



# Anthony Childbirth Center

Labor & Delivery | Postpartum



## Visitor Policy

- One labor coach and one visitor allowed in room for labor and delivery. The visitor can change out after mom and baby are recovered. There can be a max of 3 visitors in the room at a time. Visitors must be 12 years or older. (Siblings allowed, but must be with the labor coach at all times.) ONLY ONE VISITOR DURING THE NIGHT HOURS.
- No videotaping, but still pictures are allowed.

## Smoking Policy

CHI St. Vincent is a smoke-free facility. Smoking is not allowed anywhere on the CHI St. Vincent property. Patients are not allowed to smoke in their rooms, or leave their rooms to smoke.

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## What to Expect:

During your stay you can expect us to:

- Tell you who we are and what we are doing. Partner with you to plan your care.
- Listen and respond to your needs.
- Check on you hourly during the day, and every two hours at night.
- Safely manage your pain.
- Respond to your call button in a timely manner.
- Wash or foam our hands.
- Check you and your baby's ID band for safety.
- Report at your bedside at least every 12 hours.

We will be attentive to your needs, as well as keep you informed throughout your hospital stay.

If we fail to meet your expectations, or if you have any questions or concerns, please call of the numbers listed below.

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### Labor & Delivery Management Team

#### Nurse Manager

Amy Gates - ext. 4515

#### Executive Director

Tonya Baier - ext. 1852

#### VP of Patient Care Services

Teresa Lambert - ext. 4757

House Supervisor - ext. 6181

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## Tips to Safer Healthcare

1. **SPEAK UP!** Participation in your health care involves making sure hospital staff check your arm band to confirm your name and date of birth before any procedure or test. It involves asking questions and making sure you understand the answers.
2. **HAVE A LIST OF ALL THE MEDICATIONS YOU TAKE.** Give your doctor and nurse a list of the medication and your allergies. Remember to include over the counter medications.
3. **GET RESULTS OF ANY TEST OR PROCEDURE.** Ask when and how you will be notified of the results.

If you have any safety concerns or questions, please contact a patient representative at 501.622.8347 between the hours of 7:30am-4:00pm. At any other times, please speak with the Unit Manager or call "0" for the operator and ask for a house supervisor.



## Labor & Delivery

Once admitted, you will be brought to a private Labor, Delivery, Recovery, Postpartum (LDRP) Suite. You can review your birth plans & preferences with the nurse at this time. If desired, you can discuss pain management strategies with your nurse.

### Labor

- During Labor, you can expect that your contractions and fetal heart will be monitored continuously.
- An IV is placed during the admission process and is expected to stay until the day of discharge.
- Your nurse and physician will regularly communicate with you about your labor progression and plan of care.
- Vaginal exams are usually done throughout this time.
- Keep in mind if your water has broken, it is highly recommended to stay in the bed.
- The nurses are educated in position changes to promote mobility and comfort. **ASK ABOUT THE PEANUT BALL!**
- This is not expected to be a pain free event, but we will try our hardest to make it a comfortable and exciting experience. Always keep your nurse involved with your goals.
- Ice chips are available at all times.
- If you want an epidural, let your nurse know.

### C-Section

- A c-section has generally the same process as a vaginal delivery.
- An IV will be placed, "nose-to-toes"-body wipes, mouth wash and nose swabs will be done to reduce the risk for infection. Fetal/contraction monitoring is to be expected.
- We ask that you do not eat or drink prior to the surgery.
- Please remove all jewelry.
- If you have any questions or requests, never hesitate to ask a nurse!

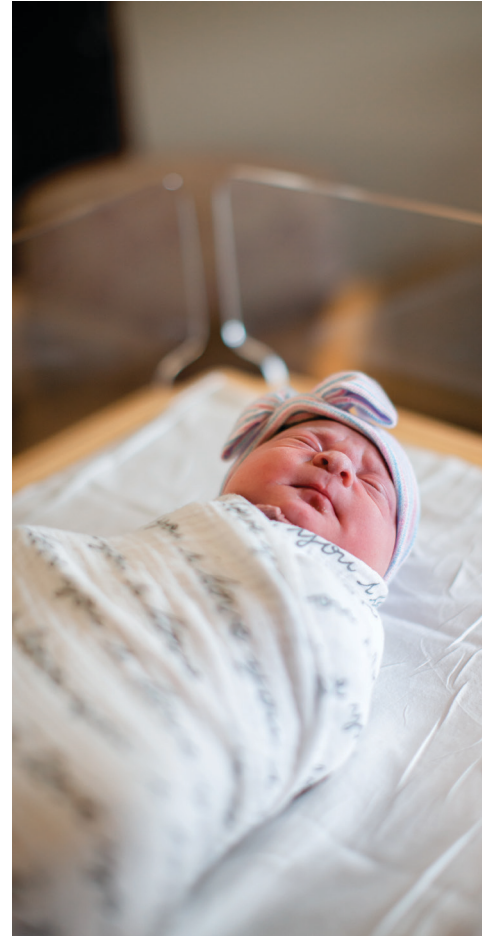
# Delivery/Recovery Care & The Newborn Transition

## Delivery

- It is expected that once your cervix has reached 10cm, then your nurse will start the process of pushing. The nurse will push with you until the physician is needed.
- Once your baby is born, the cord can be cut by the support person. Our goal is to immediately place your baby on your chest for skin-to-skin contact. This is referred to as “The Golden Hour.”
- Your placenta will also need to be delivered. Repairs needed per the physician’s assessment will be done at this time.

## Recovery

- The recovery process starts assuming everything goes as expected and no additional action is required.
- The recovery for mom consists of fundal rubs, where the nurse firms your post delivery uterus by rubbing on your abdomen, bleeding assessments every 15 minutes, vital signs, and additional IV pitocin, for approximately two hours.
- During this time, abdominal pain and cramping is to be expected. We are going to strive and work our best to control your pain, with comfort as a goal; so the focus can be on these important first moments with the baby.



## Newborn Transition

- The first two hours are devoted to skin-to-skin contact and breastfeeding, in addition to the baby being weighed, measured, vital signs being obtained and certain preventative medications given. (Vitamin K, Erythromycin ointment, Hepatitis B Vaccine). These info sheets are provided.
- ALL of these tasks can be done with baby skin-to-skin with exception of weight and measurement, if desired. This timeline applies with a vaginal or c-section delivery.
- At this time, the focus will be on making sure mom and baby are healthy, along with promoting bonding. The staff is educated and eager to assist in breastfeeding.

### The Golden Hour

After delivery of the baby, the umbilical cord will be cut. Let us know if there is a preference for this. We generally do a 30-60 second delay.

Baby will be placed directly skin-to-skin for approximately the first hour.

### Full Assessment/Measurements

- Within the first two hours of life
- Heartrate, temperature, respiration rate  
(Every 30 mins, or more frequently)
- Weight & length
- Head & chest circumference
- New Ballard Scale



## Postpartum & Couplet Care

### Postpartum

- A few hours after delivery.
- Depending on method of delivery, the number of days recommended for inpatient recovery will differ (1-2 days for vaginal & 2-4 days for C-section).
- You can expect to be evaluated by a CHI St.Vincent physician daily while a patient.
- It is very important to keep in mind that your body is undergoing changes and working to heal itself.
  - Rest, hydration, breastfeeding/bottle-feeding/pumping.
  - Going to the bathroom every 2-3 hours is a great way to decrease bleeding, cramping, risk for blood clots and pain. C-sections need to turn in bed every 2 hours.
- Medications that are prescribed by our physicians are safe for pregnancy and breastfeeding, unless discussed otherwise.
- If a medication is “PRN”, you as the patient has to request, as this is not a scheduled medication. If you have any questions, ask.

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### Non Pharmacological Options for Pain:

- Positioning
  - Ice packs
  - Hot packs
  - Shower
  - Environmental adjustments
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### Couplet Care

#### What is Couplet Care?

- Couplet Care is a family-centered approach that promotes immediate bonding, educational opportunities, and family satisfaction. Research shows keeping mom and baby together creates a stronger bond, builds baby’s immunity and increases success rates for breastfeeding.
- Mom and baby will generally have the same nurse for encouraged communication and continuity of care.
- We encourage you to breastfeed. We have many resources to utilize such as lactation consultants, educated hospital staff, pumps and nipple shields.
- Don’t be afraid to ask questions!

## Newborn/Nursery Expectations

- We no longer have a “well baby” nursery. We do have a nursery/NICU that we have access to for procedures, assessments, and intensive one to one care. The well newborn is expected to stay in the room with mom.
- The infant will have these done prior to discharge. These tasks can be done in the room by request, or in the nursery:
  - Bath (delayed approximately 8 hours), hearing screen, newborn screen (24 hours), CCHD heart screen (24 hours), TCB (checks for bilirubin levels, >12 hours-morning of discharge).
  - If necessary, some infants meet the criteria to have additional tests done like blood sugar testing or bilirubin blood level screening.
- *Feedings for baby are expected to be every 2-3 hours with breastfeeding or 3-4 hours with adequate formula feeds. Each baby is different, ask your nurse for troubleshooting Ideas when struggling to get baby to eat. The adjustment is normal. They are learning this new way of life, just as you are. Give yourself and the baby grace!*
- We have sheets that you can have at bedside to help with remembering feeds and diapers. Ask for one in you're interested!
- Every newborn will be provided with a Halo bassinet. This will be the only way of transportation for infant when moving locations.
- For general safety and security, each newborn has a patient name band that corresponds with the mother & one extra person. An arm-banded person must be in the room with infant at all times. An electric transponder may be placed on the leg and removed before discharge (this alarms if the infant gets too close to any exit or the back hallway)
- A pediatrician with CHI St Vincent will evaluate your newborn each day.
- If you request to have your newborn baby boy circumcised, that is usually scheduled the morning of planned discharge and performed by the on call obstetrician.





## Discharge Expectations



Your physician has written your order for discharge and it's time to go home! We have developed a simple checklist to help you understand the process. This process will take approximately three hours. The following must be completed prior to your discharge:

- All physicians involved in your care must first approve your dismissal & place a written order in your chart. This is for pediatricians and OB/GYNs.
- Post hospital stay appointments with physicians must be scheduled, if possible, for baby and mom.
  - If you have a preference of physician/pediatrician, please be sure the nurse is aware.
- If you are participating in the "Meds-to-Beds" medications must be brought to room. Prescriptions must be printed and signed if getting them filled elsewhere. All lab work and test results must be reviewed and documented.
- Newborn hearing screen, newborn screen, CCHD (heart screen) all need to be completed. Be mindful that some of these can not be done until newborn is at least 24 hours old.
- All paperwork must be completed before discharge, including birth certificate worksheet, birth announcement, paternity paperwork (if necessary), postpartum depression scale, and Dolly Parton Imagination Library.

Upon discharge, you will receive a packet with important information and written discharge instructions.

**You can thank your nurse for superior clinical skills, care and compassion.  
Let him/her know how they made a difference with a DAISY Award Nomination.**



Take a photo or visit [chistvincent.com/nursing](http://chistvincent.com/nursing) to submit your thank you.



# Postpartum Mood Changes

## Postpartum Blues

After birth to two weeks, some women may feel depressed, anxious, and upset. Symptoms may include: crying for no reason, having trouble with eating, sleeping, or decision making, or other daily tasks. Some women may question their preparedness or be discouraged about new responsibilities.

## Postpartum Depression

This can present the same symptoms as the postpartum blues, but do not improve or resolve within two weeks postpartum. There can be more intense feelings, sadness or anxiety that limit daily tasks. These can last 1-3 weeks postpartum or up to a year! Do not wait until your postpartum check-up to let your provider know how you are feeling. We have many resources to help you.



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**Postpartum Mood changes can occur, and it is important to know the differences between postpartum blues and depression.**

**If you are concerned about your mood, please inform your nurse.**

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## TV Channels:

- 2 PBS
- 3 RELIGION
- 4 NBC/KARK
- 5 WEATHER CHANNEL
- 6 TBS
- 7 ABC
- 8 ABC FAMILY
- 9 COMEDY CENTRAL
- 10 SYFY
- 11 CBS/KTHV
- 12 TV LAND
- 13 TRAVEL
- 14 LIFETIME
- 15 EWTN
- 16 FOX
- 17 USA
- 18 AMC
- 19 A&E
- 20 HISTORY
- 21 TLC
- 22 DISCOVERY
- 23 DIY
- 24 SCI
- 25 ID, INVESTIGATION DISCOVERY
- 26 NATIONAL GEOGRAPHIC
- 27 CARTOON NETWORK
- 28 DISNEY
- 29 NICK TOONS
- 30 NICKELODEON
- 31 RFD RED TV
- 32 HEADLINE NEWS
- 33 CNBC
- 34 FNC FOX NEWS
- 35 FOOD NETWORK
- 36 HALLMARK
- 37 HGTV
- 38 CBS SPORTS
- 39 SPORTS
- 40 SPORTS
- 41 SPORTS
- 42 MOVIE PREVIEWS
- 43 SPANISH
- 44 TNT
- 45 LMN
- 47 SPANISH
- 48 CHAPEL
- 49 ST. VINCENT



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