

Labor & Delivery Guide



Welcome to St. Claire Healthcare's Labor and Delivery unit!

Thank you for considering us as the destination for your delivery. We understand that this is a very special moment in your life and we will work diligently to provide you with the safest and most comfortable environment possible.

We have a team of exceptional obstetrical providers here at St. Claire. Whether you receive your obstetrical care from a certified nursing midwife, your own family medicine provider or an obstetrician-gynecologist, you can feel confident that you are receiving the highest quality care with compassion. The birth of your child will be one of the most important experiences in your life, and we are delighted that you have selected St. Claire to care for you and your baby.

As an educational hospital, our medical providers train medical students and residents, which requires us to stay up-to-date with the latest technologies and guidelines. As a group, we participate in monthly meetings to discuss complex issues facing the well-being of the patients in our region. Our labor and delivery team provides care for over 400 deliveries each year and sees over 900 patient visits annually.

To assist you and your family while you are here, we have developed this guide to include information about our services and amenities to ensure you are as comfortable as possible. It also provides important information about your healthcare team and what you and your family needs to know prior to delivery.

We want you to be an active participant in your care. You will find that our labor and delivery team encourages you to ask questions and share any concerns that you or your family might have.

Sincerely,



Jon Nicole Tate, BSN, RN

Nurse Manager, Women's and Children's Services





St. Claire HealthCare's Mission:

“To proclaim God’s goodness through a healing ministry to the people of Eastern Kentucky.”

About St. Claire HealthCare

St. Claire Regional Medical Center opened its doors on July 1, 1963 as a general acute care hospital with 41 beds, nine nurses and six physicians representing three specialties (general practice, surgery and internal medicine).

Today, St. Claire Regional is much more than a hospital. It has become an integrated healthcare system known as St. Claire HealthCare.

St. Claire HealthCare (SCH) is the largest employer in the region with over 1,200 staff members including more than 100 medical providers representing 32 medical specialties. It includes the largest rural hospital in Northeastern Kentucky with 159 beds, 7 family medicine locations located within 5 counties, specialty physician practices, homecare services and operates 3 retail services including family medical supply, pharmacy and aesthetics.

All St. Claire HealthCare services are accredited by the Joint Commission.

St. Claire HealthCare is a non-for-profit health system sponsored by the Sisters of Notre Dame - Covington Province.

About Our Labor & Delivery Unit

St. Claire HealthCare offers programs and services to meet both the emotional and physical needs of women, from the traditional areas of reproductive health to promoting vibrant physical health and emotional well-being.

Prenatal and Maternity Services

- 3-D Image Ultrasound
- BabySteps: From Pregnancy to Parenthood
- Dedicated Nursing Unit
- Family Atmosphere in Birthing Rooms
- Infant/Child Safety Education
- Maternity Classes and Tours
- Our 365 – Share More, Online Nursery to View New Arrivals
- Private Labor & Delivery Rooms
- Rooming-in Option

Your Labor & Delivery Team may include a:

- Board Certified Obstetrician
- Certified Nurse Midwife
- Inpatient Obstetrics Certified Nurse
- Certified Lactation Specialist
- Neonatal Resuscitation Certified Nurse
- AWOHNN Intermediate Fetal Monitoring Certified Nurse

Labor is a process that is experienced differently by every woman. It is important to select options that reflect your individual approach to birth.

Comfort Measures for Labor and Delivery

Comfort measures that provide natural pain relief can be very effective during labor and childbirth. St. Claire offers many options to manage your pain during labor and delivery. These include the use of birthing balls, patterned breathing, movement and position changes, distractions and focus, use of heat and cold packs, hydrotherapy, aromatherapy and music.

Methods of Pain Relief

Comfort therapies along with medical interventions may enhance the effectiveness of a lower dose of medication, which limits side effects for you and your baby.

IV Narcotics/Sedation

The use of intravenous medicines usually “takes the edge off.” It may make you feel relaxed and mildly drowsy. It can be repeated as directed by your physician.

Epidural Anesthesia

Epidural anesthesia is the most effective method of pain control during labor. Epidural anesthesia involves the placement of a small catheter into the lower back by an a licensed anesthesia provider. A continuous infusion of medication is administered through the catheter to provide pain relief.

Infant Feeding

The decision of how to feed your baby is a big deal, and if you haven’t had a lot of friends or family members make the decision to breastfeed, it can feel daunting.

Benefits of Breastfeeding

Infants

- Reduced incidence of asthma, allergies and viruses
- Reduced risks of childhood obesity, diabetes and SIDS

Intrathecal Anesthesia

An intrathecal is given as an injection into the lower back. No catheter is required because the medication is injected into the spinal fluid. Spinal blocks are most often used for cesarean births or rapid labor progression. A spinal block numbs the lower half of the body, provides excellent relief from pain and starts working more quickly than an epidural.

Mothers

- Lowers risk of breast and ovarian cancer
- Helps lose pregnancy weight faster



Kangaroo Care

St. Claire has adopted Kangaroo Care, a bonding technique for new parents that provides benefits for both parents and baby.

After delivery your baby is placed on your bare chest wearing only a diaper and hat. Then both you and your baby will be covered with a warm blanket. Your baby will enjoy feeling the closeness that Kangaroo Care provides because he/she knows your scent, touch and the rhythms of your speech and breathing.

Why is Kangaroo Care the Best Care for Mom and Baby?

- Your baby transitions easier to the outside world because he/she can hear your heartbeat and feel your warmth.
- Your baby will cry less and sleep more.
- Your baby will get important antibodies from your skin.
- Your baby will breastfeed more easily.
- Your milk supply will be greater.
- You will feel more confident in caring for your baby.
- You will have better bonding and feelings of closeness.



photo by @williamandkristen

"Delivering at St. Claire was a wonderful experience. The surgical team did a great job at keeping me comfortable throughout my C-section. Nursing staff was present from pre-op to discharge to ensure the safety of both the baby and myself. As soon as the baby was able, she was placed on my chest and remained there until I was ready for staff to further assess her.

Once we were back on the labor and delivery floor, nursing staff made sure we were comfortable. They educated us on strategies to promote healing and care for our newborn. We felt as we were their number one priority.

Throughout the whole experience, we felt safe and well taken care of. Hands down, a better experience than we could have ever planned or imagined!"

-Morgan King, SCH Occupational Therapist



Preparation for the Big Day

What to bring with you to the hospital:

- Patient identification and insurance card
- Slippers/socks
- Bath robe
- Camera
- Toothbrush and toothpaste
- Bath soap
- Eyeglasses or contact lens cases
- Music
- Lip balm
- Hairdryer
- Your birth plan (if desired)
- Nightgown or pajamas
- Nursing bra
- Cosmetics/toiletries
- One loose-fitting "going home" outfit for you

What to bring for your baby:

The Labor & Delivery Unit will provide diapers, wipes, T-shirt, blanket and bulb syringe for your baby while you are with us.

- One "going home" outfit for baby
- One outfit for pictures
- Infant car seat and base

For your partner:

- Pajamas for the support person who will spend the night
- Snacks
- Toiletries
- Change of clothes