine, Packard Children's offers patients locally, regionally and nationally the full range of health care programs and services, from preventive and routine care to the diagnosis and treatment of serious illness and injury. For more information, visit [stanfordchildrens.org](https://stanfordchildrens.org).

For more information about the specialized care provided by Packard Children's NICU and our team, visit [neonatology.stanfordchildrens.org](https://neonatology.stanfordchildrens.org)

## Contact Us

**NICU/NNICU** at Packard Children's (650) 497-8800

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