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**Licking Memorial
 Health Systems**

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**Please take a few minutes to read
 this month's report on patient
 care quality. You'll soon discover
 why Licking Memorial Hospital
 is measurably different
 for your health!**

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**Licking Memorial
 Health Systems**

March 2004
 Volume 5
 Number 3

**Maternity
 Care**

measurably
different
 for your
health!



HEALTH TIPS

If you are a working mom-to-be, keep in mind that the demands of your job compounded with typical side effects of pregnancy can really leave you feeling worn out. The Mayo Clinic offers the following tips for fighting fatigue at work during pregnancy:

- Take short, frequent breaks. Pace yourself to maintain productivity.
- If possible, take a cat nap during your lunch break. If not, take a nap right after work.
- Organize your workday around your energy levels.
- Eat a balanced diet.



...a community report on patient care quality.

Maternity Care: How do we compare?

At Licking Memorial Hospital, 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 2500 grams (5 pounds, 8 ounces), regardless of gestational age. There are many factors contributing to low birth weight, including multiple births, pre-term births, a lack of prenatal care, mothers' 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 an effort to improve infant health, LMH monitors birth weight and uses this information to educate the community on the benefits of early prenatal care. In 2003, there were 1,064 babies delivered at LMH, up from 988 in 2002.

	LMH 2002	LMH 2003	National ⁽¹⁾
% of low birth weight infants	4.2%	5.6%	7.8%
average birth weight	3405 grams (7 lbs. 8 oz.)	3346 grams (7 lbs. 6 oz.)	3332 grams (7 lbs. 6 oz.)

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

	LMH 2002	LMH 2003	National ⁽¹⁾
% cigarette smoking during pregnancy	27.5%	26.6%	11.4%

3 Group B 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, through the use of a special antibiotic.

	LMH 2002	LMH 2003	National Goal ⁽²⁾
% of mothers with GBS receiving antibiotic	94%	97%	100%
# of newborns testing positive with GBS	0	0	0

4 Cesarean section deliveries (C-sections) can save the life of a mother or baby. However, to avoid unnecessary surgeries, C-sections should be performed only when truly necessary. Rates for C-section deliveries are tracked nationally and at LMH.

	LMH 2002	LMH 2003	National ⁽³⁾
Total % of women who had a C-section	23.4%	21.0%	27.8%
% of first-time C-sections	15.4%	13.2%	19.3%
% of repeat C-sections	85.8%	84.6%	85.6%

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.

% of mothers choosing to breast-feed		
LMH 2002	LMH 2003	LMH Goal
51.1%	51.5%	greater than 55%

6

Hearing impairments in infants can negatively impact speech and language development, as well as social and emotional development. Early detection and proper intervention can reduce and even eliminate these negative impacts.

% of infants screened for hearing loss		
LMH 2002	LMH 2003	National Goal ⁽⁴⁾
100%	99.9%	greater than 95%
% of infants referred for hearing loss		
LMH 2002	LMH 2003	National Goal ⁽⁴⁾
2.5%	7.4%	less than 4%

Data Footnotes:

(1) National Vital Statistics Reports, Volume 52, Number 10, Births: Final Data for 2002.

(2) Centers for Disease Control, the American College of Obstetricians and Gynecologists and the American Academy of Pediatrics, 1999 and 2002.

(3) National benchmark from third quarter 2003 data, The Association of Maryland Hospitals & Health Systems QI Project. These data do not represent a rating by either the QI Project or MHA. Data are supplied by individual facilities and aggregated by the QI Project. Aggregate QI Project data represent the averages of all rates and are not meant to be considered as standards or thresholds. The data are intended for internal use by QI Project participants.

(4) Joint Committee on Infant Hearing, Year 2000 Position Statement. Pediatrics Volume 106, Number 4, October 2000.

Receiving **Quality** **Maternity Care** in **Licking County**

A PATIENT'S STORY

Carson James Rose entered the world as scheduled on Monday, October 27, 2003. The 9-pound, 9-ounce son of Newark residents Stacey and Dusty Rose was delivered by Cesarean section at Licking Memorial Hospital (LMH).

"It was a scheduled C-section, and everything was great," Stacey said.

Carson is the couple's second child; 7-year-old Chance McCoy Rose also was delivered by C-section at LMH.

"I've never had any problems with Licking Memorial," Stacey said. "The staff is great, and it's so nice to have such high quality care available right here in Licking County."

For her most recent pregnancy, Stacey received prenatal care from Nicholas Reed, M.D., of Licking Memorial Women's Health. Todd Lemmon, M.D.,

also of Licking Memorial Women's Health, performed the C-section since Dr. Reed was unavailable for the scheduled delivery.

"When I was told that Dr. Reed would not be available to deliver my baby, I was a little nervous," Stacey said, "but I was able to meet with Dr. Lemmon a couple of times before the C-section, and I felt better. He is very caring. I felt comfortable with both physicians."

LMH Maternal Child registered nurse Margie Buzzelli, RN, provided nursing care for Stacey in the hospital. "She was fabulous," Stacey said of Margie. "She was so happy and was always there when I needed something. I was her main concern. Licking Memorial's nurses are great. I would recommend our community hospital to anyone."



Stacey Rose holds son Carson James Rose during a recent visit with LMH Maternal Child registered nurse Margie Buzzelli, RN, who provided care for Stacey in the hospital.

“Licking Memorial Hospital’s nurses are great. I would recommend our community hospital to anyone.”

Maternity Services Receives State Level II Licensure

Licking Memorial Hospital (LMH) Maternity Services recently received Level II Obstetrics (OB) and Newborn licensure from the Ohio Department of Health (ODH).

Level II Obstetrics (OB) services make it possible for expectant mothers with select high-risk conditions to remain in Newark for delivery at Licking Memorial rather than being transferred to Columbus. Level II newborn services provide care to moderately ill pre-term and full-term newborns in addition to stabilization of severely ill newborns for transfer to Columbus.

A newly renovated nursery offers state-of-the-art equipment and a large, handicap-accessible family transition room where parents can stay close by and learn to care for their newborns with special health care needs.

In recent years, an estimated 12 percent – roughly 120 babies annually – born at LMH required advanced care following delivery, and 2 percent required transport to Columbus for more specialized care in the Level III nursery.

The LMH Nursery staff has received specialized training in caring for high-risk newborns. The services of a consultant neonatologist from Children's Hospital have been arranged to help assure quality of services provided to these newborns. While the Level II services provide specialized care for mothers and infants requiring such treatment, healthy mothers and newborns at LMH will continue to receive high quality care in our Mother/Baby Unit.

LMH neonatal nurse practitioner Mary Martin-Hemphill, RNC, MSN, CNNP, is excited about the Level II certification. "I left Columbus to help develop the neonatal program here at Licking Memorial," she said. "My goal was to expand the close-to-home services available for newborns and their families here in Licking County. With this Level II licensure, that goal has become reality."



Licking Memorial Pediatrics Offers Round-the-Clock Care at Licking Memorial Hospital

with Richard Baltisberger, M.D.

LICKING MEMORIAL PEDIATRICS – PART OF LICKING MEMORIAL HEALTH PROFESSIONALS (LMHP) – PROVIDES DAILY 24-HOUR IN-HOUSE COVERAGE AT LICKING MEMORIAL HOSPITAL (LMH).

LMHP is a group of more than 70 health care professionals dedicated to improving the health of the community. Seven physicians, two pediatric nurse practitioners and one neonatal nurse practitioner are included on the Licking Memorial Pediatrics staff.

Although it is everyone's hope that all babies are born healthy, some are born premature or ill. So, it is very important to have quick access to a physician or neonatal nurse practitioner. That is why Licking Memorial Pediatrics began providing 24-hour coverage in fall 2003. A Licking Memorial pediatrician stays at LMH from 3 p.m. until 9 a.m. daily (including weekends and holidays). During the morning and afternoon, a neonatal nurse practitioner is in the hospital and physicians are available within walking distance.

Although the physicians perform many functions while in the hospital, their primary duty is to be available for neonatal and pediatric emergencies. This allows us the ability to care for children in the hospital who are more acutely ill. Premature infants in respiratory distress who require frequent reassessments, as well as newborns needing special care, receive proper and prompt

treatment at LMH.

Licking Memorial Pediatrics physicians and nurse practitioners care for children from our practice, as well as patients referred to us from other physicians. If an emergency arises and a newborn needs immediate assistance, we care for that child until his/her physician is able to assume care. When not taking care of other duties, we care for children who come through the LMH Emergency Department.

In-house pediatric coverage means an enhanced level of care and increased security for all children – newborn through teen-age – at LMH.

Stork Tours

Take a guided tour
of our beautiful
maternity floor!



- Tuesday, April 20
- Tuesday, May 18
- Tuesday, June 22

For more information about
Stork Tours and other child-
birth-related tours and classes,
please call 740-348-4968.