Welcome to the Neonatal Intensive Care Unit

The Clarke Neonatal Intensive Care Unit (NICU) provides specialized medical care for premature newborn babies (born at less than 37 weeks gestation) and full-term newborns with breathing problems, infections, jaundice or other problems. The NICU does not take care of extremely premature newborns (less than 28 weeks gestation) or newborns who require surgical or subspecialty care. When infants needing those types of care are born at FirstHealth Moore Regional Hospital, our Neonatal Team stabilizes them and arranges for transfer to one of the state’s large referral centers.
Neonatal Care Specialists

Board certified neonatologists lead a patient care team that includes neonatal nurse practitioners, neonatal intensive care nurses and neonatal respiratory therapists. The physicians and neonatal nurse practitioners work collaboratively with the staff to provide around-the-clock intensive care for their patients, and they are always available to talk with the family about their baby’s status and progress. A pediatric ophthalmologist performs eye exams on premature babies who are at risk for developmental problems of the retina.

Breast Milk as Medicine

Our clinicians believe that the best nutrition for any baby is his/her own mother’s milk. Human breast milk is uniquely designed to provide nutrients and other factors that protect the baby from infection and augment the development of the digestive system. This benefit is critical for babies in the NICU. When a baby is unable to breast feed due to illness or premature birth, our staff – headed by a lactation nurse specialist – will assist the mother in collecting milk for administration to her baby until breast feeding can resume.

Advanced Technology

The 13-bed NICU is equipped with the latest technology for infant monitoring and treatment including cardio-respiratory monitoring, temperature management, intravenous fluids and nutrition, supplemental oxygen and conventional mechanical ventilation. All of Moore Regional Hospital’s diagnostic services are available 24 hours a day including advanced imaging technologies and the full range of laboratory testing.

Developmentally Appropriate and Family-Centered Care

Before babies are born, they are not exposed to bright lights, and the sounds they hear are soft and muffled. The NICU tries to simulate that environment as much as possible, so the lighting is dim and there are no loud noises. This keeps the babies more comfortable and aids in their development.

Each NICU room is designed so that the staff can provide the appropriate environment for each baby, depending on the baby’s developmental stage and medical condition. The rooms also afford space for families to have privacy with their infants.

Newborns, especially sick or premature newborns, need plenty of uninterrupted rest and sleep for growth and health. For this reason, the NICU team tries to limit the frequency of exams and procedures in order to minimize discomfort and stress. The goal is to reduce the level of potentially harmful stimuli while providing comforting and nurturing stimuli that promote the baby’s healing, development and bonding with family. The staff encourages families to visit often and, if the baby’s condition permits, to hold and cuddle the baby.

The NICU staff’s family-centered approach is an important factor in the high quality of medical care and promotes the goals of healthy babies and happy families.

Regional Referral Center

Sick and premature babies born at other hospitals in the region are often transferred to the Clarke NICU at Moore Regional.

More Information

To find out more about the Neonatal Intensive Care services at Moore Regional, please call (910) 715-2085.