



**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.**

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Licking Memorial Hospital is  
measurably different ... for your health!

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*1998, 1999, 2000, 2001,  
2002, 2003, 2005, 2006*



# Community Report Card

## Licking Memorial Health Systems

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## A Community Report on Maternity Care

### Health Tips

It's one of those classic scenarios that run through your mind when you're pregnant: you're racing across town at 3:00 a.m., convinced that you're about to deliver your baby, when in fact you're not really in labor at all. Here are some tips that may help you figure out whether the moment of truth has arrived – or whether you're dealing with a most unwelcome false alarm.

- Your contractions are strong and regular – five minutes apart for most women.
- You experience bleeding.
- The pain begins in your lower back and possibly spreads to your lower abdomen, it may also radiate to the legs.
- Your water breaks.

# Maternity Care – How Do We Compare?

At Licking Memorial Hospital (LMH), 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 increased risk for health problems. Adequate prenatal care and health practices can significantly reduce the incidence of low birth weight deliveries. In 2006, there were 1,130 babies delivered at LMH.

	LMH 2004	LMH 2005	LMH 2006	National
% Low birth weight infants	6.4%	5.9%	6.6%	5.95% <sup>(1)</sup>
Average birth weight for all infants born at LMH	3,328 Grams (7 lbs., 3 oz.)	3,305 Grams (7 lbs., 2 oz.)	3,309 Grams (7 lbs., 2 oz.)	3,316 Grams <sup>(2)</sup> (7 lbs., 3 oz.)

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

	LMH 2004	LMH 2005	LMH 2006	National <sup>(2)</sup>
% Smoking during pregnancy	29%	27%	26%	10 %

**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 2004	LMH 2005	LMH 2006	Goal <sup>(3)</sup>
% Mothers with GBS receiving antibiotic	96%	95%	98%	100%
# Newborns testing positive with GBS	0	2	0	0

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

	LMH 2004	LMH 2005	LMH 2006	National <sup>(1)</sup>
Total % of maternity patients who had a C-section	24%	24%	22%	31%
% First-time C-sections	12%	11%	11%	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 2004	LMH 2005	LMH 2006	Goal
% Mothers choosing to breastfeed	51%	54%	55%	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 determined to be at full term. Primary reasons for labor inductions include pre-eclampsia, eclampsia, severe hypertension, diabetes, Rh sensitization, prolonged rupture of membranes or intrauterine growth restriction. Induction, however, does not occur without risks to mother and baby.

	LMH 2004	LMH 2005	LMH 2006	National <sup>(2)</sup>
% Induction of labor	29%	31%	31%	21%

**7** A trial of labor after previous Cesarean delivery may be an appropriate option in certain situations. The current risks and benefits of a vaginal birth after a prior Cesarean (VBAC) section should be discussed with the obstetrician. The doctor can provide the current practice management guidelines, as well as advice when a repeat Cesarean section is necessary. Licking Memorial Health Professionals (LMHP) obstetricians counsel women by 20 weeks' gestation whether they should undergo another Cesarean section or attempt a vaginal delivery.

	4th Quarter 2004	4th Quarter 2005	4th Quarter 2006	Goal
% LMHP maternity patients counseled by 20 weeks on a second Cesarean/ VBAC option	94%	97%	100%	greater than 90%

**8** 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. Licking Memorial Health Professionals (LMHP) obstetricians screen pregnant patients for GDM by 28 weeks.

	4th Quarter 2004	4th Quarter 2005	4th Quarter 2006	Goal
LMHP pregnant patients screened for GDM by 28 weeks	97%	95%	95%	greater than 90%

**Data Footnotes:**

- (1) Comparative data from the Midas Comparative Database.
- (2) Births: Final data for 2004. National Vital Statistics Reports; Vol. 55 No. 1: National Center for Health Statistics. 2006.
- (3) Centers for Disease Control, the American College of Obstetricians and Gynecologists and the American Academy of Pediatrics, 1999.
- (4) Joint Committee on Infant Hearing: Year 2000 Position Statement. Pediatrics. Vol. 106 No. 4, October 2000.

## Patient Feature – The Chamberlain Family

On Mark Chamberlain’s 29th birthday, he received some very exciting news – he was going to be a father! “I found out I was pregnant the day before, so I surprised him on his birthday,” said Mark’s wife, Marcie.

On the advice of some friends from church, Marcie began to see Loretta Long, C.N.M, a certified nurse midwife at Licking Memorial Women’s Health, for her prenatal care. “My pregnancy was wonderful – no morning sickness or any other symptoms,” said Marcie. At 21 weeks, Marcie and Mark found out that they were having a girl. Marcie had already picked out the name for her baby girl, Cara Lyn. “She was named after my mother, Carolyn, who passed away in 1997,” said Marcie.

Early in the morning on December 1, 2006, Marcie, who had reached full-term gestation, woke up with contractions. She wasn’t sure whether to call the Hospital because the contractions were three to four minutes apart and not very strong, but she eventually ended up calling. Marcie packed Mark’s bag and woke him up to take a shower. Just as Loretta called the house, Marcie’s water broke.

The Chamberlains arrived at Licking Memorial Hospital at 6:30 a.m., and at 8:08 a.m., Cara Lyn Chamberlain was born. Cara weighed seven pounds, 13 ounces, and measured 19.5 inches in length.



Mark, Marcie and Cara Chamberlain

“The staff and the care at Licking Memorial were great,” said Marcie.

“We have been to other hospitals, visiting friends who have had babies, and the care we received at Licking Memorial Hospital was great and more convenient because it is so close to home,” said Mark.

“We will definitely be back to Licking Memorial when we have more kids,” the Chamberlains agreed.



Cara Chamberlain

# What is Prematurity?

When a baby is born at less than 37 weeks' gestation (gestation refers to the period of time a woman is pregnant), he/she is considered a premature infant. A full-term pregnancy is 37 to 42 weeks' gestation. Prematurity is the number one killer of newborns, according to the March of Dimes. Medical advances can help keep young, tiny babies alive. However, the earlier a baby is born, the more likely he/she is to face problems.



Not only are premature babies small in size, but they may also face other health issues.

More and more babies are being born early in America. The numbers have notched upward for more than 20 years. The reasons aren't totally clear. Increases in older mothers and multiple births (such as twins) could have something to do with it. About half a million premature babies were born in 2003, the most recent year for which figure are available, according to the Journal of Pediatrics. That's 12.3 percent of all babies, a slight increase from 2002.

**Any pregnancy can result in a premature birth. However, risk factors include:**

- Lack of prenatal care
- Smoking or using drugs during pregnancy
- Cervical infection
- Previous preterm labor or premature birth
- Pregnancy with more than one baby (such as twins or triplets)
- Age (younger than 18 or older than 40 years)
- Race (premature births are less common in white women)
- Certain structural abnormalities of the cervix or uterus
- Becoming pregnant while using an IUD and leaving it in place during the pregnancy
- Being seriously underweight when becoming pregnant
- Previous second-trimester miscarriages or three or more elective abortions
- Extremely physical, strenuous work

The danger of preterm labor is that it will lead to the birth of a baby who has not fully developed, and therefore who has a high-risk of problems. About 10 percent of all pregnancies result in premature birth. The majority of serious complications or infant deaths are due to consequences of premature birth.

Premature babies are at higher risk for long-term complications, which may include vision impairment or blindness, hearing impairment, cerebral palsy, and chronic lung problems. The earlier the baby is born, the more likely it is that he/she will have these problems.

**A premature infant's health at birth is influenced by numerous factors, including:**

- Gestational age at birth
- Weight at birth
- Maternal illness and medical treatment during pregnancy, which can have an effect on the fetus
- Congenital birth defects

Most infants born at 36 and 37 weeks' gestation are mature enough to be discharged from the hospital with the mother. Many premature

infants, however, are too immature to survive without medical care in the neonatal intensive care unit (NICU).

**Symptoms of prematurity that require hospital care include:**

- Underdeveloped lungs
- Inability to breathe continuously (apnea of prematurity)
- Inability to maintain body heat
- Inability to feed orally

No one can completely eliminate the chance of early delivery. However, getting prenatal care and following general guidelines for a healthy pregnancy help reduce the risk.

For more information about prematurity, talk to a pediatrician or your physician. General information about prematurity can also be found on the Licking Memorial Web site at [www.LMHealth.org](http://www.LMHealth.org); just click the "Health Information" tab.