

EMORY

HEALTHCARE

Welcome to Emory Johns Creek Hospital



Note: Please visit emoryhealthcare.org/covid for the important information for all our patients and visitors

- Updated April 2020

All in-person classes/tours/support groups have been currently cancelled.

We are working to convert many of our classes to online versions.

- Childbirth preparation
- Newborn Care
- Breastfeeding Classes

Please continue to check the Emory website for updates:

<http://www.emoryhealthcare.org/temporary-class-event-notification.html>

Preparing for Parenthood

- Prior to delivery: choose a pediatrician for your baby
 - Babies are examined by a pediatrician within 24 hours of birth
 - An in-hospital pediatrician will care for your baby during your stay at the hospital
 - Neonatology services are available 24/7 for sick or premature infants
- Choose and purchase a car seat
 - Practice with the car seat before coming to the hospital
 - Hospital employees cannot install or assist with car seat operation



Planning for the Hospital

- Make plans ahead of time for care for other children
- Pack two bags: one for things you'll need during labor and one for your stay post-delivery
- Choose a special outfit/blanket for baby to wear home
- Family is responsible for all belongings



Arriving at the Hospital

- Park in the front of the hospital and enter the front of the hospital between the hours of 5 a.m. and 9 p.m. After 9 p.m., enter through emergency department.
- Front desk will direct you to 2nd floor, Labor and Delivery.
- Remember to bring your photo ID and insurance card.
- We are only allowing one (1) visitor over the age of 16 at this time and this visitor must be the same visitor for your entire stay

Only If Needed: Emergency Dept.

- If you are experiencing an emergency, please go straight to our **emergency** room.
- Obstetricians on staff 24/7
- Your provider may send you for an urgent assessment during pregnancy
- Moms with complications up to six weeks after birth may also be sent here for assessment



Planning To Feed Your Baby

Breast milk is the normal food for the human baby

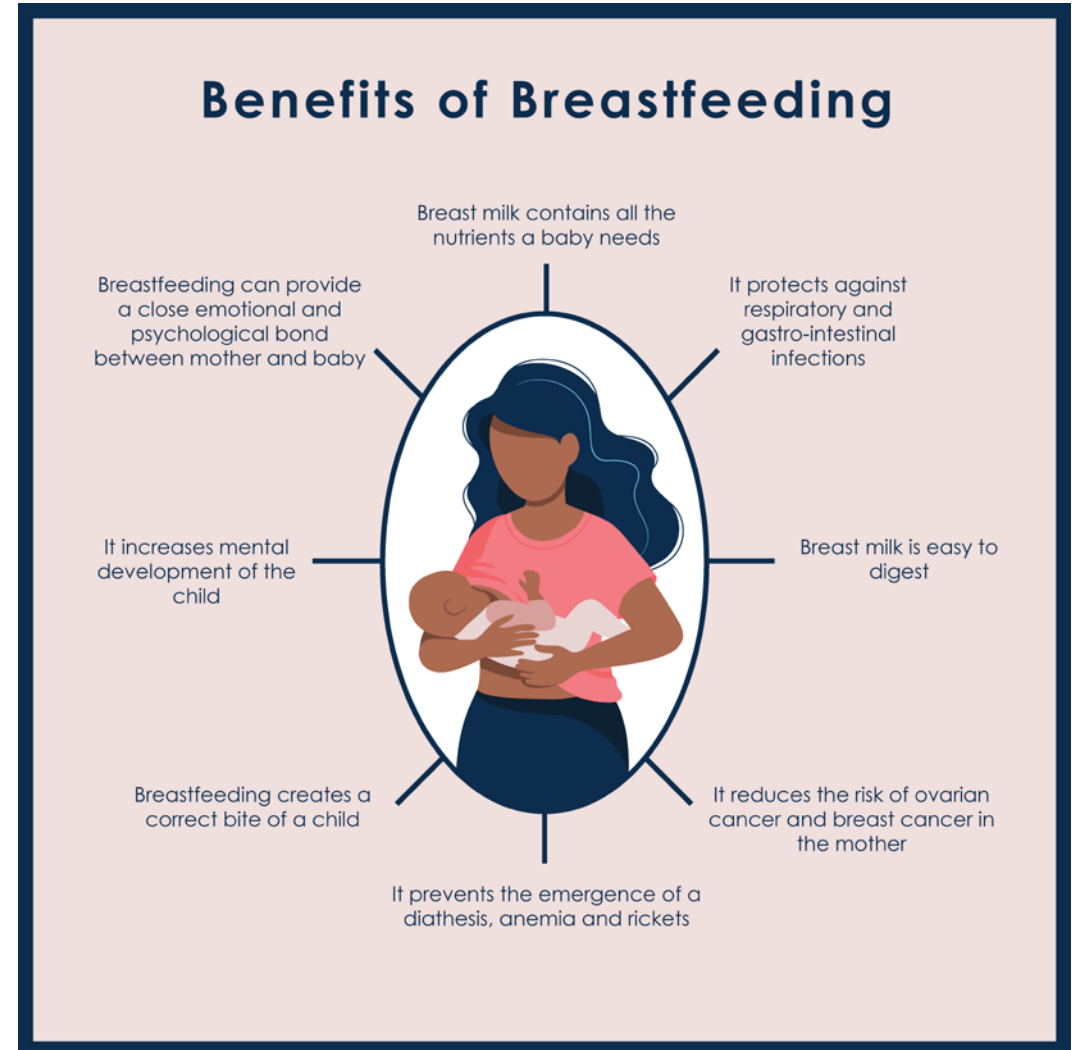
- Evidence based practice recommends:
 - Exclusive breastfeeding for at least the first four weeks
 - Exclusive breast milk feeding for the first six months
- After providing breastfeeding education, mothers who make an informed choice to formula feed will be supported at Emory Johns Creek Hospital



Benefits of Breastfeeding

Emory Johns Creek Hospital Supports Breastfeeding

- Recognition that the first few days are critical bonding times between mother and child
- Mothers will receive lactation education and support from our staff to encourage breastfeeding
- We support and respect the mother's decisions on feeding



Labor & Delivery Room



- Space for mom, baby, and support person (visitor policy may be updated by time of your arrival)
- One sofa/bed in each room
- Equipped with monitors for mom & baby
- Available labor support devices include squat bars & peanut balls
- 24/7 anesthesia services

Only If Needed: Cesarean Birth

- Mother and baby's safety is top priority
- Support person can accompany mom for most situations
- Recovery room in Labor & Delivery allows mom and baby to stay together after birth



When Baby is Born: Skin-to-Skin

- Helps baby:
 - Regulate heart rate, breathing, temperature
 - Begin to build 'good' germs
 - Prepare for breastfeeding
- Lasts for at least 60 minutes
- Vaginal birth: immediately
- Cesarean birth: as soon as mom is able to respond



When Baby is Born: Infant Security

- Baby ID bands: two (2) for baby, one (1) for mom, one (1) for dad or partner
 - Baby's name will be listed as mom's first initial, plus B for boy or G for girl, and A for single baby and mom's last name (i.e. Smith, AGA)
- Staff ID badges: all staff caring for babies have pink stripe located on their name badge
- Infant Security System: monitors for all babies, ensures secure entrance/exit points



When Baby is Born: First Bath

Usually occurs eight or more hours after birth. Delayed for reasons:

- Vernix remains on skin
 - Protects and moisturizes baby's skin
 - Reduces risk of infection
- Better for baby
 - Less stressful for baby
 - Improves temperature regulation
 - Stabilize blood sugar
- Better for mom & family
 - Improves initial bonding
 - Improved early breastfeeding
 - Allows mom or family to participate, if desired

Only If Needed: NICU

- Level III Neonatal Intensive Care Unit (NICU) with 24/7 Neonatology and Respiratory Therapy services
- Located on the 2nd floor near Labor and Delivery
- Common reasons for NICU transfer:
 - Prematurity
 - Low blood sugar
 - Respiratory distress
 - Symptoms of infection



Only If Needed: NICU

- If medically appropriate for baby, mom will be able to see and touch baby before transfer
- Mom should begin expressing breast milk within three - six hours of birth
- NICU staff will support mom to hold baby skin-to-skin when its medically appropriate for baby
- Donor breastmilk available if needed



Mother/Baby Room



- All rooms are private
- Sofa bed for support person (visitor policy may be updated prior to your arrival)
- Glider/rocking chair in each room
- Bassinet for baby's safety & comfort
- Private bathroom with shower

Mother/Baby: Rooming In

- Babies stay in the room with the families instead of in a nursery
- Better for babies:
 - Cry less and are more easily calmed
 - Improved initial bonding
- Better for moms:
 - Moms rest more
 - Respond better to baby's feeding cues
 - Make more breast milk faster



Mother/Baby: Skin-to-Skin

- Continue to hold baby skin-to-skin as often as possible
 - At least once a day, for sixty minutes
- Helps to wake a sleepy baby
- Dad/partner can also hold baby skin-to-skin



Safe Positioning for Skin-to-Skin Contact



Check list

- ✓ Face can be seen
- ✓ Head is in a sniffing position
- ✓ Nose and mouth are not covered
- ✓ Head is turned to one side
- ✓ Neck is straight, not bent
- ✓ Shoulders are flat against mom
- ✓ Chest-to-chest with mom
- ✓ Legs are flexed
- ✓ A little upright, not flat on bed/chair
- ✓ Cover the back with blankets

If no one can watch you and your baby after feedings and when sleep is likely, put your baby on his or her back on the baby's own firm bed.

Safe Sleep for Baby

- Always place your baby on their back in their crib for sleeping. There should be no loose blankets, toys, or other objects in the crib.
- Never sleep with your baby in the bed or chair. If you feel sleepy or plan to sleep, place infant in crib on their back. Sleeping with your infant can lead to accidental falls or suffocation.

The ABC's of Safe Sleep

[**A**lone, **B**ack, **C**rib]

A. Alone – Babies need their own sleep space.

B. Back – Babies sleep safest on their backs. Every sleep. Every nap. Every time.

C. Crib – Babies without blankets, quilts, crib bumpers or toys.



- If the nurse sees you sleeping with your baby, he/she will wake you to help you place the baby in their crib, on their back.

Mother/Baby: Breastfeeding

- Breastfeeding is learned, it takes time, practice and patience
 - All staff in our departments are trained to assist you
- All health organizations recommend:
 - Exclusive breastfeeding for at least the first four weeks
 - Exclusive breast milk feeding for the first six months



Mother-Baby: Breastfeeding

- Feed your baby on cue/demand
 - Eight times or more in a 24 hour period
- Give only breast milk unless there is a medical reason
 - Donor breast milk available for medical need
- Avoid artificial pacifiers/nipples for three - four weeks, until breastfeeding is established
 - Cup, syringe or spoon-feeding

Going Home: Breastfeeding Support

- Our Lactation office number:
678-474-7269
 - Phone advice from a lactation consultant – please leave a message and we will return your call
- Other local support
 - La Leche League (llli.org)
 - WIC Peer Counselors
 - Infant CPR:
shopcpr.heart.org/infant-cpr-anytime-kit



Breastfeeding Support Group

For the Breastfeeding support group, we have a Zoom web conference available.

Held every Wednesday from 10:30 a.m. - Noon

- Visit zoom.com
- Select "Join a Meeting"
- Include the meeting ID:

443-796-7385

Password: milkymamas



Going Home: POST-BIRTH Warning Signs

<p>Call 911 if you have:</p>	<ul style="list-style-type: none"><input type="checkbox"/> Pain in chest<input type="checkbox"/> Obstructed breathing or shortness of breath<input type="checkbox"/> Seizures<input type="checkbox"/> Thoughts of hurting yourself or your baby
<p>Call your healthcare provider if you have: <small>(If you can't reach your healthcare provider, call 911 or go to an emergency room)</small></p>	<ul style="list-style-type: none"><input type="checkbox"/> Bleeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger<input type="checkbox"/> Incision that is not healing<input type="checkbox"/> Red or swollen leg, that is painful or warm to touch<input type="checkbox"/> Temperature of 100.4°F or higher<input type="checkbox"/> Headache that does not get better, even after taking medicine, or bad headache with vision changes

Frequently Asked Questions:

- When do I call the doctor?
 - Each provider should discuss with the patient as to when the best time to call should be. If you have concerns regarding your health or labor, it is best to call your OBGYN office (if it is after hours or in the night, you will be transferred to an answering service). For immediate health concerns, the patient may come to be assessed at EJCH.
- What should I bring to the hospital?
 - Insurance card, driver's License or official ID
 - For mom: loose, comfortable clothing to wear home plus 4 - 6 pairs of underwear, 2 – 3 nightgowns, 2 – 3 bras
 - For baby: blanket, hat and clothes to wear home. Please also have a car seat already installed (see slide three)
 - Toiletries and personal items (i.e. toothbrush/toothpaste, deodorant, shampoo/conditioner, shower gel, hairdryer, cosmetics, hair ties etc.)
 - Prescription eyeglasses or contact lenses/solution
 - Camera/video recorder (with extra batteries!), chargers for cell phones and other personal devices
 - Pillows/blankets for support person
- Are children allowed?
 - At this time we are not allowing anyone under the age of 16, please arrange for child care
- Who can stay in L&D and Mother-Baby rooms overnight?
 - A maximum of 1 support person may stay overnight. No one is allowed to sleep on the floor. All rooms have a couch with a mattress bottom (approximately twin size) and most rooms have a reclining chair. For the safety of the patient and nursing staff, air mattresses or sleeping on the floor cannot be allowed at any time for any reason.

FAQ Continued

- How do I get a birth certificate?
 - Once the mother and newborn are transferred to Postpartum Unit or “Mother-Baby Unit”, the mother will receive information regarding the application for a birth certificate. The hospital will help you apply for the birth certificate. We do not issue them, they are issued by the state and any copies need to be requested from the state.
- How do I get a Social Security number & card for newborn?
 - Upon completion of the newborn data form on the Postpartum Unit, the Social Security card for the newborn will be mailed to the address provided by the mother within approximately 5-6 weeks.
- Do I need to buy or rent a breast pump?
 - Emory Johns Creek Hospital provides supplies to breast pump while the mother is in the hospital. Breast pump purchasing and rental information can be given upon request on the Postpartum Unit.
- Can I video record the delivery?
 - Per hospital policy, videotaping/photography is permitted except during direct patient care procedures. Pictures of any operative procedure, including the delivery, are NOT permitted.
- Who is permitted to perform the newborn male circumcision in the hospital?
 - The mother’s OBGYN physician or pediatrician performs the newborn male circumcision. The mother will discuss the plans with the OBGYN. Religious clergy leaders or other personnel are not permitted.



Thank You for Choosing
Emory Johns Creek Hospital

Questions?

Please contact: Nyree Edmett
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