



Family Birth Center

Orientation Booklet



St. John Medical Center

stjohnmedicalcenter.net

Welcome to the Family Birth Suites

at St. John Medical Center. The journey you have started with us will take you and your family through the birth of your baby, your recovery, and your transition from hospital to home. To provide you with individualized and excellent care, the Family Birth Suites staff uses a “Clinical Pathway” to guide the Obstetrical Care Team throughout your stay.

You and your family members are key members of the Obstetrical Care Team, which also includes your obstetrician/certified nurse midwife, pediatrician, anesthesiologist, nursing staff and social workers (if needed). The Obstetrical Care Team takes great pride in providing quality care to our families. In addition, we help families gain a basic understanding of self-care and baby care. Before leaving the hospital, we will provide you with hands-on learning experiences with your baby. Your parenting skills must be learned and, like any other skill, the more you practice, the more confidence you will gain.

Please be assured that the Family Birth Suites staff is here for you. We welcome your active participation during labor, birth and the care of your new baby. Feel free to ask questions at any time. We look forward to the opportunity to assist you and your family during this wonderful and exciting time. We share your joy and excitement, and sincerely hope your stay with us is a pleasant one.





What is a Family Birth Suite?

The birth suite concept is based on single-room maternity care, which allows the mother to Labor, Deliver, Recover and continue Postpartum care in the same well-appointed, private birthing suite (often called “LDRP”). The father or your support person is welcome to be with you at all times. If you wish, siblings and other family members are also welcome to share in the experience.

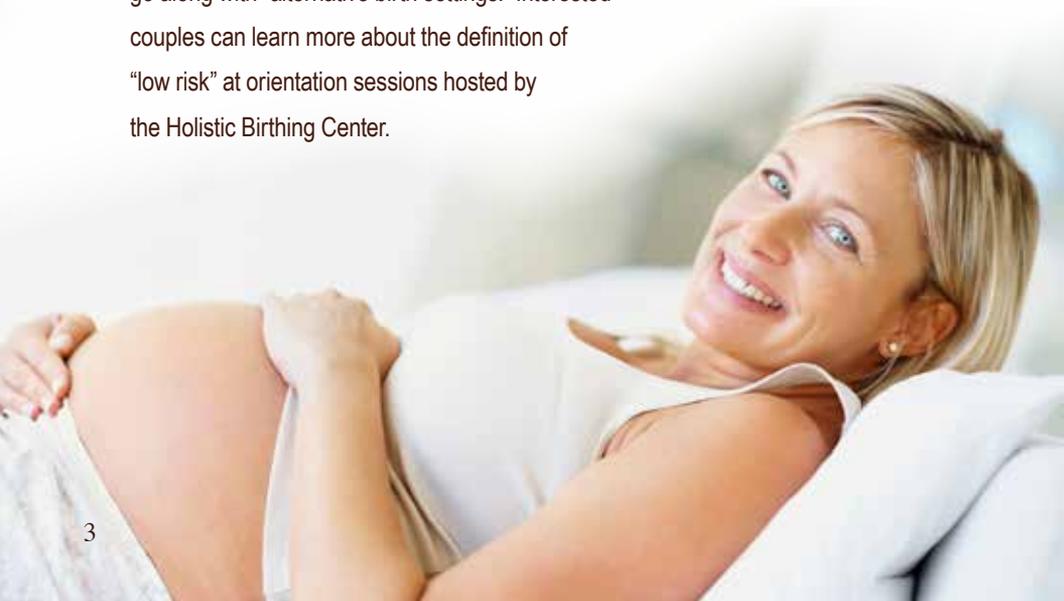
On certain occasions the Family Birth Center may be extremely busy and we must make room to accommodate laboring patients. In these circumstances, it may be necessary to ask you to move to a smaller private room after you have delivered your baby. Again, this is only done when our patient volume is unusually high.

Each private suite includes a birthing bed, living room area, bathroom, and all the medical equipment necessary for a safe hospital delivery. The usual stay for moms who deliver vaginally is 24 to 48 hours, while those who deliver by Cesarean generally stay three to four days. These times are flexible and entirely up to you, your insurance company and your primary care provider who will visit you everyday. Patients who experience a Cesarean birth will deliver in our operating room on the unit and be cared for by the Family Birth Suite nurses. Recovery care after the Cesarean will take place in the private suite.

Holistic Birthing Center

The Holistic Birthing Center at St. John Medical Center is Northeast Ohio's first hospital-based birth center. The center provides a familiar and warm homelike environment where families can experience birth utilizing a holistic approach to the natural birth process. Here, we believe that birth is a sacred, natural journey that can unfold on its own. Our staff of nurses, midwives and physicians is committed to partnering with the childbearing family to provide a safe and satisfying experience that includes education, participation and follow up. The center's homelike qualities and welcoming, reassuring and professional staff embody the idea that birth is normal, yet emotionally powerful.

The Holistic Birthing Center is designed for the low-risk mother and healthy baby when the gestational age of the baby is at least 37 weeks. In most instances, the Holistic Birthing Center involves expectant mothers who have uncomplicated medical and obstetrical histories, have a pregnancy that is proceeding normally, and have agreed to assume the added responsibilities that go along with "alternative birth settings." Interested couples can learn more about the definition of "low risk" at orientation sessions hosted by the Holistic Birthing Center.





Holistic birthing suite at St. John Medical Center.

Alternative pain management techniques such as warm water immersion for labor and/or birth, aromatherapy, music therapy and massage therapy are available in the Holistic Birthing Center. In addition, patients are welcome to bring their doula for labor support. The staff encourages rooming in of the newborn with no separation of the mother and baby, meaning all assessments and vaccinations can be done in the room. Stays for the mother and baby in the Holistic Birthing Center are no longer than 24 hours, after which there may be a transfer to a postpartum room.

Our program of care is designed in the wellness model and guided by principals of prevention, sensitivity, safety and appropriate medical intervention. When birth is integrated into life as a family event, the family is strengthened. Our goal is to nurture a woman's sense of personal strength and self-confidence so that she may experience her own birth with dignity and empowerment.



Role of the Registered Nurse

A registered nurse will be assigned to provide one-on-one care for you and your family during labor and delivery. During your labor, your nurse will provide support and close observation of your vital signs and your progression through labor. The nurse will also assess your baby throughout labor with Electronic Fetal Monitoring (EFM). During EFM, a belt containing two sensors to assess both the baby's heartbeat and your contraction pattern will be placed on your abdomen. Some women will be monitored continuously in labor, while other women may only need intermittent monitoring. The nurse will be in frequent communication with your physician or midwife during your labor.

When your baby is born, he or she will be placed on your abdomen/chest, where he or she will be suctioned and dried. If evaluation from the pediatrician is needed immediately after birth, the baby will be placed on a warmer near your bedside. The nurse will evaluate your baby at one minute and five minutes of age based on the Apgar Score, which looks at the appearance of color, pulse rate reflexes, muscle tone and respirations. The staff will encourage skin-to-skin positioning after birth to help the baby transition from your body into the new environment. After the baby has stabilized, the nurse will weigh and measure your baby, administer Vitamin K and the Hepatitis B vaccine, and introduce antibiotic

ointment into the baby's eyes per your wishes. Please ask questions, as we encourage you to discuss the benefits and risks of any procedures with your health care team. Both you and your baby will receive identification bands. After the baby has stabilized, he or she can be bathed, dressed and wrapped in a blanket. A bassinets containing infant supplies is provided in each room. Co-sleeping is discouraged in the hospital.

Once your new infant arrives, he or she can spend as much time with you in the room as you like. Siblings and grandparents are welcome to visit at any time.

Pediatrician

Each newborn will have a pediatrician responsible for the total care of the baby while in the Family Birth Suites. Please choose a healthcare provider for your baby prior to your arrival at the hospital, and be sure to bring the provider's name with you. The pediatric care provider will see you and your baby, advise you of the baby's progress, answer your questions, and assist you in planning for your baby's health care. If your pediatrician does not practice at St. John Medical Center, a service healthcare provider will be assigned for the care of your baby while in the hospital.



Pain Management

You may choose from among many pain management options during and after labor. You might decide before you begin labor that you may or may not want pain medication in labor, or you might be unsure. For women who would like help with the pain but don't want to use medicine, options such as warm water immersion, aromatherapy and the birthing ball are available. Pain medicines are available if your physician or midwife feels it is safe for you and baby. Some women choose to have a narcotic medicine during labor. Given through an IV or as a shot, a narcotic medicine gives fast pain relief for about 20 to 60 minutes. The narcotic may make each contraction less painful, but does not take away all of the pain. Some women will choose an epidural, which numbs the body below the waist. An epidural involves putting a needle into a space near your spine in your lower back. A catheter (small tube) is then threaded through the needle. The needle is removed and the catheter remains, taped in position, and administers the anesthetic agent, which decreases the sensation in your lower body. You will not be able to get out of bed once you have the epidural.



Your comfort is important after delivery, too. Pain management options include cold packs, warm pads, sitz baths or oral medications. Please let your nurse, physician or midwife know if you are uncomfortable at any point during your stay.

Visiting Hours in the Family Birthing Suite

Immediate family members are never considered “visitors.” They may visit at any time, as long as your condition and the condition of your baby permit. Of course, your wishes and needs will always be taken into consideration. For the health of you and your baby, no one is welcome with existing coughs, colds or fevers.



Your significant other is welcome to spend the night with you. We have a sleep sofa in every room for this purpose. We will provide linens if requested. The person using the sleeper is responsible for making their own bed and returning the bed to a couch each morning. The person staying needs to provide his own toiletries and be dressed appropriately at all times. For sleeping, he must have on, as a minimum, a T-shirt and sweat pants, and should have appropriate footwear. Children cannot spend the night.

At times your support people may be asked to stay in the Waiting Room while our medical staff is performing procedures or taking care of you.



Infant Safety and Security

St. John Medical Center has taken every effort to ensure the safety of your newborn.

1. A sensor device will be attached to the umbilical clamp, which will trigger an alarm whenever the infant gets near an exit door.
2. While in the birthing suite, do not leave your baby unattended. Let the nurse know when you will be leaving the baby, even for a few minutes (i.e. taking a shower). The nurse will look after your baby or you may place the infant in the nursery.
3. If the baby leaves your room for any reason, be sure your nurse checks your ID bracelet with your baby's bracelet upon returning.
4. All OB personnel have Pink Picture ID Badges. If a staff member comes to take your baby somewhere, and this person does not have their Pink Picture ID, call for your nurse. **DO NOT** give your baby to anyone who does not have a Pink Picture ID badge.
5. When taking your baby for a walk in the halls, the infant needs to be in the bassinet.

6. It is important that you position your baby on his/her back when placing the baby in a bare crib. The American Academy of Pediatrics recommends that all babies sleep on their backs, alone in a crib and with a firm mattress. They may sleep in the same room as their parents, just not in the same bed. Their sleep area should be free of toys, bumper pads, pillows, loose blankets and other soft items. Babies should NEVER sleep on a couch, sofa or other soft furniture. Babies should always sleep in a smoke, drug and alcohol-free environment.
7. You must have a car seat already adjusted for a newborn and secured in the proper position in the car for you departure from the hospital. Your baby will not be released to home without one. You may have it checked at a police or fire station in your area.
8. No matter how frustrated you get — never shake your baby or allow anyone else to do so. Shaking can permanently damage and even kill your baby.

Infant Pictures

Feel free to photograph your new baby, but please be courteous and ask permission when including staff in your photographs. Videotaping of the birth is not permitted.



Feeding Your Baby

Feeding should be a pleasant experience for both parents and baby. The baby should be warm and dry for feedings. Parent and baby should be in a comfortable position. Hold the baby closely, with the baby's head raised and well supported.

Getting a Good Start with Breastfeeding

If you plan to breastfeed your baby:

- Educate yourself.
- Know the benefits of breastfeeding.
- Value breastfeeding.
- Take advantage of lactation consultants and support people.

St. John Medical Center offers breastfeeding classes through our Childbirth Education Program, which can be taken prior to delivery. Breastfeeding supplies that you will need include a small tube of lanolin nipple cream (Pure-Lan or Lansinoh Cream) and breast pads. You can be fitted for a nursing bra in your late third trimester. Other options are a nursing tank top that allows for changes in size within the first few weeks or a front-closure bra without underwires.

Depending on your long-term nursing plans and breastfeeding needs, you may want to research different types of breast pumps.





Once you have delivered your newborn, an International Board Certified Lactation Consultant (IBCLC) will make daily rounds on the unit to assist with breastfeeding. Your lactation consultant will be able to discuss different breastfeeding techniques, nipple care, positioning, waking techniques, pumping, diet and what to expect when you get home. The mother-baby bond is respected and you will be encouraged to breastfeed within one to two hours after delivery. Rooming-in is recommended for continuity in the breastfeeding process. To enhance your breastfeeding experience, your lactation consultant will recommend that you:

- Put the baby to breast early and often.
- Put the baby skin to skin with mother (Kangaroo Care).
- Follow baby's hunger cues.
- Make you, your baby and breastfeeding a priority.
- Sleep when baby sleeps.
- Plan on eating a healthy diet.
- Minimize use of bottles and pacifiers.
- Keep baby close.
- Trust the process.
- Seek out a support person or group.

Please inform your lactation consultant if you have had breast surgery or have any nipple concerns.

When you leave the hospital, you will receive an information folder with helpful hints and available resources. If you have a question, you can leave a voicemail message on our lactation line, and our lactation consultant will return your call. St. John Medical Center also offers support groups for new and breastfeeding mothers.

Prepare Yourself

We want your birthing experience to be the best that it can be. That's why St. John Medical Center has some of the area's finest care providers and nurses to make sure your stay meets your expectations and beyond. To accomplish this, we strongly believe you need to be physically and emotionally prepared for your baby's birth. Preparation for childbirth can increase the joyful experience and confidence of the mother-to-be and her partner. Our childbirth education classes can help you and your significant other be ready.

Your obstetrician/midwife has a listing of classes offered through St. John Medical Center. You can also check the hospital's website for a comprehensive schedule of programs available to you.



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