



Patient Education & Information

Our Philosophy of Care

The staff of the Pregnancy & Birth Center at Middlesex Health acknowledges that life is both a miracle and a gift. We are committed to approaching care with a focus on the family. New parents, and their families, are encouraged and supported. We believe that educational opportunities for new parents will enable them to care for themselves and their newborn and provide an enriched childbirth experience.

We acknowledge our responsibility as skilled health care providers to ensure that childbirth takes place in a safe environment, while maintaining a sensitivity to individual and cultural needs, personal dignity, and rights to privacy. We approach our professional roles in a spirit of cooperation in order to optimize the care of, and outcomes for, those whose lives we are privileged to share.

We also acknowledge that mother's milk is the best form of infant food. We provide a setting that supports the natural process that takes place between mother and baby for feeding. Our goal is to offer the newly formed family a rewarding feeding experience.

We are a “Baby-Friendly” Hospital

We are proud to be 1 of 326 “Baby-Friendly” Birthing Centers in the United States as designated by Baby-Friendly USA. The Baby Friendly Hospital Initiative (BFHI) is global initiative of the World Health Organization's and the United Nation's Children's Fund's (UNICEF). Our goal is to provide all mothers with the information, confidence, and skills necessary to successfully initiate and continue breastfeeding their babies or feeding formula safely, and gives special recognition to hospitals that have done so.

Skin-to-skin contact is critical to the development of a lifelong bond between mom and her baby, so we allow and encourage babies to “room in” with moms throughout their stay — and your baby will even be bathed and examined in the room with you.

We also strongly encourage moms to begin breastfeeding as soon as they and their baby are ready and able. Our staff includes a Nurse Practitioner who is an International Board Certified Lactation consultant (IBCLC) — and all of our nurses are specially trained to help new moms work through any difficulties they may experience with breastfeeding. In cases where breastfeeding is not possible, we're also experts in alternate feeding methods, because our first priority is ensuring that every mom leaves our hospital with the confidence that they'll be able to provide the very best care for their new baby.

WELCOME

We would like to welcome you to the Pregnancy and Birth Center and introduce you to the staff who will be caring for you.

- **Registered nurses** will provide care and support during your labor and delivery, teach you about the labor and birth process, and take care of you and your baby. Our team will work closely with your physician(s) to provide the best care for you and your family.
- **Obstetrical patient care technicians (PCT)**, under the direction of the nurse, will help in caring for you and your baby. She may draw your blood, take your temperature and blood pressure, make your bed, help you to the bathroom, and escort you to your car when you go home.
- **Environmental Technicians**, will make your stay comfortable by doing general housekeeping in your room and delivering your meals to you.
- **Secretaries** will help you complete your baby's birth certificate.
- **Neonatal nurse practitioners** or **physician assistants** will be available to assess your baby at delivery if needed. They have advanced training in neonatal care and work with the pediatricians to provide emergency care and routine examinations to infants.
- **Social workers** will be available to provide assistance and support, as well as make referrals to community resources.
- **Obstetricians/Pediatricians/Family Practice** will provide care for both you and your baby. They work closely with the staff of the Pregnancy & Birth Center to provide you with the best care.
- **Lactation Consultants** are on staff both Registered Nurses that will be caring for you throughout your stay as well as a Nurse Practitioner who is International Board Certified Lactation Consultant (IBCLC). These staff members will be able to assist you with your Breastfeeding needs in the hospital. After discharge, you may schedule an outpatient visit with our IBCLC certified Nurse Practitioner.

Please feel free to ask any one of us about our role in the Pregnancy & Birth Center. It is our commitment to do everything possible to ensure that your experience with us is a wonderful, memorable event.

EPISIOTOMY

- An episiotomy, (a way to enlarge the opening for your baby) is not routinely performed, unless one is needed, and your doctor will discuss this with you.
- Warm soaks and controlled pushing are used to reduce the chance of an episiotomy.
- If an episiotomy becomes necessary, ice packs, Witch Hazel pads and sitz baths are used to help ease discomfort.

SUPPORT

- You are free to choose who will come with you as your labor support person. Many people have more than one person present for the birth of their baby.
- Cell phone use is allowed on the Pregnancy & Birth Center. Kindly refrain from using your cell phone while the Pregnancy & Birth Center staff are in your room assisting in your care.
- To respect your confidentiality, staff will not give out any information over the telephone, we will simply acknowledge that you are admitted to the unit.

CUTTING THE UMBILICAL CORD

- Most times you or your support person will be able to cut the baby's umbilical cord if you wish. This is not possible however, if the baby needs a quick evaluation by our highly trained staff.

YOU AND YOUR BABY

- Skin to skin contact between mother and baby takes place after birth, unless your baby needs immediate medical attention.
- Breastfeeding is started within 30-60 minutes after birth.
- Lactation consultants and nurses are there to help you with breastfeeding.
- If you choose to bottle-feed, formula is given to your baby.
- Your baby will be with you at all times during your stay. If the baby needs to have a test done in the nursery, then you may ask to be there.
- Please select a pediatrician prior to your admission to the hospital.



PREGNANCY & BIRTH CENTER

Informational Session & Tour

We invite you to come and learn about Middlesex Health's Pregnancy & Birth Center. To help prepare you for your hospital stay, the nurse navigator provides an informational session & tour twice a month. The nurse navigator will teach you about:

- Visitation policy
- Unit security
- Pain control options
- Tdap vaccine & whooping cough
- In hospital photography
- Labor, delivery & recovery private suites
- Rooming-in with your baby
- Available resources for breastfeeding

The nurse navigator is available to answer your questions, can provide you with educational materials, and can help you to create a wish list to personalize your unique birthing experience. If you're looking for educational classes to help prepare you for your new baby, your nurse navigator is here to help!

Please log onto www.middlesexhealth.org, click on **Events, Class, & Support Groups** at the top of the page, & sign up for the **Informational Session & Tour**.

For additional information,
please email: nursenavigator@midhosp.org
or visit: middlesexhealth.org/baby

Visitation Guidelines for The Pregnancy & Birth Center

- ❖ The Pregnancy & Birth Center (P&BC) is a locked unit
- ❖ Visiting hours are 8:00 am to 8:00 pm
- ❖ No visitors are allowed from 2:00pm to 4:00pm for “Quiet Time”- this promotes rest and bonding with your baby
- ❖ One support person is allowed with unlimited visitation and will be given a bracelet for your stay
- ❖ All other visitors will need a pass to visit
- ❖ Visitors will obtain a visitor pass from the front lobby desk, as they enter the hospital
- ❖ Each patient is allowed up to 4 visitors at a time
- ❖ Visitors will push button outside P&BC door to be allowed entrance onto the unit
- ❖ Visitors must show their pass to be allowed onto the unit
- ❖ Visitors must return their pass to the front lobby desk when leaving the hospital
- ❖ If leaving after 8pm, please leave pass with the unit secretary
- ❖ The patient will be notified by front desk if no passes are available and a visitor is waiting