



Admissions Brochure

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The Birthing Center at Emerson Hospital

Family centered philosophy

Emerson's family-centered approach offers a flexible environment, in which we respect each family's unique and individual needs, questions and concerns. We are committed to providing you with the information, care and support necessary to create the pregnancy and childbirth experience you and your family expect.

The Birthing Center

The Emerson Hospital Birthing Center is unique because it offers the perfect blend of two distinct worlds—the highest quality medical expertise for both mother and baby in a wonderfully serene and wooded location close to home.

The Birthing Center offers expectant mothers and their families highly trained and supportive physicians and nurses in a technologically advanced facility. We have the region's most qualified medical team, including a wide array of obstetricians, 24-hour inhouse anesthesiologists, pediatricians, neonatal resuscitation certified RNs, and a pain resource team—all of whom offer you personalized care. If necessary, we provide high-risk pregnancy specialists from Brigham and Women's Hospital, Level 2 diagnostic ultrasound, and genetic counseling.

The Birthing Center has long been recognized for its expertise in nursing care. Our nurses regularly enhance their knowledge and skills through continuing education, while Emerson's treatment protocols are frequently updated to ensure that the standard of care is state-of-the-art.

Throughout each stage of your pregnancy, labor, delivery, and post-partum care, we will work closely with you and your family. With our exclusive "Tender Beginnings" menu of classes, you and your family members may participate in such programs as prenatal and infant care, sibling preparation, and exercise for mothers-to-be. Post-partum exercise classes and new mother support groups are also available.



***Special Care Nursery staffed by a physician
from the Massachusetts General Hospital***

The Special Care Nursery (Level 2A) is equipped and staffed to care for special care newborns. This unit is also able to stabilize and manage the babies born at Emerson who may require transfer to a Level 3 facility. Many of these very ill infants may return to Emerson to grow and gain strength in our Special Care Nursery. The Special Care Nursery is prepared to monitor and respond to sudden changes in your baby's condition at any time. Emerson's in-house pediatric program ensures that one of the hospital's pediatricians is on duty at the hospital 24 hours a day to provide immediate attention should your baby need it. A neonatologist (specialist in newborn care) from Massachusetts General Hospital oversees the Special Care Nursery and is available to consult on more complex medical issues.

Post-partum care

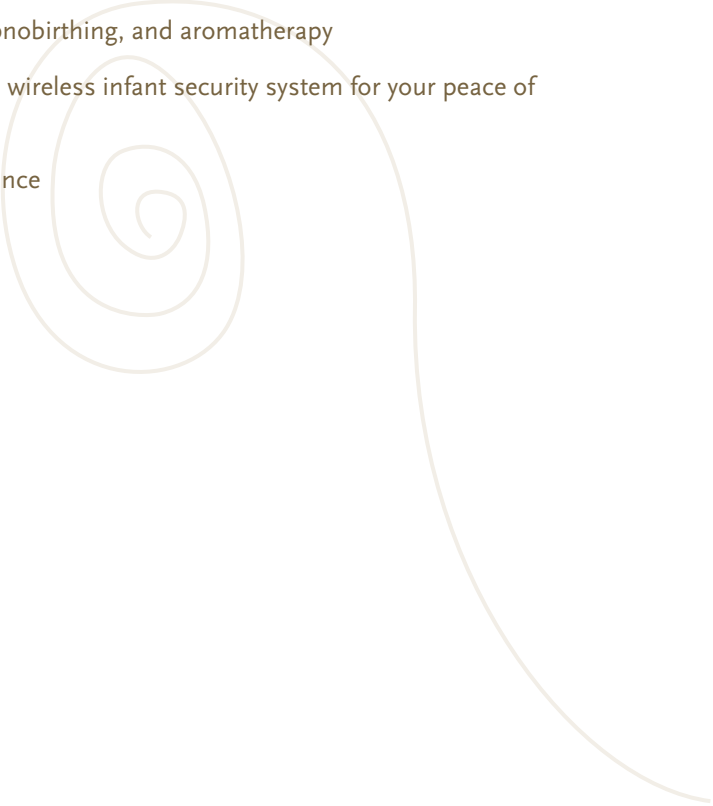
Each private post-partum room in our Mother-Baby unit is designed to enhance the process of bonding with your new baby. For those who choose to breastfeed, we have certified lactation consultants to assist you. In addition, the maternity nurses may answer any questions you may have concerning the feeding of your baby.

Seeing is believing

We invite you to visit the Birthing Center at Emerson Hospital and learn more about our facilities and caring, supportive staff. Please call 978-287-3268 for tour information and schedules.



Special features of the Birthing Center at Emerson Hospital

- One-on-one nursing care in labor and delivery
 - Comfortable, home-like, private rooms for labor, delivery and recovery
 - High risk pregnancy services, including consultations with a perinatologist from Brigham and Women's Hospital
 - The area's only Special Care (Level 2A) Nursery, directed by a Massachusetts General Hospital neonatologist, for babies who need extra medical attention
 - 24-hour obstetrical anesthesiologists
 - 24-hour in-house pediatricians
 - Tender Beginnings classes in preparation for the birth of your baby
 - Certified lactation (breastfeeding) consultants
 - Access to Emerson's registered dietitians for nutritional counseling
 - A centralized computerized fetal monitoring system
 - Acupuncture, hypnobirthing, and aromatherapy
 - A locked unit and wireless infant security system for your peace of mind and privacy
 - A dedicated entrance
- 



Facts about obstetrical anesthesia at Emerson Hospital

A member of the Emerson Hospital Department of Anesthesia is present in the hospital 24 hours a day to help make your delivery a safer, more comfortable and enjoyable experience. The department is staffed with dedicated physicians, several of whom have trained at Boston's major teaching hospitals, such as Brigham & Women's, Beth Israel-Deaconess and Massachusetts General Hospital. Following is a summary of the types of anesthesia most commonly used in obstetrics at Emerson.

Epidural

Epidural analgesia provides safe and effective pain relief from early labor through delivery. This technique involves the administration of medications into the epidural space, a small space adjacent to the spinal cord. You will be asked to either lie on your side or sit up, with your back arched outward like an angry cat. It will be necessary to remain in this position for several minutes until the procedure is completed. After cleaning your lower back with an antiseptic solution, local anesthetic is injected into the skin. The epidural needle is then placed through the anesthetized area, and a small tube or catheter is inserted through the needle. Finally, the needle is removed and the catheter is taped into place. After placement of the epidural catheter, an initial dose of anesthetic is injected through the catheter. A local anesthetic, or novacaine-like drug, is usually used in combination with a narcotic, or morphine-like drug. The combination is more effective than either drug alone, and allows smaller doses of each agent to be used, thus decreasing the chances of side effects. It normally takes about 10 minutes to place the catheter and another 10 minutes or so for the epidural medications to reduce the discomfort of labor. After the initial dose is administered, the epidural catheter is attached to a pump that provides a continuous infusion of anesthetic, so that you can remain comfortable until your baby is delivered. After delivery, the anesthesiologist will remove the epidural catheter, and normal sensation will return within an hour or two.

With epidural analgesia, it is not unusual to experience numbness or tingling in the legs, and you should be aware that you will not be allowed out of bed once the epidural is in place, since your legs may be too wobbly to support you. Other side effects may include itching, sleepiness, low blood pressure, or a headache after the procedure.

If you already have an epidural catheter in place and you then need a Cesarean delivery, in most cases, anesthesia for the Cesarean delivery can be administered through the epidural catheter.

Spinal

If your obstetrician decides that you need to have a Cesarean section and you do not already have an epidural in place for labor, most likely you will have a spinal anesthetic. A spinal, similar to an epidural in some ways, is an injection into the lower back that can usually be done quickly and easily. It provides excellent anesthesia, while allowing you to be awake so that you may participate in the delivery process and see your baby right after delivery.

As with an epidural, you will be asked to either lie on your side or sit up, with your back arched outward like an angry cat. It will be necessary to remain in this position for a few minutes until the procedure is completed. After cleaning your lower back with an antiseptic solution, local anesthetic is injected into the skin. The spinal needle, much smaller than an epidural needle, is placed through the anesthetized area and a small amount of local anesthetic is injected through the needle directly into the spinal fluid. Unlike an epidural, a catheter is not left in place when the needle is removed and only a single dose of anesthetic medication is customarily given.

Once the anesthetic is administered, you will feel the onset of numbness, starting from your feet and rising to mid-chest level. You may feel pressure or movements at times during the procedure, but you will experience no pain. The numbness will begin to wear off after about 2 hours. Since most Cesarean sections take less than an hour, there is little chance that the anesthetic will wear off too soon.

A spinal anesthetic is safe for both mother and baby. There is a small risk of headache one or two days afterward, but this is not very common with the needles and techniques now in use. If a headache does occur, it can usually be treated with bed rest, fluids, caffeine, and pain medications.

General

General anesthesia is sometimes necessary in obstetrics for Cesarean delivery. If you do require a Cesarean delivery and your obstetrician feels that taking time to perform a spinal would put your baby at risk, we may administer a general anesthetic, which would put you to sleep and ensure that you feel no pain throughout the procedure. If you do need general anesthesia, a qualified anesthesia provider will remain with you until the procedure is completed to ensure your comfort and safety.

We hope that you find the above information helpful as you prepare for the birth of your baby. If you have any questions concerning anesthesia, we encourage you to call us. During normal office hours (8:00 am to 4:00 pm), a member of the Anesthesia Department can be reached at 978-287-3162. After hours, you may call 978-369-1400 and ask to speak with the anesthesiologist who is on call at the hospital.

Emerson Hospital anesthesiologists

James A. Street, Ph.D., M.D., *Chairman*

David M. Kagle, M.D., *Associate Chairman*

Toffy Beylouné, M.D.

Yvonne Cheung, M.D.

Gregory L. Gardner, Jr., D.O.

Ben H. Kaon, M.D.

Sanjiv Kumar, M.D.

Gerald O. Malkin, D.D.S.

Mark Moschella, M.D.





Pediatric care

Emerson's pediatric program includes several components that are unique for a community hospital—in-hospital coverage by staff pediatricians, a Special Care Nursery for ill newborns, the Pediatric Intervention Team and partnerships with the pediatric services at leading Boston teaching hospitals.

Pediatricians who are affiliated with Emerson Hospital are available in Acton, Bedford, Concord, Groton, Harvard, Littleton, Sudbury, and Westford. If you would like a list of pediatricians, please call Emerson Hospital physician referral at 1-877-936-3776 or visit the web site at www.emersonhospital.org/doctors.

If you have not chosen a pediatrician or if your pediatrician does not admit to Emerson Hospital, the Emerson Pediatric Group (EPG) is available to provide care for your newborn. EPG consists of five staff pediatricians, one of whom is at Emerson Hospital 24 hours a day, seven days a week. These pediatricians are certified in neonatal and pediatric resuscitation provide emergency pediatric services and attend high risk deliveries as needed. At the time you and your baby are discharged, EPG will be happy to assist you in the choice of a primary care pediatrician.

Here are the answers to some questions that new parents frequently ask.

Why does my baby receive erythromycin eye ointment at birth?

The Massachusetts Department of Public Health (105 CMR 130.601 (A) (2), p. 12) requires the administration of eye prophylaxis.

Erythromycin eye ointment is given to the newborn at birth to protect against newborn conjunctivitis, especially gonococcal conjunctivitis.

The omission of erythromycin eye ointment at birth may predispose your baby to conjunctivitis.

Why does my baby receive an injection of Vitamin K after birth?

The Massachusetts Department of Public Health (105 CMR 130.601 (A) (2), p.12) requires the administration of Vitamin K.

Vitamin K is produced in the newborn’s intestine and is deficient in the first few days of life.

Vitamin K is vital for the activity of certain clotting factors. A deficiency of Vitamin K may lead to hemorrhagic disease of the newborn characterized by bleeding from various organs as well as the central nervous system, resulting in serious complications. Hemorrhagic disease of the newborn may also be life threatening. Administration of Vitamin K at birth protects the newborn from hemorrhagic disease.

Why is a blood specimen taken from my baby before we go home?

Massachusetts has a newborn screening program to test all newborns for a number of disorders including thyroid disease and phenylketonuria (PKU).

The blood is obtained by a heel stick and sent to the state lab for analysis.

Omission of the newborn screening may lead to delayed diagnosis of the following disorders:

- Congenital hypothyroidism
- PKU
- Sickle cell disease
- Toxoplasmosis
- Galactosemia
- Maple syrup disease
- Homocystinuria
- Adrenal hyperplasia
- Cystic fibrosis

Why is it recommended that my baby receive the Hepatitis vaccine?

There is a vaccine to protect babies against Hepatitis B. Babies can be protected by getting three doses of the Hepatitis B vaccine. It is important to protect babies before they have contact with the virus. The Department of Public Health recommends that your baby receive the first dose of vaccine before leaving the hospital. The second and third doses will be given by your baby’s pediatrician.

In addition, the Department of Public Health requires a newborn hearing screening. Audiology coverage is provided by Massachusetts Eye and Ear Infirmary.

Why does my baby receive a hearing screening in the hospital?

Sometime during your baby's hospital stay his or her hearing will be screened. It is important to check a baby's hearing at birth because good hearing is needed for a child to learn to talk. Because of the importance of hearing for learning, it is now a Massachusetts state law that all newborn babies be checked for hearing loss.

The test is easy, painless, reliable, and is done in the nursery while the baby is sleeping. The test will measure your baby's brain wave response to thousands of soft clicks that he/she will hear through small earphones placed over their ears. The test usually takes 15 to 45 minutes depending on how quietly your baby sleeps through the test. If your baby's screening matches normal response, your baby passes the screening. In some instances, the baby may be too awake for the screening, or the baby's screening does not match the normal response. The baby will need further testing. You will receive a written handout with the results of the screening. If another test is needed, an appointment for this test will be made before you leave the hospital. The Massachusetts newborn screening law requires that third-party payors cover the cost of the screening tests. If no coverage is available, then the Commonwealth of Massachusetts will cover the test.

If you have any questions about the hearing screening, feel free to ask your nurse. You can also call the Audiology Department of the Massachusetts Eye and Ear Infirmary at 617-573-3266 and ask to speak to an audiologist who specializes in children's hearing. Exemption from the hearing screening is only permitted on the grounds of sincerely held religious beliefs, in which case a waiver will need to be signed documenting the exemption.

If you have any concerns about your baby's hearing at any time, you should discuss these concerns with your pediatrician. Further information about newborn screening can be obtained from the Massachusetts Department of Public Health at 800-882-1435.



Breastfeeding support at Emerson Hospital

How can I learn about breastfeeding?

Emerson Hospital's family centered approach to the birth of your baby begins with a variety of Prenatal Classes which are designed to prepare expectant parents for the challenges ahead of them. To support you in your choice to breastfeed your baby, we offer a Prenatal Breastfeeding Class. Please call 978-287-3268 for more information.

From the moment your baby is born, the nursing staff will work closely with you to foster your breastfeeding relationship. We will help you to breastfeed within the first hour of your baby's life, which is the optimal time to begin. We will also assist you in learning your baby's unique signals or feeding cues. We recommend breastfeeding your baby "on demand" or at least 8–12 times a day in the early weeks of life. Our nursing staff has years of experience in helping new families meet these goals.

In the beginning, many mothers find breastfeeding to be one of the first challenges of motherhood. In these situations, the specialized services of the certified Lactation Consultant can be of enormous help. The Lactation Consultant will make a careful assessment of your feeding challenge and develop a plan with you. During your hospital stay, the Lactation Consultant, in collaboration with the nursing staff, will review your feeding plan and make appropriate changes as you and your baby learn this new skill.

What happens when I go home?

You may have additional breastfeeding challenges once you are at home. In these cases, a Lactation Consultant is available by telephone or by appointment. The Emerson Lactation Consultant welcomes your call and is available for consultation whether you have delivered at Emerson Hospital, or at a neighboring facility. Some insurance companies will reimburse the Breastfeeding Support Service for outpatient visits. In the event that your insurance company does not reimburse for this service, you will be responsible for payment.

For more information on breastfeeding support at Emerson or to speak to the certified Lactation Consultant, please call 978-287-3317.



“Germ free” environment

The obstetrical department is very diligent in maintaining the most “germ free” environment for all our newborns. We ask that all siblings and/or visitors are free from any communicable or infectious diseases while in the hospital. Please relay this to your friends and families.

Family members or other visitors who have a communicable disease for which the newborn is at particular risk (including impetigo, varicella, tuberculosis, measles, mumps, rubella and influenza) should NOT visit.

Visitors and family members should also be free from common colds or coughs as these might be quite serious for newborns.

Finally, please advise all visitors to wash their hands before visiting a newborn.





Your rights when you have a baby

Federal law gives you the right to stay in the hospital with your baby for at least 48 hours after giving birth (or 96 hours after birth if you have a Cesarean section). If this time period ends between 8:00 pm and 8:00 am, you have the right to stay in the hospital for one more night, until after 8:00 am, unless you choose to leave earlier.

If you would like to go home from the hospital early (before 48 hours after giving birth or before 96 hours after a Cesarean section), you may do so if your doctor agrees.

If you choose to leave early:

- You have the right to at least one home visit by a nurse to make sure that both you and your baby are healthy and to answer any questions you may have.
- The hospital will arrange the home visit. Please speak with a nurse or doctor if you feel you are entitled to a home visit.
- A home visit is voluntary. If you do not want one, please let your nurse or doctor know.
- The home visit must occur within 48 hours after you go home.

Please note—some health insurance plans are not required to pay for a home visit. Contact your health plan or your employer if you have questions.

For more information: If you have questions about your rights under this law, talk to your nurse, doctor, or midwife, or call the Massachusetts Department of Public Health at 617-753-8000 or the Board of Registration in Medicine at 617-654-9830.



Resources

Tender Beginnings Childbirth Education Classes

Emerson Hospital offers courses in prenatal care, infant care, breast-feeding and more. All courses require pre-registration, preferably by your 4th month. Please call 978-287-3268.

Tours

Free tours of the Birthing Center are given on a regular basis. For more information and to register, please call 978-287-3268. Registration is required for tours.

Prenatal Childbirth

This five week class helps pregnant women and their partners make informed decisions about childbirth. Topics include information about relaxation breathing, realistic labor options, and understanding the process of labor. (Also offered in Westford.)

Who: Women in their last trimester and their partner.

When: Weekday evenings, please call for current times.

Fee: \$150/couple (tour included)

Wear comfortable clothing and bring two pillows.

Prenatal Childbirth—*Weekend*

A prenatal class for expectant parents who find it difficult to attend evening classes. Topics and information covered will be the same as the evening prenatal class.

Who: Women in their last trimester and their partner.

When: Saturday and Sunday, 8:45 am – 3:00 pm

Fee: \$160/couple (tour included)

Prenatal Childbirth—*One Day*

This condensed childbirth education class in a fast-paced teaching environment is designed to prepare couples for their labor and birth experience.

Who: Women in their last trimester and their partner.

When: Saturday, 9:00 am – 4:30 pm

Fee: \$155/couple (tour included)

Hypnobirth

This class will teach expecting parents deep relaxation techniques that help in having a more calm and peaceful—and less stressful—birth experience. These techniques have been shown to shorten labor and reduce fatigue. (Also available in Westford.)

Who: For expectant parents.

When: Please call 978-287-3268 for more information.

Fee: \$225/couple

Prenatal Childbirth—*Refresher*

An overview of the labor and delivery process, this class includes information about relaxation breathing and realistic expectations of labor the second time around. The Refresher class will cover both cesarean and vaginal delivery.

Who: Women and their support person who have experienced childbirth.

When: Offered monthly

Fee: \$50/couple

Sibling Preparation

A special class to prepare youngsters ages 2 ½ to 6 for the arrival of a sibling. Siblings will be encouraged to talk about what babies are like and how it feels to be a big brother or sister. This class will include a child-oriented tour of the birthing center. Your child should bring a baby picture or himself or herself and a small doll or stuffed animal. We ask that a parent attend class with their child or children.

Who: For 2 ½ to 6 year old children who will become a sibling soon.

When: Offered on a Saturday, 9:00 – 10:30 am for 4 to 6 year olds, 10:45 am – 12:00 pm for 2 ½ to 3 ½ year olds.

Fee: \$20 for one child, \$25 for two or more children

Bed Rest Loaner Kit

If your OB has prescribed bed rest, we have a bed rest loaner kit available for you. Includes childbirth preparation videos and books, and a follow-up home visit with a childbirth instructor to review the material. Call 978-287-3268.

Fee: \$145 (includes books and home visit)

Infant Care

This class will provide an opportunity to learn infant care and parenting skills including bathing, diapering, and holding. Information about normal infant characteristics, when to call the pediatrician, infant feeding, and approaches to parenting will be discussed.

Who: For expectant parents.

When: Weekday evenings and weekends. Please call for current times.

Fee: \$45/couple, \$35 if you are also taking any of the prenatal classes

Breastfeeding

This class covers the benefits and challenges of breastfeeding. Special consideration is given to techniques, common early concerns, and how to successfully incorporate breastfeeding into your lifestyle. (Also offered in Westford.)

Who: Expectant couples interested in breastfeeding. Partners are encouraged to attend.

When: Weekday evening or Saturday. Please call for current times.

Fee: \$45/couple, \$35 if you are also taking any of the prenatal classes

Infant/Child CPR

Includes one rescuer CPR, obstructed airway management, and child safety issues for infants and children up to age eight. There is no written examination and no certification for this three hour class that is offered every other month.

Who: Anyone who has exposure to an infant.

When: Saturday. Please call for current times.

Fee: \$40/person

Getting Ready for Multiples

This class addresses the special concerns of a pregnancy for multiples. Topics include preterm labor, pregnancy discomfort, delivery, managing feedings and options, organization and resources. Please note this is not a prepared childbirth class.

Who: Parents expecting twins, triplets, or more ideally in the second trimester, but can be taken in the third trimester.

When: Weekday evenings and weekends. Please call for current times.

Fee: \$60/couple

The Happiest Baby on the Block™

Are you ready to be a parent? Sleepless nights, crying baby, marital stress. Learn an extraordinary approach to calm your baby. New and expectant parents will learn step-by-step how to help your baby sleep longer and how to soothe even the fussiest baby in minutes.

Who: Expectant parents, new parents and grandparents

When: Weekday evenings. Please call for current times.

Fee: \$45/couple

Infant Massage

Infant massage plays an important role in baby and parent bonding, helping to soothe and relax the baby and reduce the risk of maternal post natal depression. Massage aids in better sleep, relieves gas and constipation, and helps strengthen the digestive, circulatory, respiratory and immune systems. (Also offered in Westford.)

Who: Parents and baby from birth to pre-crawling.

When: Please call 978-287-3268 for more information.

Fee: \$20/session

Prenatal Exercise—Exercise for a Healthier Pregnancy

A special exercise class for mothers-to-be. You'll learn how to prevent injury with proper posture, body mechanics, and techniques to accommodate your changing body. You will also strengthen and tone your muscles, learn relaxation techniques and meet other expectant mothers. Led by an Emerson Hospital physical therapist. Please call 978-287-3777 for more information and a physician consent form.

Postnatal Exercise

Don't miss this great opportunity to get back into shape and meet other new moms and their babies! This exercise class is designed for new moms that are at least 6 weeks post delivery and for their infants. In a relaxed, informal setting with other new moms and babies, you will learn key exercises that will help you regain your strength and energy level. The class is taught by an Emerson Hospital Physical Therapist who is specifically trained in prenatal and postnatal exercise. She utilizes her skills as a physical therapist to modify and accommodate exercises to meet the needs of all participants. Please call 978-287-3777 for more information.

New Mothers Group

Are you a new mother? Do you have questions and concerns about your baby? Would you be interested in meeting other new mothers and facing the challenges of these early months together? Join us!

Call 978-287-3176 for information and registration. Babies welcome. Not exclusively for first-time mothers.

MOMS: Mothers Offering Mothers Support

Having a baby can be a wonderful experience; however, the many changes and challenges a new mother faces can also leave you feeling anxious, overwhelmed, and alone. No one appreciates this like another mother—we've been there!

Emerson Hospital has experienced MOMS volunteers who are available to offer you support and to share with you the new experiences of motherhood.

If you would like to sign up for this program, call 978-287-3176.





Emerson Hospital obstetrical statistics

2007 calendar year statistical information for maternity patients

| | |
|--------|---|
| 21.54% | Primary Cesarean birth rate |
| 16.50% | Repeat Cesarean birth rate |
| 38.04% | Total Cesarean birth rate |
| 76.00% | Successful vaginal birth after C-Section (VBAC) for women who have attempted a VBAC |
| 9.02% | Women who have had a Cesarean who have had a subsequent vaginal birth (VBAC) |
| 61.78% | Deliveries in labor, delivery, recovery rooms (LDR) |
| 99.74% | Labors monitored externally only |
| 0.00% | Labors monitored internally only |
| 4.06% | Labors monitored both externally and internally |

Annual percentage of deliveries utilizing:

| | |
|--------|---|
| 97.44% | Intravenous Fluids (IVs) |
| 34.16% | Induction of Labor |
| 51.19% | Augmentation of Labor |
| 0.00% | Forceps Deliveries |
| 4.06% | Deliveries with a Vacuum Extractor |
| 3.09% | Episiotomies for Delivery |
| 27.63% | Spinal Anesthesia (utilized primarily for Cesarean Section) |
| 57.46% | Epidural Anesthesia |
| 0.79% | General Anesthesia |
| 87.11% | Women who breastfeed their infants upon discharge from the hospital |

This information is provided as required by Massachusetts General Laws related to perinatal care (Chapter 714 of the Acts of 1985).





 **The Birthing Center**
Emerson Hospital

133 ORNAC
Concord, MA 01742
www.emersonhospital.org