



## Licking Memorial Health Systems

1320 West Main Street  
Newark, OH 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](http://www.LMHealth.org)

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2005, 2006, 2007



## Quality Report Card Licking Memorial Health Systems

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### Ten Reasons to Breast-feed

1. Human milk is uniquely suited for babies; it is easy for babies to digest and contains more than 200 components that they need.
2. Breast-fed babies have fewer illnesses, including ear infections.
3. Breast-fed babies develop fewer allergies.
4. Breast-feeding may help protect babies against sudden infant death syndrome (SIDS).
5. Studies show that babies who are breast-fed may have increased long-term intelligence.
6. Breast-feeding helps the mother to lose weight gained during pregnancy.
7. Breast-feeding may reduce the mother's risk of certain cancers and increase bone strength.
8. Breast milk is always fresh, just the right temperature and instantly available.
9. Breast milk is much more economical than formula.
10. Breast milk is environmentally friendly. It requires no fossil fuels to produce and does not add to the landfills, as bottles and formula containers do.

# Maternity Care – How do we compare?

Check out our Quality Report Cards online at [www.LMHealth.org](http://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, a lack of prenatal care, mother's poor nutritional status before and during pregnancy, and drug, tobacco and 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 2008, there were 1,076 babies delivered at LMH.

	LMH 2006	LMH 2007	LMH 2008	National <sup>(1)</sup>
Low birth weight infants	6.6%	5.7%	4.6%	8.2%

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

	LMH 2006	LMH 2007	LMH 2008	National <sup>(1)</sup>
Patients who reported smoking during pregnancy	26%	24%	26%	12%
LMHP pregnant smokers who received smoking cessation counseling		LMHP 2007 61%	LMHP 2008 74%	Goal 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 2006	LMH 2007	LMH 2008	Goal <sup>(2)</sup>
Mothers with GBS receiving antibiotic before delivery	98%	98%	96%	100%
Number of newborns testing positive with GBS	0	0	0	0

**4** Cesarean section deliveries (C-sections) can save the life of a mother and/or baby. To avoid unnecessary surgeries, C-sections should be performed only when truly necessary. Therefore, lower percentages are desirable.

	LMH 2006	LMH 2007	LMH 2008	National <sup>(3)</sup>
Maternity patients who had a C-section	22%	20%	22%	32%
First-time C-sections	11%	10%	12%	18%

**5** Breast-feeding provides many benefits for infants and their mothers. The LMH maternity care staff offers encouragement and support to breast-feeding mothers. Breast-feeding rates are monitored at LMH to evaluate the effectiveness of the support provided.

	LMH 2006	LMH 2007	LMH 2008	Goal
Mothers choosing to breastfeed	55%	56%	53%	greater than 55%

**Note:** LMH has implemented a formal lactation program to increase breast-feeding education and assistance to new mothers.

**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 2006	LMH 2007	LMH 2008	National <sup>(1)</sup>
Induction of labor	31%	32%	29%	22%

**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 2006	LMHP 2007	LMHP 2008	Goal
LMHP pregnant patients screened for GDM by 29 weeks	93%	96%	96%	greater than 90%

**Data Footnotes:**

- (1) Births: final data for 2005. National Vital Statistics Reports; Vol. 56, No. 6: National Center for Health Statistics. December 5, 2007.
- (2) Centers for Disease Control, American College of Obstetricians and Gynecologists and the American Academy of Pediatrics, 1999.
- (3) Comparative data from the Midas Comparative Database.

## Breast-feeding Gives Babies Healthy Boost

Nature provides the perfect nutrition for newborn babies in the form of mother’s breast milk. Medical studies show that babies who are breastfed for the first months of life are healthier as children, and the benefits also follow them into their adult years.

A new program at Licking Memorial Hospital (LMH) is showing good results in improving newborn infants’ nutrition. Snuggle Time is one part of LMH’s endeavor to encourage new mothers to breast-feed in order to provide their babies with the best possible start in life.

Alana Milton, M.D., an inpatient pediatrician at LMH said, “There have been a number of studies over the past few decades to compare breast milk with formula. The studies have always shown that babies who are fed breast milk have lower rates of infection, diarrhea, bacterial meningitis, respiratory infections and allergies. In addition, babies who receive breast milk have a lower mortality rate and higher IQs as they grow older.”

Marcia Fisher, B.S.N, R.N.C., IBCLC, a certified lactation consultant in LMH’s Maternal Child Department provides lactation education and counseling to new mothers. She said, “In the early 1950s, formula was widely regarded as being nutritionally equal to breast milk. Research shows however, that breast milk is the optimal nutrition for babies and cannot be artificially reproduced. It is especially critical for newborns who are ill or premature to receive these nutrients.”

“The goal is to have every baby receiving only breast milk – no formula, water or juice – up to the minimum age of six months,” Dr. Milton said. “The American Academy of Pediatrics recommends that, ideally, breast-feeding should continue throughout the baby’s first year and even beyond as long as it is mutually desired by both mother and baby. However, if the mother cannot continue to nurse for that long, any amount of breast-feeding is better than none. In

the first few days, the mother is actually producing colostrum instead of milk. Colostrum is rich in special nutrients and antibodies that cannot be substituted.”

Marcia also teaches the monthly Breast-feeding Class at LMH. She said prenatal breast-feeding education for mothers is an important step toward ensuring breast-feeding success. “Breast-feeding is an art as well as a skill. Educational preparation equips new mothers with the tools necessary to breast-feed with confidence. In the Breast-feeding Class, we can prepare the mothers for the little setbacks and offer solutions so the problems that may arise, do not seem insurmountable. Breast-feeding can be challenging the first few weeks; it is a learning process for both moms and their babies.”

Sometimes it takes only a small change to make a big difference. The Snuggle Time program which began in March, gives new mothers a quiet hour after delivery to bond with the baby. Research indicates babies who breast-feed within the first hour following delivery are more likely to be successful at breast-feeding and will ultimately breast-feed longer than those who do not. Dr. Milton explained, “Many times, there will be a room full of well-wishers in the mother’s room to welcome the new baby. With Snuggle Time, we make sure that during that first hour after delivery, there is just the mother and baby, one support person for the mother, and one or two staff members. Then the mother can bond with her new baby and hopefully try breast-feeding in the relaxed atmosphere.”

Maternal Child staff members at LMH provide assistance and support to new mothers and help to link them with various resources that are necessary for continued success after they are discharged from the Hospital. To learn more about LMH Maternal Child services call (740) 348-4300 or log on to [www.LMHealth.org](http://www.LMHealth.org).

# Patient Story – Mandy Lane

Mandy Lane of Heath has two small children at home who keep her moving at a busy pace. Mandy may not have time to relax, but she does have time to count her blessings, and she tackles diaper changes with joyful enthusiasm. After suffering a miscarriage four years ago, Mandy and her husband, Jared, are thrilled to be the parents of an energetic son and daughter.



Mandy and Jared Lane came to Licking Memorial Hospital for the births of their two children, Jacob and Morgan.

Mandy and Jared met at a bank in Heath – she was a teller, and he was a regular customer. They were married in October 2000, and after waiting several years to begin their family, Mandy became pregnant for the first time in 2005. Sadly, at a routine office visit during her 12th week of pregnancy, the fetal monitor could not pick up a fetal heartbeat. An ultrasound confirmed that the baby had died. Devastated, Mandy consulted with Licking Memorial Obstetrician/Gynecologist Mary Testa, D.O., who recommended a dilatation and curettage (D&C).

“I am really nervous about anything having to do with doctors or hospitals, but I felt comfortable with Dr. Testa. She is such a caring person,” Mandy said. “The last thing I remember before going under anesthesia for the D&C is that Dr. Testa was still there holding my hand.” Mandy and Jared were touched by the way Dr. Testa compassionately shared their grief with them.

Several months later, Mandy excitedly visited Dr. Testa at her office in Pataskala again and was thrilled to learn that she was expecting. “I had morning sickness, and I got really large, but I did not care. Nothing could get me down – I was on Cloud Nine!” Mandy remembered. She admits, however, that she did not feel truly confident about the pregnancy until she passed the 12-week “benchmark” of her first pregnancy. “After the miscarriage, I was thinking that I might not ever be able to have kids. Dr. Testa was wonderful. She told me to take a breath, and that everything was going to be fine,” Mandy said.

The pregnancy went very smoothly for Mandy, until the final weeks when she developed pregnancy-induced hypertension. As a precaution, Dr. Testa advised her to have labor induced instead of waiting for it to occur naturally. At 6:00 a.m. on July 24, 2006, Mandy and Jared arrived at Licking Memorial Hospital (LMH) to have labor induced. “At 5:00 p.m., the baby still had not come, and Dr. Testa found that his head was turned to one side. So I ended up having a Cesarean section. Looking back,” Mandy continued, “it was probably a stressful situation, but Dr. Testa and the staff acted with such confidence that I was contented and calm about

the whole thing.” Jacob, an 8 pound, 1 ounce baby boy, was born in excellent health.

Mandy and Jared returned to LMH on March 31, 2008, for the birth of their daughter, Morgan. Dr. Testa had determined that Mandy was a good candidate for vaginal birth after Cesarean (VBAC) and gave her information about her options. After careful consideration, Mandy chose to have a repeat Cesarean section.

“Again, the nurses were very personable and professional. I just cannot say enough good things about them,” Mandy said. “I kept Morgan in the room with me because I wanted to have that time to bond with her. But if I needed to catch a nap, the nurses could just tell, and they would take her to the nursery for a little while. It was great that they had that expertise. They also made Jared feel really comfortable while he stayed with me.”

During their stay for Morgan’s birth, Mandy and Jared discovered a change in LMH’s maternity services since their stay for Jacob’s arrival. The Hospital was now presenting a gourmet dinner for two to new parents. The couple dined by candlelight before they returned home to their newly-expanded family. “We both had the filet mignon and chocolate cake for dessert,” Mandy remembered. “It was so, so good, and what a nice touch! Little did we know the craziness that we were getting into at home with kids 20 months apart!”

Mandy also noted how much she enjoyed having a private hospital room while recuperating from childbirth. “With both children, I was able to have a room to myself, and that was absolutely nice,” she commented. “I was so much more comfortable, and so were my visitors. By having a room to myself, it was easier to catch little catnaps.” LMH carefully arranges for every new mother to have a private room whenever it is possible. Overall, in 2008, new mothers were able to have private postpartum rooms 93 percent of the time.

More than 1,000 babies are born at LMH each year. The Hospital offers many classes to educate expectant parents about pregnancy, childbirth and parenting. Scheduled LMH maternity tours also give expectant parents a chance to become familiar with the facilities and birthing procedures. For more information about classes and tours, please visit [www.LMHealth.org](http://www.LMHealth.org), click on “Hospital Services” and then “First Impressions, Maternal Child.” Class information is also available by calling (740) 348-4346.