



 **CATAWBA VALLEY**  
**MEDICAL CENTER**  
THE **BIRTHING** CENTER

# Professional Care

## PROVIDING TENDER YET PROFESSIONAL CARE

*Many types of healthcare professionals are nearby to help you.*

### Welcome

*Congratulations to you whether you are already an expectant mother or hoping to be one soon! This promises to be an unforgettable time full of new experiences as you plan for the arrival of a special new someone — your baby! If you are a first-time mom, you will have lots of questions about preparing for your new baby and taking good care of yourself. And for those of you who already have another child, you will be pleasantly surprised to find out about options available at Catawba Valley Medical Center to custom-tailor your birth experience and make it the most fulfilling possible. So relax and enjoy your pregnancy — we are here to provide medical advice and reassuring support throughout this most important time in your life.*

*Catawba Valley Medical Center is truly a special place to begin your baby's life. We were recently re-designated as a Magnet Hospital by the American Nurses Credentialing Center. This designation recognizes nursing programs that provide quality patient care in an environment that encourages and allows for continuous growth and development of the staff. It also honors nursing leadership and excellence, community involvement and many other factors. Above all, it recognizes hospitals that exceed the expected rather than just meeting it. This Magnet designation is the 'gold standard' stamp of approval for a hospital's nursing service. In other words, the priority of our Birthing Center nursing staff is caring for you and your baby.*

In the last 60 years, modern obstetrical care has moved mothers from the comfort and privacy of their own homes to the clinical settings of the modern hospital. While offering improved care, these traditional hospital births often left out the personal touches that make having a baby so memorable. Here at CVMC's Birthing Center, our sincere goal is to make the birth of your baby an experience that will create wonderful memories for you and your family.



We offer a comfortable, home-like environment without sacrificing immediate access to medical technology. Mothers go through labor, give birth and learn to care for the newborn in one comfortable suite. Family members and friends are encouraged to participate and offer support in the birth experience as well as help with baby's first bath and feeding. To facilitate bonding after delivery, mothers and babies are not separated unless there is a medical need. What makes a birth special can be different for each family and for that reason we encourage you to share your vision with us so we can personalize your experience.

Our Birthing Center nurses are experts in labor and delivery with many of them acquiring specialized Certification in Inpatient Obstetric Nursing. All our staff is CPR & NRP (Neonatal Resuscitation) certified. We are also pleased to serve you and your baby with many years of nursing experience — 60% of our Birthing Center staff has worked here five years or longer.

Neonatal Nurse Practitioners (NNP) are registered nurses with clinical expertise in neonatal nursing, who have received a formal education with supervised clinical experience in the care of newborns and their families. Our staff of NNP's is on the premises 24 hours a day, seven days a week to respond to emergencies and insure continued quality medical care for your baby. Respiratory Therapists are assigned to our nursery daily and attend all high risk deliveries and cesarean sections. If additional care is required the Neonatologist, a physician specialized in the care of newborns, is also available within minutes.

Our dedicated staff of Anesthesiologists and Certified Registered Nurse Anesthetists (CRNA's) is also available around the clock not only to administer regional anesthesia such as epidurals, but also to respond to any emergencies that may arise. Nurse Anesthesia is an advanced clinical nursing specialty. We have a team of CRNA's available on the Birthing Center floor after hours to prevent any delay in providing for the needs of our laboring mothers.

## LEVEL I AND LEVEL III NURSERY

Our Level I nursery provides care for normal healthy newborns during the first days of life. Although we encourage our babies to room in with their mothers, our nursery is available to provide any care that may be required, as well as to offer night-time service to give mom and dad a little extra rest.

Our Level III nursery provides care for sick or premature newborns. It is staffed by our board certified Neonatologists, Neonatal Nurse Practitioners and



extremely experienced and dedicated nursing staff. Whether your baby needs extra oxygen, antibiotics for infection, or special help with feeding problems, we have the equipment and specially trained nurses to give your baby expert, loving care. Your infant will receive individualized care based on his/her needs and will be developmentally evaluated with treatment provided as needed. Weekly team meetings are held with an integrated group of hospital personnel, which include Occupational/Speech Therapist, Neonatologists, Neonatal Nurse Practitioners, Medical Social Workers, and Discharge Planners whose responsibility is creating the optimal plan of care for your infant.

If your baby should need to stay in the hospital longer than you do, we have a Boarding Policy that is included in this packet to help you stay close by. Our nursery strongly encourages family participation at all levels of the baby's care. They will provide you with the visitation policy and will be happy to offer support and information during this time.

## CARING FOR YOU WITH COMFORT IN MIND

CVMC's Birthing Center encourages a variety of comfort measures for you to use during your labor. By educating yourself through prenatal classes and reading about your options, you will better understand your choices and be able to use the techniques that best suit your needs. Our staff of childbirth educators and registered

nurses is available to assist you with your choices. Here are only some of the options and suggestions available to the laboring woman.

**Movement During Labor** – For a majority of women, walking and changing positions through the labor process is beneficial for emotional as well as physical comfort.

**Water Therapy** – Warm showers are used to enhance relaxation and comfort.

**Massage** – Massage decreases tension, encourages relaxation and enhances the release of endorphins which create a greater sense of calm and well-being during labor.

**Soothing Music** – To enhance the mood and your relaxation, music can be played on the DVD player available in your room. We encourage you to bring your favorite CD's from home.

**Amusement** – Sometimes a little distraction is needed during labor. A VCR and a DVD player are available for you and your family to enjoy educational or entertaining videos.

**Labor Ball** – A large gym ball, used prenatally as well as during labor to ease back pain, promotes comfort and facilitates the progress of labor and is available in different sizes.

**Birthing Stool** – A comfortable way for women to use a squatting position to facilitate labor and delivery.

**Doula** – Many women or couples find reassurance and greater confidence during childbirth with the assistance of a doula (pronounced doo-la). A doula is a woman experienced in childbirth who provides continuous emotional and physical support during labor. To find out more information or for assistance in securing the help of a doula, you may contact Women's Health Education at the CVMC Health First Center at Valley Hills Mall, Hickory at 828/485-2300.

**Analgesia and Anesthesia** – If needed or desired, intravenous or epidural medications can be administered 24 hours a day by trained personnel. CVMC's Birthing Center has anesthesiologists and nurse anesthetists on staff at all times to meet your needs.

## OUR RESOURCES

- 14 Labor/Delivery/Recovery/Postpartum (LDRP) Birthing Suites
- Surgical facilities on the Birthing Center floor
- 12 Special Care Nursery Beds — For the baby needing multidisciplinary developmental care
- Well Nursery Area
- Night Nursery
- International Board Certified Lactation Consultant Services
- Parent Resource Center offering Internet access, books, magazines and videos geared toward helping mothers and families learn about care of the new baby
- Compassionate Care is provided to the mother and family members in the event of an infant's death or demise. Our dedicated staff members make every effort to help in this time of grieving with additional support from trained bereavement counselors.





# What to Expect

## BIRTH VISION

Catawba Valley Medical Center provides and encourages birthing mothers to complete the Birth Vision form included in your packet. Birth Vision documents your requests regarding the room environment during labor and birth, comfort care measures, medication preferences, visitors and feeding options for baby. You should discuss these options thoroughly with your physician or certified midwife during your pregnancy.

## CLASSES AND TOURS

Education and planning play an important part in having a good birth experience.

To help prepare you and your family for the new baby, Catawba Valley Medical Center offers a variety of classes for every member of the family! Our Women's Health Education staff is eager to talk to you and help you get registered as early as possible for your classes. Call them at 828-485-2300 as soon as you get this packet so you won't miss any of our fun and educational classes. For a complete list of programs please see the enclosed insert.

Although the physical process of giving birth is universal across different nationalities, traditions and customs may vary. Our Birthing Center staff members respect cultural differences and personal preferences regarding your birth. Translation services are available when English is the second language.

## WHAT IF I NEED A CESAREAN SECTION?

If you should require a Cesarean Section, it will be performed in the Operating Room on the Birthing Center floor. We make every effort to have your support person with you during your surgery. After you greet your new baby, your support person and the baby will go to the newborn nursery until you are moved to the recovery area. Then, if at all possible, we will bring your baby to you, as we want to keep your separation from your baby as brief as possible. If you plan to nurse your baby, you will be encouraged to do so at that time if your condition permits. As soon as you are back in your room your baby will be brought to you unless there are medical concerns.



# What Now?

## AFTER BABY ARRIVES

To help assure a great start on life and before you leave the hospital, your newborn will have the required metabolic screening tests (PKU) as well as a Newborn Hearing Test, and a Jaundice Assessment.

It is vitally important that your baby be safely transported in your vehicle in a state-approved child passenger safety seat. North Carolina law requires that all children under the age of 16 must be secured in an approved child passenger safety seat or a seatbelt while riding in a motor vehicle. This includes your newborn's ride home from Catawba Valley Medical Center. Your child safety seat must meet federal standards for crash-tested restraint systems as set by the National Highway Traffic Safety Administration. Please have the safety seat properly installed in your vehicle for the ride home. If you have questions or concerns about installation, please call Debra Leger-Scott, Catawba County Safe Kids Coalition Coordinator, at 828/485-2300.

## BREASTFEEDING

The decision to breastfeed is very important and a choice we wish to help you fulfill. By not separating you from your baby after delivery and encouraging early breastfeeding we can help ensure success. All of our nurses are trained to assist with initiating breastfeeding, answering questions, or helping with any problems you may encounter. For more challenging situations, our International Board Certified Lactation Consultant is available not only during your hospital stay, but also once you take your baby home. A consultant can offer personal consultation either in person or via our Help Line.

## STATE OF THE ART SECURITY

We take the security of your family and your new baby very seriously. We have several methods to safeguard their safety.

- Hugs Security System consists of a special bracelet designed to alarm if anyone attempts

## Newborn HEARING TEST



### Newborn Screening

Your infant will receive the following medications:

- Eye Care — An ointment containing erythromycin will be applied to your baby's eyes to prevent a bacterial infection that could be passed during the delivery process
- Vitamin K — An injection to prevent bleeding problems
- Hepatitis B Vaccine

Another very important "first" during your hospital stay will be the first bath for baby. This will be a wonderful time for you and your immediate family, including baby's brothers and sisters, to see and touch your newest family member.





# Magnet Security & Financial



Catawba Valley Medical Center is only the 32nd hospital in the nation and the second in the Carolinas to receive Magnet Hospital designation by the American Nurses Credentialing Center. This designation recognizes nursing programs that provide quality patient care in an environment that encourages and allows for continuous growth and development of the staff. It also honors nursing leadership and excellence, community involvement and many other factors. Above all, it recognizes hospitals that strive to exceed the expected rather than meeting it.

## CVMC MISSION STATEMENT

Catawba Valley Medical Center exists to provide quality health care, to promote the physical, mental, emotional, and spiritual well-being of the public served, and to be a center for health education, wellness services, preventive medicine, and acute care throughout Catawba County and surrounding areas.

to remove your baby from the Birthing Center.

- A system of cameras scan the halls and stairways of the Birthing Center around the clock. These cameras are part of the 60-camera, campus-wide security system with seven monitors under constant watch by employees in CVMC's Special Police Department.
- Another level of security for you and your baby is the identification bracelet you each wear. Every time your baby leaves with an appropriate staff person and is returned to you, check the identification bracelets to be sure they match.

## FINANCIAL ARRANGEMENTS BEFORE YOUR ADMISSION

- To help prepare for your baby's delivery at Catawba Valley Medical Center, we request that you complete the Pre-Admission Information form included in this packet or

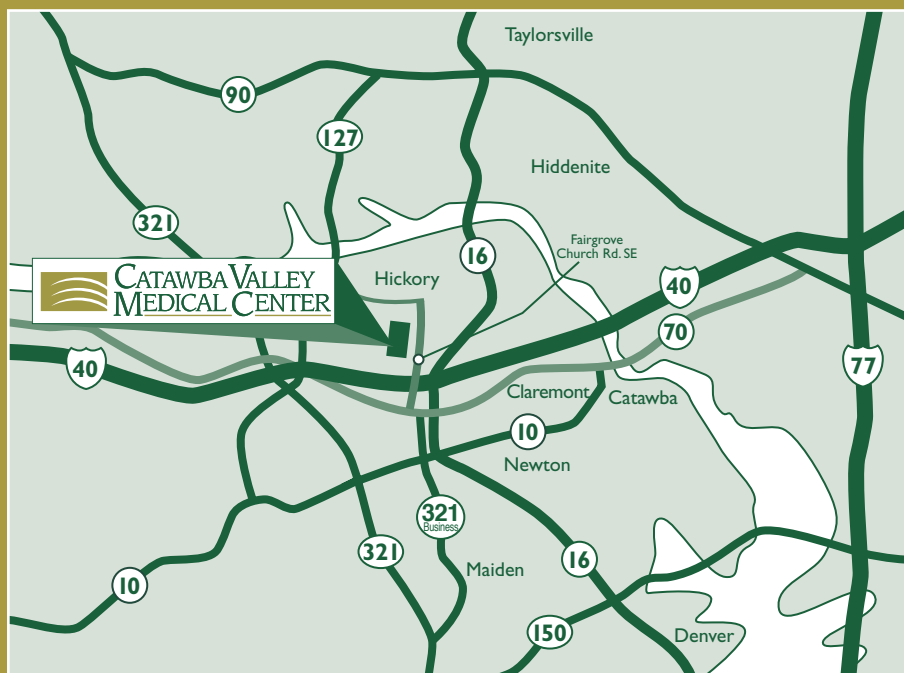
take advantage of online pre-registration. Log onto [www.catawbavalleyemc.org](http://www.catawbavalleyemc.org) and select "Pre-Registration."

- When the Business Services Department receives your completed pre-admission form, an acknowledgement letter will be mailed to you.
- As a courtesy to our patients, our Business Services Department files insurance claims. Insurance is an agreement between the policyholder and the insurance company. Please remember that the patient is ultimately responsible for all hospital charges. If the Business Services Department determines that co-insurance will be due on your account, a Business Services representative may contact you prior to admission. They will help you set up a payment plan on your estimated co-insurance. You will be offered a 5% discount off your estimated co-insurance if this estimated amount is paid by or on your discharge day from the hospital.
- Catawba Valley Medical Center offers other payment options to best suit your financial needs:
  - 90 days same as cash,
  - VISA and MasterCard credit cards and
  - Access One — A financing option for larger term payment arrangements.

## Important Forms to Complete Prior to Your Admission

- Pre-registration Form can be mailed in or done online.
- Birth Certificate Worksheet to bring with you.
- Living Will allows you to put your wishes in writing should you become unable to make a decision about your own medical care.





Catawba Valley Medical Center is a not-for-profit health care system providing and promoting the physical, mental, emotional and spiritual well-being of the public in addition to serving as a center for health education, wellness services and preventative medicine.

To access services or learn more about Catawba Valley Medical Center or to find information about a particular medical condition, call or visit The Health First Center at Valley Hills Mall, 828/485-2300, Highway 70, Hickory, N.C. or visit our web site, [www.catawbavalleymc.org](http://www.catawbavalleymc.org).



32nd Magnet Hospital  
in the Nation

## CENTERS OF EXCELLENCE

*The Comprehensive Cancer Center*

*The Health First Center at Valley Hills Mall*

*The Heart Center*

*The Neurosciences Center*

*The Center for Orthopaedics*

*Psychiatry Services*

*The Center for Rehabilitation*

*The Center for Women and Children*

*The Birthing Center*



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[www.catawbavalleymc.org](http://www.catawbavalleymc.org)