



Patient Handbook

Family Birth Center

Asante Three Rivers Medical Center



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Our Mission

Asante exists to provide quality health care services in a compassionate manner, valued by the communities we serve.

Our Vision

To be your trusted health partner for life — every person, every time.

Our Values

We are defined by our values. They guide us each day as we serve our patients and our community.

Excellence, in everything we do

Respect, for all

Honesty, in all our relationships

Service, to the community and each other

Teamwork, always

We want to hear from you

Providing the best possible medical services to our community is important to us. A leading company in assessing patient satisfaction nationwide may contact you. Please take the time to give them your comments so that we may continue to improve our services.

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Our family birth center

At Asante Three Rivers Medical Center's Family Birth Center, we understand that giving birth can be one of the most profound and joyous experiences of your life, and we are honored to be part of it.

As a designated Baby-Friendly hospital, Asante Three Rivers keeps the mom and the baby together in the same room and encourages skin-to-skin contact for enhanced bonding. The Baby-Friendly Hospital Initiative recognizes hospitals and birth centers that provide optimal levels of support for breastfeeding babies and their families. Our lactation-consulting support encourages and educates moms who want to breastfeed.

The private labor, delivery, recovery and postpartum (LDRP) rooms are spacious enough to accommodate family participation during the birth. Families enjoy the homey and welcoming décor of the LDRP rooms, designed to minimize the hospital feel, and new moms love the whirlpool tubs. Flexible visitation hours allow family and friends to meet the new arrival.

Level I facility

The Asante Three Rivers Family Birth Center is a Level I facility. In certain cases, the mother or baby is better served at a higher-level facility. Examples include premature delivery, multiple gestation in excess of twins, or a pregnancy complicated by other disorders such as heart or liver disease. Babies born with congenital anomalies, requiring long-term intravenous or antibiotic therapy, or needing neonatal intensive care are transferred to a Level II hospital, such as Asante Rogue Regional Medical Center in Medford, or, if necessary, a Level III hospital by order of the mother's physician.

Take a tour

Please visit our website at asante.org and search for "virtual tour" to see a video of our beautiful Family Birth Center.



Planning your hospital stay | During your pregnancy

What to bring

When you come to the hospital, bring an infant car seat along with a robe, slippers, toiletries and going-home outfits for you and your baby. Also bring whatever music or reading material or other personal comfort items you wish. Please leave your valuables at home, including money, rings, watches and other valued items. You are responsible for your own belongings and valuables.

Support partners should remember to pack any over-the-counter medication they may need as well as money for incidentals and snacks.

Siblings

Siblings are welcome*, but it is important that an adult be available to tend to them. Children may not roam the halls of the hospital, stay overnight, be left unattended or be left in the care of the patient.

Patient rooms

All Family Birth Center patient rooms are private. Some are larger than others. We use the larger rooms first and the smaller ones during our busiest times. There are small refrigerators in each room.

**when conditions permit*

Childbirth classes

Childbirth classes are available* at the Women's Health Center of Southern Oregon. The classes are recommended for first-time parents and cover the stages of labor, exercises, creating a birth plan, breathing techniques, natural coping strategies, information about cesarean section deliveries and a tour of the Family Birth Center. Pre-registration is required. Call **(541) 479-8363** for a schedule of classes. The fee is \$55 and is covered by some insurance carriers.

Birth plan

The birth plan is an optional written guide that identifies what is important to you and your partner during labor and delivery. We recommend that you discuss and develop the plan with your doctor or midwife a month or two before your due date. Outlining the environment and the procedures that are meaningful to you will improve communication with the Family Birth Center staff and doctors while increasing your knowledge and understanding of your options. It is important to remain flexible because the unexpected sometimes happens. The Family Birth Center will strive to honor your choices and preferences when it is safe to do so.



Your birth experience

Your preferences

We will honor your birth plan and remain flexible and responsive to your ongoing needs.

If you want an unmedicated labor and birth, we will support you with natural methods such as the birth ball, walking and hydrotherapy.

If you wish to have medication for pain relief or desire epidural anesthesia, we will administer them safely. If you require an unexpected cesarean delivery, we are trained to respond quickly. We will support you throughout your stay at the Family Birth Center.

Labor

We admit women for delivery at the baby's gestational age of 36 weeks or later. If you are delivering earlier than 36 weeks, your baby may be transported and admitted to the Neonatal Intensive Care Unit at Asante Rogue Regional Medical Center.

As labor progresses, we generally staff one nurse for each mother. Family Birth Center services may include fetal monitoring, labor coaching and assistance and hydrotherapy. Other medical services may include intravenous hydration, induction or augmentation of labor, pain medication and epidural anesthesia. Cesarean delivery is available for the well-being of the baby or mother if indicated.

Labor tubs

The warm, soothing effects of jetted tubs can assist you with your labor and can decrease labor duration.



Cesarean section

One person is usually encouraged, circumstances permitting, to accompany the mother to the operating room and be with the baby once born. That person will need to change into hospital-provided scrubs. Every effort is made to reunite mother and baby for skin-to-skin bonding and breastfeeding immediately after a C-section.

After your baby's birth

After delivery

We use the “rooming in” philosophy of caring for newborns, and we encourage skin-to-skin contact for enhanced bonding. A lactation consultant will support and encourage mothers who want to breastfeed.

Physicians

Our physicians make daily rounds, and every newborn receives an examination within the first 24 hours or, if complications or concerns arise, immediately after birth.

Education

During the postpartum period, we will give you the knowledge and the confidence you need to begin caring for your newborn once you are discharged from the Family Birth Center. You will see informative Videos on Demand, and we will send you home with helpful resource materials.

Security for newborns

For newborn protection, all Family Birth Center staff members wear ID badges. Babies are not to leave the Family Birth Center unless accompanied by birth center staff. Every infant also wears on the ankle a Hugs tag with a unique ID number. Every exit point is electronically monitored to detect the tags within the protected zone. No one can remove an infant from the unit without staff being alerted. For added security, there are also cameras and locked doors to the unit.

Lactation support

Our lactation consultant is available to mothers who require breastfeeding support. Our well-trained nurses will also assist you with early breastfeeding. We will help you make a plan for success and will follow up after you leave the hospital.

Uninterrupted family time

After the birth we can monitor your baby and perform any necessary procedures right in your room so long as you and your baby remain stable. For example, vitamin K and eye prophylaxis are normally administered to the baby within the first two hours after birth, and we do not need to take your baby out of the room to do this. Baby's footprints are also done at this time.

Newborn testing

Hearing

All babies receive a hearing screening prior to discharge. Early detection of compromised hearing allows for early intervention and greater treatment success. In some cases, the screening must be repeated usually because some babies' ears are moist after birth, which interferes with proper screening.

Newborn screening

Newborn screening, or PKU (phenylketonuria) as it was formerly known, involves collecting your baby's blood (obtained from a heel stick) on blotter paper, which is sent to Portland for testing. Oregon tests for multiple conditions that require early intervention for best outcomes. This is done on all babies prior to discharge. Results are sent to your baby's physician, and the test is repeated at two weeks

After your baby's birth

of age. Before you leave the hospital, you will be given a blotter card for the baby's physician to use on the second test. Be sure to keep it in a safe place and take it to your baby's first office visit.

Pulse oximetry

Pulse oximetry is a well-established test for measurement of blood oxygenation that helps improve the diagnosis of congenital heart defects. It is a simple, noninvasive and quickly administered test that causes no distress to the baby.

Preparing for discharge

Generally, most families stay one or two nights after giving birth. There are a variety of tasks that need to be completed by both you and the nursing staff before you are ready for discharge. The sooner these are started, the smoother the process will flow for everyone.

Leaving the hospital

Discharge plan and car seat

Plan ahead for your return home. Your doctor will tell you what day you can expect to be discharged from the hospital. Your doctor and nurses will tell you how to care for yourself when you get home. Plan to have a ride available on the day of discharge. We require that your baby go home in an infant car seat. It is a good idea to go to a local fire station to have the base of the car seat properly installed prior to your discharge. Please feel free to ask a nurse if you have any questions about your discharge instructions.

**when conditions permit*

After you go home

Lactation services and postpartum care

In addition to a follow-up call from a lactation consultant, you may be scheduled for visits* for breastfeeding assistance as well as for weight and color checks for your baby.

Moms group

We invite you to attend our moms group*. Come talk with other moms about life with a baby. The discussion is facilitated by a certified lactation consultant who is specially trained to help moms and babies in their first year. The support group is free, and no reservation is required. Please ask your nurse when the next moms group is scheduled to meet.

Healthy families

This state-funded program for moms provides education in the early weeks of parenthood. In collaboration with Siskiyou Community Health Center, the Healthy Families program provides home visits* to all families to help enhance parent/child bonding and infant development.





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