

# Welcome to Labor & Delivery

During your time at the Birthing Center we want to support you and your family in having a labor and delivery experience that most closely meets the expectations and hopes that you have for the birth of your baby. We will also work to ensure that you and your baby stay safe at all times.

We welcome you to provide us with a Birth Plan that you have reviewed with your provider so that all members of your care team are aware of your goals. We acknowledge that all families are unique and we will do everything we can to support your individual circumstances while maintaining our policies and your safety.

## BEFORE COMING TO LABOR AND DELIVERY

Call your provider to determine if it is time to come to the hospital. When you decide together that it is time to come, your provider will notify the nursing staff so that we can begin to prepare for your arrival. We encourage you and your family to leave all valuables at home.

**Parking:** If you are arriving between the hours of 9pm and 6am you can park in the Emergency Department parking area and enter the hospital through the ED. The ED staff will assist you in getting to L&D. If you are coming during the day and you think you have time to park in the parking garage and walk up to L&D you can do that. If you feel that delivery is imminent, you can certainly park in the ED as well. Wherever you park, you don't need to stop at Registration, you can walk right up to L&D on McClure 7. Parking is priced per hour with a \$7/day maximum charge.

**Arrival:** When arriving to UVMMC you will be screened by a trained staff member at whichever entrance you come through. When you arrive on L&D you will be asked these same questions again and then welcomed to a room and evaluated. We have both delivery and triage rooms on L&D. Once your nurse and provider have had the opportunity to assess you and monitor your baby's heart rate you will either be admitted to L&D, B7, or you may also be discharged to home depending on the clinical circumstances.

## WELCOMING POLICY

Due to the current circumstances with the pandemic we are only able to allow 1 support person on L&D ( must be 16 or older) and 1 on the Mother Baby unit. The support person of your choosing can not be swapped out for other family members and must stay consistent for your stay. Your visitor will also need to stay in your room during your stay and wear their mask while they are here with you in the hospital. We encourage you to thoughtfully select who you want present to minimize infection exposure to your new baby and to help you maintain an environment that is calm and supportive. If you have a doula working with you, this person does not count as the second support person. If you would like to work with a volunteer doula staffed by UVMMC please speak to your provider regarding this option. Please consider the intense nature of birth when deciding who you'd like present at your birth. Additionally, during RSV/Flu season, there may be further limitations to our welcoming policy. In all cases support people will be turned away at the door if they are experiencing fever, cough, sore throat, nausea, vomiting or diarrhea.

## STAFF SUPPORT

**Labor Support and pain management:** Our nurses will provide you with a variety of options to help you progress through labor. We have birthing balls, a birthing tub, wireless monitors to support free movement and ambulation around your room. You may also choose to utilize pain medication while you are in labor. We have anesthesiologists available 24/7 on Labor and Delivery and your healthcare team may recommend that you consult with an anesthesiologist whether or not you plan on having an epidural for pain management during labor. This is to maintain safety and continuity of care.

**Monitoring the fetal heart rate:** Our nursing staff wants to support your birth wishes while maintaining safety for you and your baby. We will ask to perform either continuous or intermittent fetal heart rate monitoring throughout labor depending on the clinical circumstances. There are some circumstances in which internal monitoring may be recommended. Your care team will discuss these circumstances with you should they arise.

**Delivery:** Promoting a vaginal delivery is a top priority for our providers and nurses. We also recognize that a cesarean section may be the safer or preferred mode of delivery for you and your baby. If a cesarean delivery is indicated, we will do everything we can to create a calm and welcoming environment for you to greet your new baby. You will be able to bring one support person with you into the operating room. We have two operating rooms on L&D and you will return to your labor room to recover after surgery. In most cases a team of pediatric doctors, nurses and respiratory therapists will attend your baby's delivery if a cesarean delivery is indicated. The same team may also be present for a vaginal delivery depending on clinical circumstances. Your healthcare team may ask for your support person to wait in the NICU waiting room until the nursing staff deems it appropriate to welcome them back into your room.

## VIDEO AND PHOTOGRAPHY

Both of these are allowed in the delivery room. However, your health care team is also responsible for maintaining safety, patient and staff privacy and a healing, calm environment. Providers, clinical staff and/or employees have the right to ask patients, family and/or visitors to turn off cameras and/or recording equipment at any time even if prior approval has been granted.

## FOOD OPTIONS

Cafeterias are available almost all of the time. From 3am-5am the hospital cafeteria is closed. During all other times you and your support person will be able to either order room service (must be paid for with credit/debit card, no cash) or purchase food from one of 3 cafeterias in the hospital. We also have a refrigerator on L&D that you can use to store your own food from home, make sure you put a label on any food you bring from home. Labels are provided and kept on top of the microwave and your RN will place your food in our patient specific fridge. We provide juice, soda, and light snacks, like popsicles, Jell-O, crackers and toast.

## COVID-19 SPECIFIC INFORMATION

We are currently performing universal screening for COVID-19 for any patients being admitted to the hospital. This is for your safety, and the safety of others including staff and other patients. If as the birthing patient you test positive for COVID-19, your support person will be offered a test as well. The current practice is for families to stay united during their admission as long as mother and baby remain healthy and do not need a higher level of care. If you are COVID+ we will provide education, supplies (such as masks, gloves, gowns), and support to help you make the best and most informed choices for you and your baby during your stay. If you decline the COVID-19 test, please be aware that you would be unable to visit your newborn in the NICU or utilize the Newborn Nursery on Baird 7. Policies and practices are constantly evolving so please speak to your provider about the most current practices.



# Welcome to the Mother-Baby Unit

Congratulations! This is an exciting time for your family and we would like to make your stay with us as comfortable and pleasant as possible. It will also be a very busy time for you and your newborn; a time when you are trying to rest and recover from your delivery while also getting to know your newborn, and how to care for and feed him/her.

When it's time to have your baby you will be admitted to The Birthing Center on McClure 7. After a recovery period of about two hours you and your newborn will be transferred to the Mother-Baby Unit on Baird 7.

Let us tell you about what you can expect during your stay on the Mother-Baby Unit and introduce you to our team that will be involved with your care.

## MOTHER-BABY UNIT—BAIRD 7

**Accommodations:** Baird 7 has twenty-three private rooms and three semi-private rooms. At times of maximum patient census our semi-private rooms are shared.

**Nursing:** Our staff includes nurses and licensed nursing assistants (LNA). Your assigned nurse will provide the care you need to heal and assist you with caring and feeding your newborn. Education will be provided to prepare you and your family for discharge. Each shift, our unit has an assigned newborn charge nurse who coordinates newborn care and a unit charge nurse who oversees and coordinates the overall unit needs.

**Breastfeeding Support/Lactation Services:** All Mother-Baby staff are experienced in supporting you and your newborn in those important first few days of breastfeeding. If you require more intensive support with breastfeeding, an International Board Certified Lactation Consultant (IBCLC) is available most days. Home lactation services are also available in the community. Please check with your insurance company before your delivery to arrange for lactation support after discharge. Arrangement ahead of time ensures breastfeeding support right when you get home.

**Unit Secretary:** Unit secretaries are present each shift and provide support services to the clinical staff.

**Medical Team:** Your care team includes your attending physician or midwife, a resident physician, as well as medical students, or nursing students.

**OB/GYN Providers:** After your delivery, you can expect to see and be examined by a provider daily. Each patient is seen early in the morning by the resident staff and later by an attending from your practice.

**Pediatrician:** Your newborn will be seen and examined by a provider from your Pediatricians office each morning. Please make sure you have chosen a pediatrician prior to delivery and have their full name, practice location and phone number. Most parents like meeting the pediatrician prior to delivery. If your pediatrician does not have admitting rights at UVMMC the pediatric hospitalist will see your baby during your inpatient stay.

**Audiology Staff:** Your newborn will have their hearing tested prior to discharge by an audiology technician. This is a quick procedure which is done in your room.

**Housekeeping:** Our housekeeping staff will be in daily to tidy up your rooms and empty the trash and recycling. If you need additional assistance please let your nurse know.

**Dietary:** After you have placed your order, a dietary technician will deliver your meal tray to your room. A dietician will also see you to ensure your diet needs are being met.

**Laboratory Staff:** A phlebotomist will come to your room to draw blood if your provider has ordered it.

## WHAT TO EXPECT DURING YOUR STAY

**Length of Stay:** Most women are discharged 1-2 days after an uncomplicated vaginal delivery, or 3-4 days after a cesarean delivery--the national average is 24-48 hours.

**Welcoming Policy:** The Mother-Baby Unit has had to adapt our Welcoming Policy due to COVID-19. Currently, we are allowing one support person to stay with mother/baby couplet for the remainder of their stay. This person should be the same person that was present for the birth. We ask that families make arrangements for other children/pets/other responsibilities in order to not leave the hospital until time of discharge. We encourage families to utilize technology to connect with family and friends and can assist with making these arrangements if desired.

**Patient Centered-Report:** This occurs during each shift change with the outgoing and incoming nurse providing your care. They will discuss key information regarding what happened during the last 8-12 hours to ensure that all important safety information gets passed on. We invite you to be part of this process and encourage you to help set goals for the oncoming shift. Medical information will be discussed at these times.

**Hourly Rounding and Pain Management:** Unit staff will check on you each hour to ensure your safety and your newborn's safety and to ask you about your comfort level and needs.

**Examinations:** Physical assessments are performed by nursing staff for you and your newborn each shift and by the medical staff every morning.

**Safety:** You will be provided with two wristbands to wear, one for you and the second for your newborn. Your newborn will also have two bands, one is placed on the wrist, and the second is on the ankle. These bands contain identifying information and will be checked by nursing staff each shift and anytime that you may be separated from your newborn. Your partner or support person will also be provided with a newborn wristband.

Each Baby will be given a "Hugs" tag to wear. The Hugs band will be placed on your infant's ankle. This is a security device that will set off an alarm if the infant is brought close to the unit exit doors. If you notice that the Hugs tag has slipped off of your newborn's ankle please notify nursing staff immediately.

**Please read the enclosed brochures regarding Safe Sleep Practices.** Our nursing staff will review this with you and help you to practice safe sleep habits during your stay with us so that you may continue these practices once you are at home.

## STAFF

Staff members have a teddy bear on the upper corner of their badge. This means that they are recognized by the hospital as being able to care for your newborn. Always check staff badges and never let your newborn go unaccompanied with staff that does not have these teddy bears on their badge.

## DISCHARGE PREPARATION

A number of tasks and procedures must be completed prior to discharge. **Infants are typically not discharged prior to 24 hours of age** to allow for recommended screenings to be completed. Upon admission you will receive a folder with further information. Please review the discharge checklist and work with your nurse to complete the tasks which include our discharge Book and Web App “Understanding Mother and Baby Care”. We ask that all parents complete their baby’s birth certificate paperwork within 24 hours of birth.

**Car Seats:** It is strongly recommended that you have your car seat fitted to your car before delivery. There are many places near you that can provide this car seat fitting service, including many fire stations and police stations: look at this web site for a place near you: <http://www.beseatsmart.org/>. You may make an appointment at the hospital to have your car seat fitted by calling 847-1215 (appointment needed). **Bring your newborns car seat to the unit before discharge.** It is expected that the baby will be discharged in the seat after the straps have been checked by your nurse.

## NEWBORN INFORMATION

**Birth Certificate:** You will receive a lot of information during your pregnancy in regards to the birth certificate and social security card. We will provide all the worksheets and information needed during your stay. The state requires that the birth certificate be filed within the first 24 hours following the birth of your child.

**Vaccines/Medications:** According to the American Academy of Pediatrics it is recommended that newborns receive Vitamin K and erythromycin after birth (this will occur on Labor & Delivery) and Hepatitis B vaccine with the 24 hour bundle (this will occur on Mother/Baby Unit).

**24 hour bundle:** This series of tests include: Critical Congenital Heart Defect Screening (CCHD), transcutaneous bilirubin screen (TCB), Hepatitis B vaccine, and the Newborn Screen. Your admission folder will have more information on all of these tests. Aside from this bundle of tests your newborn will have his/her hearing check during their stay.

**Circumcision:** If parents desire a circumcision the provider, most typically the OB/GYN MD, will review the risks vs. benefits with you and have you sign a consent form for this elective procedure.

## FEEDING YOUR NEWBORN

**Breastfeeding:** Often immediately following delivery newborns are alert and this is the best time to initiate breastfeeding. Typically following this alert period is a period of sleepiness that can last until 24 hours of life. Your nurses will encourage you to do skin to skin as much as possible during this period. After 24 hours expect to feed your newborn 8 -12 times in 24 hours. We will encourage you to look for early feeding cues and to offer breast at least every 2-3 hours. Although your body produces colostrum from the start, your milk will not come in until day 3 to 5. For most babies there is no need for supplementation while waiting for your milk to come in. If more support is needed an LC consult will be placed and a feeding plan will be devised by your care team.

**Formula:** We provide formula during your stay and will assist you in determining the frequency and amount of formula your newborn needs.

## UNPLANNED EVENTS

**Newborns:** Issues such as high levels of jaundice, infection, difficulty breastfeeding, late preterm delivery (35+0 – 36+6 weeks gestation), or a NICU admission for your newborn could extend your stay with us.

**Mothers:** Those women experiencing hypertension issues prior to delivery can experience a 1-2 day post-partum reprieve but symptoms may reappear closer to day of discharge. Monitoring and treatment of high blood pressure may prolong your visit with us.



[UVMHealth.org/MedCenter](http://UVMHealth.org/MedCenter)



# Welcome to the Neonatal Intensive Care Unit ~ NICU ~

The NICU at Vermont Children's Hospital is a level III NICU capable of caring for a wide variety of infants. This includes sick and or premature infants born at some of the earliest stages of gestation.

The NICU has specially trained nurses, Neonatal Nurse Practitioners, Physicians, Physician Assistants, and Respiratory Therapists that all make up a part of the care team required to care for these special newborns.

## **AT DELIVERY**

Sometimes the NICU team may be present at the delivery of your baby so they can immediately start to address any needs your baby may have.

## **ADMISSION**

If your baby goes to the NICU, a medical team is present and oversees the care of your baby 24/7. The team also works collaboratively and closely with parents to keep you updated and informed about the care of your baby. Parents are viewed as a member of the care team. Also, the nutritional needs of your baby are always a priority. If your baby can feed, moms will breast feed as soon as possible and if not breast feeding pumping milk is greatly encouraged and supported. We also encourage skin to skin with both mom and dad and will seek to make physical contact between you and your baby a priority as soon as possible.

## **COVID-19 SPECIFIC INFORMATION**

Due to current health concerns regarding COVID-19, the NICU is only allowing mom and her partner or support person in the NICU. Mom and her partner or support person both need to be documented COVID-19 negative before entering the NICU. Additional health screening questions will also be asked prior to admission. The NICU also requires that a clean disposable procedure mask that we supply to be worn at all times while in the NICU.