
Welcome to the Peace River Community Health Centre

Prenatal Virtual Tour



Peace River Community Health Centre Virtual Obstetrics Tour



Peace River Community Health Centre is located at: [10101 68 Street](#)

June 27, 2023

Phone: 780-624-7500

Peace River Community Health Centre Virtual Obstetrics Tour

This information is designed to answer some questions you may have about giving birth here.

Come directly to the hospital if:

- You have had contractions lasting about 60 seconds every five minutes for one hour
- You are unable to walk or talk through the contractions
- Your water breaks
- You have bright bleeding, like a period
- You are in need of pain medication
- You are worried with your baby's movements

Hospital parking



- Free parking is located at the front of the hospital.
- Do not leave your vehicle in front of the loading zone at the entrance of the hospital.
- Disabled parking stalls are available.

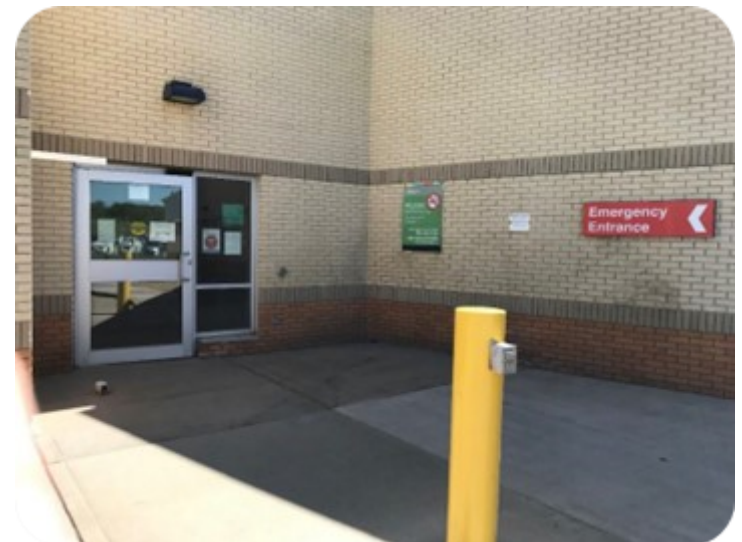
Main Entrance



- Enter the hospital through the front doors from 7 a.m. to 10 p.m.
- Use ED doors after 10 p.m. and before 7 a.m.

Registration

- Present to the admitting desk to register with two pieces of identification (i.e. Driver's License, Alberta Healthcare card)
- Admitting hours are from 7 a.m. to 10 p.m.
- Between the hours of 10 p.m. and 7 a.m. use the Emergency entrance, located to the side of the hospital.



Acute Care Nursing Station



- If labour is imminent, proceed directly to the nurse's station in acute care. If possible, call 780-624-7500 prior to arriving.
- Generally, a person will be greeted by a unit clerk and directed to a labour room equipped with healthcare staff, including nurses and/or physicians.

What you can expect next:

Your care provider will:

- Review with you the reason you are here.
- Review your prenatal papers, check your blood pressure, pulse, and temperature.
- Monitor fetal heart rate (regularly done by either a handheld Doppler or a fetal heart monitor).
- Check your cervix.
- Collect urine and blood samples if needed.

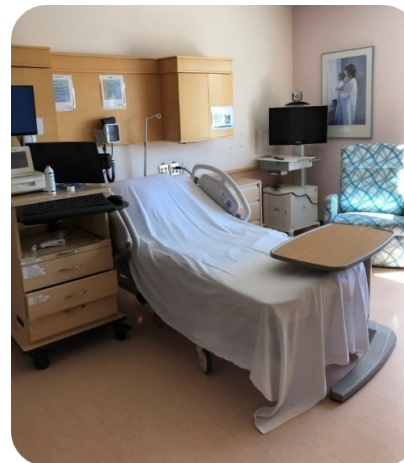
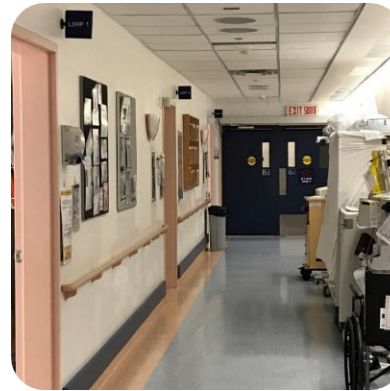
Additionally:

- A cot can be provided for the labour support person.
- Call bells are available if assistance is needed.
- Meal trays are provided for mom only.



Labour & Delivery Rooms

- There are three delivery rooms equipped with a private bathroom and a shower. Birthing balls are also available.
- It is recommended to bring one support person if possible. If you require additional support, contact acute care in advance.
- Mom, baby, and labour support person will generally stay in these rooms for 1-2 hours post-birth.



Operating Room

- If needed, a caesarian section can be performed under a spinal, which is the preferred method, or general anesthetic.
- One support person is recommended in the Operating Room.



Infant Care

- Most times, the baby is placed skin to skin soon after birth.
- If breastfeeding, the baby will have the opportunity to do so in the labour and delivery room.
- If the baby requires extra attention, it will be taken to the infant care centre in the room.
- There is no NICU (Neonatal Intensive Care Unit) available in Peace River. Babies requiring more complex care needs would be transferred to AHS facilities in Grande Prairie or Edmonton.

Postpartum Room

- After delivery, the family will be transferred to another room.
- For uncomplicated vaginal deliveries, patients generally stay for 24 hours.
- For complicated or caesarean sections, patients generally stay for 48-72 hours.
- The baby rooms in with mom 24/7 and sleeps in a bassinet. The baby will have a wristband that matches the mother.



Kitchenette, Ice Machine and Vending Machine

- Vending machines, ice/water machines, and a kitchenette are all available on the unit.
- A family lounge is located on the unit if needed.

Cafeteria



The cafeteria is in the basement of the hospital, and open from 8 a.m. to 4 p.m. on Monday to Friday and 9:30 a.m. to 1:15 p.m. on weekends

Infant Car Seats

- Legally in Alberta, babies must be in a car seat while in a private vehicle.
- You will require the baby's car seat when you are ready to go home with your baby. It is the parents' responsibility to know their car seat manual and how to properly install it. There is a trained car seat technician at the RCMP station in Fairview.
- Please bring your car seat, baby blankets, baby clothes, and diapers to the hospital when your baby is discharged.



Preparing for the birth

A packing list of what to bring to the hospital is available at <https://www.healthyparentshealthychildren.ca/app/uploads/2018/11/Packing-list-for-the-birth-centre.pdf>

Additional Parent Resources

- [AHS Virtual Prenatal Classes](#)
- [Healthy Parents, Healthy Children](#)
- [MyHealth.Alberta.ca](#)