

# Women's & Children's Services

FROM BIRTH TO MENOPAUSE AND BEYOND



THE DRIVE IS *here*.<sup>®</sup>

BAYHEALTH.ORG



*At Bayhealth*, we have a team of board-certified clinical specialists dedicated to providing expert care for women — from adolescence through menopause and beyond. We understand the specific needs of women of all ages and in all stages of life and provide the individualized care they need.

We're also committed to addressing the well-being of children of all ages. Our Pediatric Department at Bayhealth Hospital, Kent Campus offers pediatricians, specialized nursing and support staff trained to accommodate the unique needs of children.

In this brochure, you will learn about the services Bayhealth provides to women and children and how we are driven to bring the nation's best healthcare to our communities here at home and are committed to strengthening the health of our community, one life at a time.

## Maternity, Obstetrics and Neonatal Services

You and your baby are precious to us, and we want your birth experience to be full of joy. At Bayhealth, we are driven to provide the highest-quality maternity and neonatal services at both of our hospitals. We have invested in some of the most advanced obstetrical and fetal monitoring equipment to ensure all babies are delivered with the safety of state-of-the-art technology and the comfort of personalized care.

We also have experts who will care for you and your baby from labor to delivery to postpartum. Our obstetricians have trained and practiced in some of the world's most prestigious universities and institutions. Our nurses are educated in neonatal resuscitation and fetal monitoring, and many are also certified in inpatient obstetrics, maternal newborn nursing, low-risk neonatal care, and neonatal intensive care. Nurses will provide hands-on teaching to help you care properly for your newborn. Lastly, we offer hearing, metabolic and congenital heart disease screenings for all newborns prior to discharge from the hospital.



You can also feel safe knowing your baby is protected by a sophisticated infant safety system developed by CertaScan Technologies. The proprietary system, which has garnered attention and praise from the National Center for Missing & Exploited Children (NCMEC), allows Bayhealth to capture and store high-resolution digital newborn footprints that can be used for precise identification in situations like abduction, a lost baby or a natural disaster. The digital footprints and accompanying security photo can be stored efficiently in your newborn's electronic health record. And, much

like fingerprints, footprints are a unique biometric for each baby, so they can be used for identification throughout a lifetime.

As an added free gift, you'll also receive an attractive certificate of your newborn's footprint. When you return home, you can visit a website to enhance the certificate with colors, different fonts and borders. You can also download a digital copy of your baby's footprint to use to place orders on websites that offer personalized merchandise such as coffee mugs, etc.

## BABY-FRIENDLY® AND INFANT SAFE SLEEP DESIGNATIONS

**Baby-Friendly  
USA**

*The gold  
standard  
of care*



Bayhealth Hospital, Kent Campus and Bayhealth Hospital, Sussex Campus have received Baby-Friendly® designation. This is an international award co-administered by the World Health Organization (WHO) and the United Nations Children's

Fund (UNICEF) in conjunction with the national organization Baby-Friendly USA. This means our maternity facilities have created an optimal environment for appropriate infant feeding and mother-baby bonding. We provide breastfeeding education and proper infant

nutrition along with lactation support groups for a seamless transition from the hospital. Bayhealth's Lactation Services and Breastfeeding Support Group are discussed later in this brochure.

Both Bayhealth hospitals have also been designated by the National Safe Sleep Hospital Certification Program as a Gold Safe Sleep Champion for their commitment to best practices and education on infant safe sleep. This is the highest certification level offered through the program, which was created by Cribs for Kids®, an organization dedicated to preventing infant, sleep-related deaths due to accidental suffocation. Bayhealth received the Gold level distinction because it has partnered with Cribs for Kids and goes above and beyond to follow the safe sleep guidelines recommended by the American Academy of Pediatrics and provides training for parents, staff and the community.



## Centers for Women and Infants

Our two-story Center for Women and Infants on the Kent Campus opened in 2005. The first story, located on the fifth floor of the hospital, includes 10 specially equipped labor/delivery rooms in the birth center and 15 neonatal intensive care beds. All labor/delivery rooms have private bathrooms, entertainment centers, a sleeper sofa for your support person, and many special amenities. The second story on the sixth floor is devoted to maternity/women's services and features 20 private rooms, with sofa beds for support persons to sleep on overnight.

At Bayhealth Hospital, Sussex Campus, you will find the same high-quality maternity care to provide you with an enriching birthing experience. Bayhealth Hospital, Sussex Campus offers you the convenience of giving birth and recovering in the same room. The unit, which is located on the third floor, offers all-private patient rooms with sleeper sofas for guests, 52-inch televisions and other amenities. These are referred to as Labor, Delivery, Recovery, and Postpartum (LDRP) rooms.

As you prepare for your special delivery, we welcome the opportunity to provide you with a tour of our facilities. To arrange for your personal tour, call 302-744-7245 (Kent) or 302-430-5739 (Sussex).

When the time arrives, we want to encourage your support network of family and friends to assist you through the labor process and share in the joy as you welcome your new baby into the world.



## Special Care Nursery/ Neonatal Intensive Care Unit

For newborns needing more intensive, specialized care, Bayhealth Hospital, Kent Campus also has a Level II Neonatal Intensive Care Unit (NICU). Infants from other hospitals are often transferred here for more specialized care. Our specially trained neonatology team, including board-certified neonatologists from throughout the state, provides expert care such as total nutrition tube feeding, phototherapy, thermoregulation, ventilator care, and other procedures needed for the care of premature and very sick newborns in the 15-bed NICU nursery.

For families with infants in the NICU, there is also a Ronald McDonald Room. In this special room, sponsored by the Ronald McDonald House of Delaware and Bayhealth, families can rest and relax while their baby is being cared for in the NICU. This area has a kitchenette, play area for siblings, and sitting area that converts to provide short-term sleep accommodations while the infant is critical or for time of transitioning to the home. For more information about the NICU, call 302-744-7227.

## Maternal Fetal Medicine

Maternal fetal medicine (also called perinatology) deals with all matters that can affect the health of a mother or fetus from before conception to the postpartum period.

At Bayhealth Maternal Fetal Medicine Associates, we offer pre-conception counseling and counseling during pregnancy for specific maternal-fetal concerns. A wide range of comprehensive services are available for both high- and low-risk pregnancies, including diagnostic testing, genetic counseling, targeted ultrasounds, first trimester screening, basic ultrasounds, antenatal testing, and high-risk pregnancy consultations. For more information, call 302-744-6220.

### REGISTER YOUR DELIVERY

Our patient portal, MyChart, gives you secure and direct online access to portions of your electronic health record. MyChart also has a Labor & Delivery registration feature, where patients enter their expected due date and select the location where they plan to give birth. After verifying their demographics and insurance information, expectant moms can complete a questionnaire to provide other information, such as their birth plan. Once you log in to your MyChart patient portal, click on the Visits tabs to begin and then on "Register for My Delivery." Visit [Bayhealth.org/Mychart](http://Bayhealth.org/Mychart) to sign up for the portal or to log in.

MyChart

## COORDINATED CARE BY HOSPITALISTS

“Hospitalist” is the general term for a doctor who specializes in caring for hospitalized patients, from admission to discharge. They communicate with patients’ primary care physicians. Bayhealth works with several hospitalists, including ones who are trained in the care of women and children.

This includes OB-GYN hospitalists who assist in providing care to expectant mothers and other OB-GYN patients. They coordinate patient care with a primary physician; evaluate the progress of labor; and review test results and fetal heart rates to ensure a safe delivery for mother and baby. The OB hospitalists also provide coverage for the Obstetrical Emergency Department, which is located within the Center for Women and Infants and delivers care to OB patients who are facing emergency situations. (See the next page for more about the Obstetrical Emergency Department.)

At Bayhealth Hospital, Kent Campus, we partner with ChristianaCare to provide pediatric hospitalists who specialize in the care of hospital patients from infancy to adulthood.

When your infant or child requires hospitalization, rest assured we can accommodate the needs of your son or daughter. More specifically, Pediatric Hospitalists:

- Care exclusively for pediatric and newborn patients and their families who are in the hospital.
- Oversee all medical treatment from admission to discharge, including examining your child; ordering tests and medications; and answering any questions or concerns of you or your family.
- Are on-site 24 hours a day, 7 days a week.
- Are on hand for urgent care cases.
- Keep an open line of communication with your child’s primary care physician, ensuring the same excellent care both in the hospital and the doctor’s office.

For both children and women, this coordination of care by a hospitalist may result in shorter hospital stays.



# Obstetrical Emergency Department

At Bayhealth Hospital, Sussex Campus, there is an Obstetrical Emergency Department (OBED) for women who need this type of specialized care. It is open 24 hours a day, 7 days a week, and is staffed with a board-certified OB-GYN doctor and an experienced OB registered nurse. The OBED is available to any woman who needs obstetric or gynecological care, no matter the hour of the day or night.

## Lactation (Breastfeeding) Services/Specialists

Bayhealth's Lactation Services provides the counseling and support you need to breastfeed your baby. These services include educating mothers on breastfeeding techniques, addressing concerns and helping with breastfeeding challenges. Mothers who need support after leaving the hospital can make an appointment to meet with one of our Lactation Services team members. Bayhealth also offers classes that provide information on how to continue breastfeeding while making the transition from home back to work or school. A breastfeeding support group is also facilitated by Bayhealth's Lactation Specialists and our Mom-to-Mom Breastfeeding Peer Counselors. See next page to learn more about the classes and support group.

## Gynecological Services

Our women's care specialists offer expert gynecological care for women of all ages. We provide routine and more complex care for a range of gynecological issues related to the female reproductive system, including:

- Cancer (colon, ovarian, breast, vaginal, vulvar)
- Cervical dysplasia
- Endometriosis
- Fibroids
- Heavy menstrual bleeding
- Menopause
- Postmenopausal symptoms
- Pelvic floor disorders
- Pelvic pain
- Urinary discomfort

At Bayhealth, we offer advanced diagnostic imaging that is accredited by the American College of Radiology (ACR) and, therefore, meets high standards for excellence. These diagnostic imaging services include those especially important to women such as:

- Breast ultrasound
- Computed tomography (CT)
- Mammography
- Magnetic resonance imaging (MRI)
- Nuclear medicine and positron emission tomography (PET)
- Stereotactic breast biopsy

## Pediatrics Services, Bayhealth Hospital, Kent Campus

Bayhealth Hospital, Kent Campus' Pediatric staff members are always here for you and your child. Our staff uses a person-centered approach to care, taking into account the child's age and developmental level.

Pediatric Department nurses are Certified Pediatric Nurses by the Pediatric Nursing Certification Board, which means they are trained in the unique and changing physical and psychosocial needs of children during an illness. Doctors (including the hospitalists mentioned on the previous page) and nurses are trained in the pediatric life-support techniques.

At Bayhealth, families come first. Parents can stay with their children while in the hospital. We encourage parents to stay for a more supportive environment. Our family area can be used for play, entertainment or education to help fill the time during your child's hospital stay.

Our dedicated staff is able to provide a higher level of care for children who become sicker and stabilize children for transfer if a higher level of care is needed.

Bayhealth Hospital, Kent Campus is committed to providing excellent patient care. With our Pediatric Department and pediatric hospitalists we provide progressive care in a way that is comfortable and reassuring to both parent and child. You want what is best for your child, and so do we.

Our nurses and doctors are available 24 hours a day, 7 days a week. Call 302-744-7352 to contact the Pediatric Department at Bayhealth Hospital, Kent Campus.

# Educational Programs and Classes

Bayhealth offers a wealth of information and support resources for both before and after the birth of your baby. Visit [Bayhealth.org/Classes](http://Bayhealth.org/Classes) for specific dates and times and/or to register. You may also call 1-877-453-7107.

## LABOR AND CHILDBIRTH EDUCATION

Bayhealth offers labor and childbirth classes for expectant mothers and their partners. Mothers-to-be are encouraged to register early in their pregnancy. A childbirth educator teaches this flexible series. Through lecture, DVD, Q&A sessions, and hands-on experience, parents are empowered with knowledge and skills to make labor the best experience possible. Topics covered include pain management, breathing, the role of the coach, stages of labor, comfort measures, and much more. You will find this a welcoming environment for any questions you may have. This course has a fee and registration is required.

## BREASTFEEDING 101

This class teaches the basics of breastfeeding. Support persons are also encouraged to attend. This class is offered monthly in Milford and Dover. The class is free, but registration is required.

## BREASTFEEDING SUPPORT GROUP

This group is designed to provide encouragement to new and experienced breastfeeding moms through the first year and beyond. The group, which meets monthly in Dover and Milford, is free to join and registration is not required. For more information, contact Bayhealth Lactation Services at 302-744-7233.

## PUMPING MILK AND MORE

Expectant mothers will learn the ins and outs of what kind of pump works best, based on personal circumstances and preferences. The class is free, but registration is required.

## INFANT CARE CLASS

This monthly class is taught by a clinical educator and focuses on basic infant care to give parents confidence in their ability to take care of their babies safely once they arrive. Topics covered include diapering, care of skin, safety, newborn characteristics, sleep, crying, and more. The class is free, but registration is required.

## INFANT MASSAGE

Infant massage helps parents feel closer to their child, to better understand their baby's communication and cues, and to develop an interactive practice that may improve their baby's sleep patterns, support regular elimination and enhance immune function. It also reduces postpartum depression and relieves stress for both parents and the baby. This five-week course is for babies ages 1 to 10 months and their parents. Classes are held for one hour each week and are taught by instructors trained by Infant Massage USA. This course is free, but registration is required. For more information and to register, call 302-744-7186.

## HELLO BABY

Adjusting to a new brother or sister can be difficult for the older sibling. Bayhealth's "Hello Baby" program is designed to help children accept their new role. This course has a fee and registration is required.

## STORK'S NEST PROGRAM

In an effort to increase the number of women who receive early and regular prenatal care, Bayhealth offers the Stork's Nest. This free program is available to all expectant mothers who receive early and regular prenatal care so their babies have a head start on a healthier life. Families earn points by keeping prenatal appointments and attending educational classes and redeem them for gifts. Bayhealth can help you earn points for the Stork's Nest when you attend these classes.

### ACCESS TO FREE ONLINE RESOURCES

For *Breastfeeding 101*, *Infant Care*, *Infant Massage*, *Labor and Childbirth*, and *Pumping Milk and More*, you also can sign up for a free online tool and additional educational resources — from milestones to infant care and everything in between, with multilingual, read-to-me options available — which are accessible via your tablet, computer, and smartphone.



## Looking for a doctor?

If you need assistance finding a physician, including a specially trained OB-GYN to guide you through your pregnancy or a pediatrician to care for your infant or child, visit [Bayhealth.org](http://Bayhealth.org) or call **1-866-BAY-DOCS (3627)**.



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