Welcome

OB TLC
Obstetrics with Tender Loving Care
The Birthplace at Franklin Square
Maternal Fetal Medicine
The Lactation Resource Center
Birth and Family Education

MedStar Health
As you know, we are in uncharted territory with the COVID-19 pandemic. We realize that pregnancy, labor and delivery, coupled with this unique situation, may generate a lot of feeling of anxiety and uncertainty. Our hope is that this presentation will provide you with the information that will help you feel more informed and prepared for the birth of your baby.

The next slide outlines the Updated COVID 19 updates to our visitor Policy as of July 5th. Please understand that these Policies may change at anytime to protect the patients that we serve, our staff and our community.
Labor and delivery updated visitor policy.

For the safety of you, your baby, and your care team, we are moving to a single individual visitor policy.

Your visitor can be a supportive friend or family member or a certified doula.

Patients on Labor & Delivery floors will be allowed one approved visitor for duration of labor and delivery.

After labor and delivery, the visitor may leave and re-enter the Mother/Baby areas.

As the COVID-19 status continues to rapidly evolve, visitor restrictions are subject to change.
Welcome

- This is where expectant moms will enter the hospital when in labor or scheduled to deliver.
- Discuss with your OB provider when to go to the hospital.
- There are parking spots reserved for Labor and Delivery patients.
During the COVID-19 event, for laboring patients:

• The support person may only come into Women’s Pavilion after mother has been admitted to Labor and Delivery and has received a negative result from her Covid-19 test.
  * The goal of staff is to get mom and their support person together as soon as possible!

• No support person will be allowed into the hospital if they, or the patient, are suspected to have or tests positive for COVID-19.
COVID-19 Testing

• Everyone entering the hospital will be **screened** for Covid-19 (**examples may include:** temperature, exposure, symptoms, travel).

• All pregnant patients, who are likely to be admitted, will be **tested** for COVID-19. Patients who decline testing are considered a Person Under Investigation (PUI) during delivery. PUI and COVID-19 positive patients are not permitted to have a support person.

• COVID-19 test results normally take 90 minutes – 3 hours (**but may be longer**).

• All approved visitors must check in at the front desk and wear a face mask throughout the duration of their visit.

• Patients are expected to wear face masks, when clinically feasible and appropriate, throughout their hospitalization while outside of patient rooms (e.g., radiology, hallway, during transport to procedure, etc.).

• Patients are not expected to wear a face mask while in their room.
Women’s Pavilion Parking

(Entrance 1)

• There are designated spots for laboring patients.

• There is a fee for parking in the Women’s Pavilion lot (first 30 minutes are free).

• Payment Options
  – Credit Card – can be used at the Pay Station or as you exit the lot.
  – Cash – if paying by Cash you must use the Pay Station inside

• Weekly parking passes - can be purchased for $25.00 from the Cashier’s Office M-F 8:00am-3:30pm.
The support person must wait outside the hospital until a decision to admit mom has been made and her COVID-19 test results come back negative.

This is the main registration area for patients coming to the Pavilion for any type of OB intervention.

When you are in labor or scheduled to have your baby, this is where you will be checked in.
Next you will be taken back to The OB Evaluation Center - also referred to as ‘OB Triage.’

If Mom is a scheduled for a C-section, she will be taken to the Operating Room from this area after the results of her COVID-19 test are reported as negative and after her support person joins her.
• There are 8 private OB Triage exam rooms with a TV, telephone and a private ½ bath. It is open 7 days a week – 24 hours a day for urgent and emergent OB care.

• The length of time you spend in the exam room varies.
If your Doctor is not in the hospital, a triage midwife or doctor will examine you and give a report to your OB Provider.

Usually you will be put on a fetal monitor to check for contractions and your baby’s heart rate. Fetal monitors are in each room and can be viewed remotely at the nurse’s station.

It is here that the OB providers will decide if you will be admitted to the hospital or released to go home.

If you are admitted as a laboring patient you will be taken downstairs to one of our 14 Labor, Delivery and Recovery Suites seen next
Labor and Delivery

If your Doctor decides to admit you, you will be taken downstairs to the Labor and Delivery unit. The following slides show you pictures of a **LDR – LABOR, DELIVERY and RECOVERY SUITE**.

Once you are admitted to the hospital, your **one** support person may join you and stay for the duration of your labor and delivery. If the support person chooses to leave the hospital, they will not be allowed to re-enter.

The LDR suite is where you will stay from the beginning of your birth journey until after the birth of your baby.

Each Labor and Delivery Suite has a sleep chair for support person, TV and private bathroom with a shower.
BIRTH PREFERENCES

• Many couples prepare a Birth Plan or Birth Preference List while pregnant. *Be sure to discuss this with your health care provider well before your last month of pregnancy.

• Also, bring a copy to the hospital to give to your nurse and healthcare team.
Labor, Delivery and Recovery Suite
Each Labor, Delivery and Recovery suite has a private bathroom with a handheld shower. Facilities for the handicapped are also available in the Pavilion.

Many laboring patients find the shower very relaxing during labor.
Often times early in labor, if mom is unmedicated and stable, she and her partner are encouraged to walk around to help her labor to progress.
• In our LDR’s, there are many options for the laboring mom.

• Here the bed is raised allowing both mom and coach to rest and relax as labor progresses.

• This patient is unmedicated.

USING A Birth Ball or Peanut Ball

• The Labor and Delivery Unit has 1 birth ball available. We recommend that you bring your own to the hospital if you plan on using it during labor.

• There are many peanut balls for those moms laboring in bed.
Here the couple is Slow dancing.

This combines relaxation and rhythmic movement.

Our policy does not allow mom to get out of bed once she has received medications or an epidural. It is important to monitor the baby’s heart rate with these interventions.

This patient is still medication free.
• Leaning on the back of the bed. Our beds are very versatile.

• A tennis ball is very helpful in relieving discomfort if mom is experiencing back labor.
This slide demonstrates how the bed is able to transform into different positions.
Here the bottom of the bed has been removed and the stirrups have been raised – preparing for delivery
• This often is the position used when it comes time for pushing.

• Notice the lights that are directed specifically to assist the OB with the birth while the remaining lights are dim for mom’s comfort and relaxation.

• After delivery, mom and baby will remain in this room for evaluation and recovery before being moved to the Mother Baby area.
Skin to Skin

After delivery, if both mom and baby are healthy and doing well, baby will be placed skin to skin with mom for at least 1 hour. If mom is unable to hold baby, Dad or a support person can place baby skin to skin.

Benefits of skin to skin contact include…

Helps calm and soothe mom and baby

Helps regulate baby’s temperature, breathing, blood sugar and heart rate

Helps the uterus to contract

Supports breastfeeding and bonding
Here is what we are doing to keep your baby safe

• All units are locked. No visitors can enter or exit without being buzzed in or out.

• Specialized training for staff in maintaining a secure and safe environment

• Infant security system including security doors and video cameras throughout the Women’s Pavilion and the Neonatal Intensive Care Unit.

• Infant security transponders which your baby will wear for the duration of their stay

• Bracelets are provided with matching numbers for you, your baby, and your primary support person.

• Associates designated for direct care of infants will wear a pink color updated photo identification badge.
• These pink badges are one of the many security measures that are taken on our units to ensure your safety and the safety of your baby.

• Never allow anyone without a PINK badge to take your baby from your room.

• All security measures will be discussed with you in detail when your baby is born.
FAMILY NOURISHMENT CENTER
This is where your support person can get ice and water. A microwave is also available.

There are two on the unit.
OPERATING ROOMS  (Do not go past designated doors)

Should a Cesarean Birth be indicated, the operating rooms are located in close proximity to the Labor and Delivery area.
OPERATING ROOM

- We have 3 operating Rooms
- In a non-emergent C-Section, one person is permitted to accompany the patient in the delivery room
• Once a Cesarean birth is complete, you will be in a special recovery area to recover from anesthesia.

• Baby and one family member will be able to accompany you with Anesthesiologist approval.

• We have a 3 bed recovery room.

• Notice that the baby warmer is right next to mom’s bed.

• Our goal is to keep Mom and baby together during her recovery period after a Cesarean Birth.
We encourage Mom to place baby skin to skin (not shown here) and spend time with her new baby while recovering.
The healthcare team is right there if help is needed.
• After your recovery in Labor and Delivery OR in the Recovery Room after a Cesarean birth, you will spend your remaining time in one of these rooms.

• Current average length of stay is 3 days for a Cesarean birth and 2 days for a vaginal birth.

• Each post-partum room, although smaller, has all the same amenities.
These rooms are all private and each has a private bath and shower.
Rooming-In

Benefits of Rooming In with your newborn:

• Facilitates feeding as parents learn their baby’s feeding cues.

• Baby’s cry less and soothed more quickly.

• Mothers make more breastmilk, as breastfeeding occurs more early and often.

• Mothers get more rest.

• Babies can be monitored easily.

• Having your baby room-in with you is encouraged and allows you and your family the opportunity to become confident in your ability to care for your baby.

If you don’t feel that you can safely care for your baby in your room, you can talk to the nurse. She will work out a plan to support you and keep you and your baby safe.
Quiet Time

Designed to provide you and your family with bonding time, rest and the privacy you need and deserve after having a baby.

“Quiet Time” is 1PM – 3PM every afternoon

Staff do their very best to only interrupt quiet time for essential patient care.
Newborn Nursery

The nursery is typically used to care for newborns:

- with medical problems
- who need certain medical procedures not able to be done in your room (such as circumcision)
- who are not able to stay in their mother’s room

The Newborn Nursery is adjacent to our Mother & Baby unit, and is staffed with nurses experienced in Mother and Baby care.

Due to the condition of the Mother and/or Newborn, occasionally it may be necessary to transfer the baby to the Newborn Nursery for observation.
CAR SEAT SAFETY

• Our safety concerns for your child continue after your discharge! Parents should be aware of car seat safety rules. Visit: www.mdkiss.org

• Make sure you have a car seat packed for when you go to the hospital to deliver. *It’s important to know how to operate it before you get to the hospital.*

• For liability reasons, our staff members are not permitted to secure your baby in your car seat and/or install your car seat.
DISCHARGED HOME!

You and your new baby will be discharged through the same door through which you entered the Women’s Pavilion. Some parents choose to hold their baby in their arms.....
while others prefer to hold their baby in the car seat.
CONGRATULATIONS - you’re headed home!
Wi-Fi

• Free wireless Internet access is now available to all patients and visitors.

• Bring your Wi-Fi enabled laptop or hand-held device with you when you come to deliver.
Additional Services

- Neonatal Intensive Care Unit
- The Lactation Resource Center
- Maternal Fetal Medicine
- Post-Partum Support Group
- Birth and Family Education
LEVEL III Neonatal Intensive Care Unit

- Equipped with state-of-the-art medical technology and staffed by highly trained compassionate caregivers.

- 23 total beds, including 19 private rooms with accommodations for multiples, located directly adjacent to the Labor and Delivery unit.

- A family area in each room, with extra seating and pullout couches for overnight stays.

- A dedicated family lounge and reception area with kitchen and eating areas.
Enclosed outdoor garden where parents can spend quality time together in a safe and healing environment.

In addition to a staff of expert nurses, a Neonatologist and/or a Nurse Practitioner are on the unit around the clock.
Breastfeeding – Lactation Services

- Breastfeeding mothers will be visited by a Board Certified Lactation Consultant usually within 24 hours after the baby’s birth.

- The Lactation Consultants are available from 9AM-4PM every day including most weekends and holidays. Our nurses receive additional breastfeeding training to help moms as well.
Family centered Lactation care is provided by MedStar Franklin Square’s lactation consultants.

A warm line is available (9:00 am-4:00 pm) for your breastfeeding questions once you are home. Call 443-777-7427. Please leave a message and we will call you back.
Fetal Assessment (Ante-Partum Testing)

- This slide shows the nurse involved in special fetal assessment procedures with women prior to birth.

- This out-patient area is designed for high risk OB patients or patients who need advanced testing during their pregnancy.
Fetal monitoring equipment as well as...
Sonograms are used to evaluate the health of you and your baby.
Staff in this area have received extensive training in the areas of fetal monitoring and assessment.
Breastfeeding and New Moms Support Group
Call 443-777-7427 for details

• Please join us on Thursday from 11am-1pm. Open to ALL new moms!
• Lunch served free of charge.
• A scale is available to weigh your baby before and after a feeding to see how much milk they receive.
• Facilitated by a Board Certified Lactations Consultant.

Currently on hold due to visitor restrictions.
Birth and Family Education

MedStar Franklin Square is still offering the following Birth and Family classes while COVID-19 restrictions are in place:

- **Prepared Childbirth “Weekend Express”**
- **Breastfeeding: Facts, Myths and Techniques**
- **Infant Care and Safety**

These classes are being offered ‘live’ using a virtual platform.

Questions, contact beth.kegley@medstar.net

To register, call 1-888-74 OBTL or visit: www.medstarfranklinsquare.org/newborn
Birth and Family Education  
additional options

Classes to Go

Perfect for those who cannot attend traditional classes due to bedrest or busy lifestyles. Learn in the comfort of your home. Class materials and a DVD rental are delivered to your house. A pre-addressed, postage paid envelope is included to mail back the DVD. Other materials are yours to keep!

Classes to Go – classes include:

• Childbirth
• Return to Work and Breastfeeding
• Sign with your Baby (American Sign Language)
• Expecting Multiples
• Anesthesia and Pain Relief for Labor and Birth
• Preparing for Siblings

Call 1-888-74 OBTL to register
Birth and Family Education

additional options

Internet Classes

Understanding Birth
Understanding Birth includes a comprehensive resource booklet and an easy to use website that shows real-life examples of the subjects you are reading about. You can watch breathing and relaxation techniques, labor positions, animation of the stages of labor, and much more through the password locked website. Computer and internet access required.

Mother and Baby Care
Mother and Baby Care includes a separate booklet and online features covering postpartum exercises, proper breastfeeding techniques, newborn diapering and bathing tips, cesarean body mechanics, and much more. Each booklet contains a wealth of concise information, colorful photos, and clear illustrations. Also included is an easy to use website with online video clips to watch and PDF information sheets which you can download and print. Computer and internet access required.

Call 1-888-74 OBTL to register
On behalf of the staff, we thank you for choosing the Birthplace at MedStar Franklin Square. We assure you that there is no better or safer place to have your baby!

You are important to us!