



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Please take a few minutes to read this month's report on **Maternity Care**.

You'll soon discover why Licking Memorial Hospital is measurably different ... for your health!

Visit us at www.LMHealth.org.

The Quality Report Card is a publication of the LMHS Public Relations Department.

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Quality Report Card

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Health Tips for a Healthy Pregnancy

To reduce the risk of pregnancy complications and birth defects, pregnant women should follow these guidelines:

- Stop smoking and avoid secondhand smoke.
- See a physician for prenatal care as soon as you think you may be pregnant.
- Be sure your immunizations are up to date.
- Avoid cat litter boxes or rodent cages (including hamsters and guinea pigs).
- Take daily prenatal vitamin and folic acid as prescribed by your physician.
- Eat five or six well-balanced meals and drink eight to ten glasses of fluids each day.
- Avoid caffeine and alcohol.
- Get plenty of exercise.
- Get plenty of sleep.
- Wear comfortable shoes and elevate your feet several times each day.
- Maintain strict control of any pre-existing medical conditions, such as asthma, diabetes, high blood pressure and epilepsy.
- Have your physician review the safety of all your prescriptions, over-the-counter medications and supplements during pregnancy.
- Avoid saunas, hot tubs and steam rooms.
- Wear gloves while gardening to avoid contact with the toxoplasmosis bacteria.
- Avoid X-rays.
- When lying down, rest on your left side whenever possible for best circulation.
- Continue to wear a safety belt when riding in motor vehicles with the lap belt worn low under the abdomen. The seat should be positioned as far back from the air bag as possible.

Maternity Care – How do we compare?

Check out our Quality Report Cards online at www.LMHealth.org.

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your health care choices.

1 According to the American Academy of Pediatrics, low birth weight infants are those who are born weighing less than 2,500 grams (5 pounds, 8 ounces) at term. There are many factors contributing to low birth weight, including multiple births, preterm births, lack of prenatal care, a mother’s poor nutritional status before and during pregnancy, and drug, tobacco or alcohol use during pregnancy. Low birth-weight infants are often at increased risk for health problems. Adequate prenatal care and health practices can significantly reduce the incidence of low birth weight deliveries. In 2009, there were 1,090 babies delivered at Licking Memorial Hospital – 49 with low birth weight.

	LMH 2007	LMH 2008	LMH 2009	National ⁽¹⁾
Low birth-weight infants	5.7%	4.6%	4.5%	8.3%

2 Cigarette smoking during pregnancy is one of the factors that can contribute to low birth weight in infants.

	LMHP 2008	LMHP 2009	National ⁽¹⁾
Patients who reported smoking during pregnancy	18%	10%	13%
	LMHP 2008	LMHP 2009	Goal
Pregnant smokers who received smoking cessation counseling	72%	82%	greater than 90%

3 Group B beta streptococcus (GBS) has been the leading bacterial infection associated with illness and death among newborns in the United States since its emergence in the 1970s. Most neonatal GBS infections can be prevented through screenings and, if needed, by giving an antibiotic to the mother before delivery.

	LMH 2007	LMH 2008	LMH 2009	Goal ⁽²⁾
Mothers with GBS receiving antibiotic before delivery	98%	96%	99%	100%
Number of newborns testing positive with GBS	0	0	0	0

4 Cesarean section deliveries (C-sections) should be performed only when necessary, for example, to save the life of a mother and/or baby. Lower percentages demonstrate success in avoiding unnecessary surgeries and the risks associated with surgery.

	LMH 2007	LMH 2008	LMH 2009	National ⁽³⁾
Maternity patients who had a C-section	20%	22%	24%	32%
First-time C-sections	10%	12%	13%	18%

5 Breastfeeding provides many benefits to infants and their mothers. The LMH maternity care staff offers encouragement and support to breastfeeding mothers. Breastfeeding rates are monitored at LMH to evaluate the effectiveness of the support provided.

	LMH 2007	LMH 2008	LMH 2009	Goal
Mothers choosing to breastfeed	56%	53%	58%	greater than 55%

6 Induction of labor is the artificial initiation of labor before it occurs naturally. The initiation of labor sometimes becomes necessary if the fetus is in danger or labor does not occur spontaneously, and the fetus is determined to be at full term. Primary reasons for labor induction include pre-eclampsia, eclampsia, severe hypertension, Rh factor sensitization, prolonged rupture of membranes or intrauterine growth restriction. Induction, however, does not occur without risks to mother and baby.

	LMH 2007	LMH 2008	LMH 2009	National ⁽¹⁾
Induction of labor	32%	29%	28%	23%

7 Gestational diabetes (GDM) is one of the most common clinical issues facing obstetricians and their patients. The prevalence of GDM ranges from 2 to 5 percent of all pregnancies in the United States, and all pregnant patients should be screened between 24 and 28 weeks' gestation. Licking Memorial Health Professionals (LMHP) obstetricians screen pregnant patients for GDM by 29 weeks.

	LMHP 2007	LMHP 2008	LMHP 2009	Goal
LMHP pregnant patients screened for GDM by 29 weeks	96%	96%	96%	greater than 90%

Data Footnotes:

- (1) Births: final data for 2006. National Vital Statistics Reports; Vol. 57, No. 7: National Center for Health Statistics. January 7, 2009.
- (2) Centers for Disease Control and Prevention, the American College of Obstetricians and Gynecologists and the American Academy of Pediatrics, 1999.
- (3) Comparative data from the Midas Comparative Database.

Prenatal Classes at LMH

First-time mothers are faced with many decisions about childbirth and parenthood, and these decisions can sometimes become overwhelming. The Maternal Child Department at Licking Memorial Hospital (LMH) offers a series of prenatal education classes to help pregnant women become informed about childbirth and what to expect as new parents.

Childbirth Education

The Childbirth Education class is presented in a two-part series, with each session lasting three hours. Topics include possible pregnancy complications, how to recognize labor, breathing and relaxation techniques during labor, postpartum care and caring for the newborn baby. Information will be provided about options for childbirth, including natural childbirth without medication, modern childbirth with an epidural, or a combination of both. Expectant mothers are strongly encouraged to bring a support person with them to the classes.

Both weeknight and weekend sessions of the class are available. The cost is \$55 per couple for weeknight classes and \$60 for weekend classes. Registration is required.

Stork Tours and Maternity Tours

Expectant parents are encouraged to tour the Maternal Child Department at LMH before the arrival of their babies. There is no charge for the tours, but registration is required.

The Stork Tour introduces new parents to the labor and postpartum rooms, and staff members can answer any questions. The Stork Tour is offered eight times each year.

The Maternity Tour also offers an introduction to the labor and postpartum rooms. A member of the LMH Medical Staff may be present to answer questions, depending upon availability. In addition, expectant parents receive a free copy of "Heading Home with Your Newborn: from Birth to Reality." The Maternity Tour is offered quarterly.

Prenatal Breastfeeding Basics Class

The American Academy of Pediatrics recommends exclusive breastfeeding for infants for the first six months of life to provide them with the best possible nutrition and life-long health benefits. Breastfeeding comes naturally for some mothers

and babies, while others may experience challenges learning this new skill. LMH's Breastfeeding Basics Class will teach expectant parents how to prepare for breastfeeding, what to expect, and how to handle challenges that may arise. A certified lactation consultant will be available for one-on-one questions. There is a \$20 fee for the two-hour class. Registration is required.

Mothers who attend the Breastfeeding Basics Class before delivery and fulfill requirements of LMH's Breastfeeding Promotion & Support Program may be eligible for a free electric breast pump upon discharge.

Sibling Preparation Class

Bringing a new baby home is an exciting time for the whole family, but the baby's older brothers and sisters may not comprehend the baby's needs and may have mixed feelings about having to share their parents' attention. The Sibling Preparation Class is designed to help children, ages 3 through 6 years, understand the changes in their family. Discussions will include what to expect when visiting in the Hospital, and how to be a fantastic big brother or big sister. The cost of the Sibling Preparation Class is \$10 per family. Registration is required.

Parenting Class

LMH's Parenting Class helps new parents make preparations in their lives and homes for the new baby. Topics include newborn care, baby-proofing the home, infant growth and development, safety, and support services in the Licking County area. The cost of the class is \$10 per family, and registration is required.

Friends and Family Infant and Child CPR Class

The Friends and Family Infant and Child CPR Class at LMH is geared toward expectant parents and grandparents, but other child care providers are welcome, as well. Although the class does not provide official CPR certification, it teaches basic life support and treatment for young children who are choking. The cost of the class is \$5 per person. Registration is required.

To register for any of LMH's prenatal education classes, please call (740) 348-4346. The 2010 calendar of prenatal education classes is available online at www.LMHealth.org. Click on the Hospital Services link, then click on the Maternity link.

Patient Story – Tasha Johnson

In the spring of 2009, Tasha and Joshua Johnson, of Newark, purchased a new seven-passenger vehicle for themselves and their two small children. One week later, they were surprised to learn that they were really going to need the extra space. “When we found out we were going to have another baby, my initial reaction was that we were lucky we had not chosen a smaller car,” Tasha said.

On January 26, 2010, Tasha and Joshua welcomed a baby girl to their young family that already included two boys, 3½-year-old Bentley and 1½-year-old Crete. Certified Nurse Midwife Erica Brown, C.N.M., of Licking Memorial Women’s Health, delivered Baby Emerson at Licking Memorial Hospital (LMH), the same place Emerson’s big brothers were born.

Tasha said, “When we were expecting Bentley, we looked around a little bit at larger hospitals in Columbus, just to compare the maternity facilities. I had been going to Licking Memorial Women’s Health for years, but I wanted to be very confident about where I had my baby. We toured a couple of larger hospitals in Columbus, and we were put off by how impersonal they were. The tour groups were very large, and we felt lost in the crowd.”

“In comparison,” Tasha continued, “the tour group at Licking Memorial was much more personal. The staff was friendly and knowledgeable – we were very impressed. The proximity of the Hospital was also very important. Since LMH is close to home, it is much more convenient for us. We feel fortunate to have a facility of this quality in our community.”

Tasha graduated from Newark High School, and Joshua graduated from Granville Christian Academy. They met at a dance class in Newark and married in 2006. Joshua is employed at LPN Health Care Facility in Newark as the Social Services and Admissions Director. Joshua’s work in health care has heightened his appreciation of quality and attention to detail.

Before their first child was born, Tasha and Joshua attended Childbirth Education classes at LMH, where they learned what to expect during labor, delivery and postpartum. Bentley was born on a sweltering 101° F summer day, but once Tasha was inside the Hospital, the delivery went smoothly. “The nurses were careful to attend to Joshua, and he just loved it. We also had both sets of parents in the room, and the staff explained everything to us as they went along. Because they did such a wonderful job of making everyone feel included, it became a family experience.”



Licking Memorial Hospital’s Maternal Child Department offers spacious, comfortable patient rooms for new mothers and a complimentary gourmet dinner for two.

When the Johnsons returned to LMH 1½ years later to deliver their second son, Crete, they were grateful to find that LMH has a certified level II special care nursery. Tasha’s second pregnancy had progressed normally, until she went into premature labor. Crete was born nearly three weeks early with underdeveloped lungs.

“We were so worried,” Tasha recalled. “The pregnancy had gone well, and we were totally unprepared for him to be born sick. The doctors and nurses in the special care nursery were wonderful. We could check on

Crete anytime we wanted, and they were very reassuring. Crete and I were in the Hospital for six days while he received surfactant to strengthen his lungs. I do not know how Joshua and I would have managed if we had been required to transfer Crete to a Columbus hospital for his special care.”

When Emerson was born, the delivery progressed rapidly without any complications. “She was a breeze,” Tasha said. However, the Johnsons soon found that even with two small boys at home, they needed a crash course in caring for a baby girl. Tasha explained, “Emerson stayed in the Hospital room with me. The lactation consultant stopped in, and the nurses constantly checked on us to see if we needed anything. They also made sure I was getting enough rest.”

Tasha and Joshua enjoyed the LMH’s gourmet dinner for two that is offered to new parents. “I had the lobster, and Joshua had the steak – they were amazing!” Tasha said. “Emerson was sleeping and Joshua and I were alone. It was a memorable evening.”

Tasha was glad to see how quickly Bentley and Crete adjusted to having a new sister. They visited the baby in the Hospital and welcomed her home with protective attention. “They just want to be with her for long periods of time. They actually do not like it if someone else is holding her. That is good – I was relieved they did not act jealous and ask me to return her to the Hospital,” she joked.

LMH delivered 1,090 babies in 2009. Many classes and tours are offered throughout the year for expectant parents to become acquainted with Maternal Child services. To learn more about LMH’s maternity services, classes and tours, log on to the Licking Memorial Health Systems Web site at www.LMHealth.org. In addition, information about classes and tours is available by calling (740) 348-4346.