Winchester Hospital has been providing exceptional care for new mothers and their babies for more than 90 years.
Award Winning Care. Closer Than You Think.

First community hospital in Massachusetts to earn Magnet Recognition

WINCHESTER HOSPITAL
Congratulations on choosing Winchester Hospital’s Maternal Child Health Services for the birth of your baby. Our Maternity Services Department is considered one of the most prominent obstetrical facilities north of Boston, and includes the Labor and Delivery Unit, the Mother Baby Unit (where you and your baby will stay after delivery), and the Special Care Nursery (should your baby need these services).

This pre-admission packet provides you with a variety of information regarding our maternity services. Please pay particular attention to the following:

**Pre-registration Form**
- Please return the hospital pre-registration form in the postage-paid envelope as soon as possible. This will speed-up your admission process.

**Birth Certificate Worksheet**
- Please complete the enclosed Birth Certificate Worksheet and bring it with you to the hospital when you come for your delivery.

**Healthcare Proxy**
- Please read the brochure, complete the proxy and bring it with you to your next hospital visit.

We are pleased you have chosen Winchester Hospital and look forward to serving you in the near future.

Please visit our Web site at www.winchesterhospital.org
Maternity Services Information

Winchester Hospital has more than 200 beds and delivers approximately 2,000 babies annually.

Our maternity program offers a comprehensive range of services, including:

- Specialized nursing and medical care
  - Neonatologist and anesthesiologist on site 24-hours a day
  - Perinatologist consulting at Winchester Hospital
- Childbirth and family education, including lactation consultants
- Tours of Maternal Child Health (call 781-756-4700 to learn more)
- Labor, delivery and recovery rooms (LDRs)
- Mother Baby Unit
- Level IIB Special Care Nursery
- Medical affiliations providing access to the specialists and technology found at leading Boston hospitals

Massachusetts requires hospitals to disclose certain statistics to maternity patients so you better understand maternity care. The statistics (presented below) reflect the categories of care provided to our maternity patients during this past year.

<table>
<thead>
<tr>
<th>Statistical Category</th>
<th>% of Annual Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inductions</td>
<td>17.0%</td>
</tr>
<tr>
<td>Total cesarean sections</td>
<td>34.0%</td>
</tr>
<tr>
<td>Primary cesarean sections</td>
<td>17.0%</td>
</tr>
<tr>
<td>Repeat cesarean sections</td>
<td>17.0%</td>
</tr>
<tr>
<td>Women who had previous cesarean section with subsequent vaginal birth (VBAC)</td>
<td>7.0%</td>
</tr>
<tr>
<td>Women internally monitored</td>
<td>&lt;5%</td>
</tr>
<tr>
<td>Birth utilizing epidural anesthesia</td>
<td>63.0%</td>
</tr>
<tr>
<td>Birth utilizing spinal anesthesia (usually for C/S)</td>
<td>25.0%</td>
</tr>
<tr>
<td>Births utilizing local anesthesia</td>
<td>15.0%</td>
</tr>
<tr>
<td>Births utilizing general anesthesia</td>
<td>1.0%</td>
</tr>
</tbody>
</table>

Births: Number of babies born at Winchester Hospital in the calendar year.
Cesarean Section (C/S): Infants delivered through a surgical incision in the mother’s abdomen and uterus.
Primary Cesarean Section: Infants delivered by cesarean section and the mother has had no previous cesarean births. It may or may not be her first birth.

VBAC Rate: Calculated in the following way – \( \frac{\text{No. of VBAC}}{\text{No. Repeat C/S} + \text{No. VBAC}} \)

Internal Fetal Monitoring: Monitoring through cervical electrocardiogram by passage of electrodes through cervical opening.
Induction: Intervention to begin labor using drugs (pitocin/cervidil) or by rupturing the membranes.
Anesthesia: Includes anesthesia used by cesarean sections. These may add up to greater than 100 percent if more than one method is used.
Insurance Information

In most cases, you need to inform your insurance company of your pregnancy for pre-approval of your hospital stay. The insurance company could deny your coverage if you fail to do this.

Under normal circumstances most insurance providers allow for a 48-hour, or 2-day, hospital stay after vaginal delivery, and 96 hours, or 4 days, after a cesarean birth. If you have any questions, please contact your individual insurance carrier.

Before admission, contact your insurance company/HMO so you can choose a pediatrician in your health plan. You will need your pediatrician’s name upon admission.

If you do not have insurance and feel that you may have a financial problem, it is suggested that you contact our patient financial services office at (781)756-2427.

Notice of Your Rights

If You Choose to Leave Early

- The hospital will not send you and your baby home between 8 p.m. and 8 a.m. unless it is per your request.
- You have the right for at least one home visit from a nurse. Home visits are voluntary. If you do not want a home visit, please inform your nurse.
- The Case Management Department will arrange this home visit within 48 hours after you leave the hospital.
- If you leave early and choose to have a home visit, the nurse will:
  - Check the health of you and your baby
  - Answer any questions you have and offer information on feeding and caring for your new baby
  - Take a small blood sample from the baby for newborn testing, if needed
  - Help arrange check-ups with a doctor, nurse or clinic for both you and your baby

For More Information

If you have any questions about your legal rights, talk to your doctor or nurse, or call the Department of Public Health at (617) 624-6095, between 8:30 a.m. and 5 p.m., Monday through Friday.

For Complaints

If you feel your rights have been denied under this law, you may call the Department of Public Health at (800) 436-7757 or TDD/TTY (800) 439-2370, 24-hours a day.
Community Health Institute

We offer a variety of classes and integrative therapies to help you prepare for your newborn

Childbirth Education

- Prepared Childbirth Series
- All-Day Prepared Childbirth Class
- Private Childbirth Class
- eLearning Childbirth Class
- Care of the Newborn
- Breastfeeding
- Hypnosis for Birthing
- Infant and Child CPR for Family and Friends
- First Aid and Safety for New Parents

Integrative Therapies

For Pre- and Postnatal Moms

- Chiropractic & Pregnancy
- Pregnancy Massage
- Acupuncture

Other Therapies

- Yoga for Lower Back Pain
- Prenatal Yoga
- Mommy & Me Yoga
- Reiki

For further information regarding childbirth, parenting and education courses, please call the Community Health Institute (781) 756-4702.
Preparing for Your Stay

The following information will help you to prepare for your stay with us

Admission to the Hospital for the Birth of Your Child

- After your health care provider instructs you to come to the hospital, please come directly to Labor and Delivery on the second floor.
- If you come before 6 a.m. or after 8 p.m., please enter through the emergency entrance.

If you are scheduled for an induction, please call (781) 756-2242 the morning of your induction to check bed availability. Occasionally, because of the number of women in labor, we may have to delay or reschedule your induction.

Coming to the Hospital

Personal Items

We suggest that you pack a bag in advance with overnight necessities and going-home clothes for you and your baby. We recommend that you do not bring large amounts of cash, credit cards or jewelry. You may wish to bring the following when you come to the hospital to have your baby:

For Mother:

- Health and beauty items, including deodorant, shampoo, toothpaste, shower cap, bra and nursing bra for breastfeeding. We will provide you with sanitary napkins and stretch panties after delivery.
- Sports bra or two-piece bathing suit
  - optional for hydrotherapy tub
- Nightgowns, robe and slippers
- Pen and paper

For Baby’s Trip Home:

- 1 undershirt
- 1 outfit
- 1 Light blanket (summer)
- 1 bunting or heavy blanket (winter)

For Partner or Support Person:

- Toothbrush, toothpaste, comb, deodorant, razor and shaving cream
- Pajamas, sweatsuit, robe and slippers
- Change of clothes – rooms may be cool in some areas of the hospital
- Money for daily paper, meals
- Phone numbers of friends and relatives
- Digital cell phones allowed – reception is limited

Smoking Policy:

Please remember, for your health, and the health of others, Winchester Hospital is a smoke-free environment.
Accommodations for Your Childbirth Experience

Labor and Delivery
You will begin in Labor and Delivery, located on the second floor. Labor and Delivery has private rooms, in which you will labor and deliver your baby. Each room offers accommodations for your support person’s overnight stay, a private bathroom with shower, telephone and television service. If a cesarean section is needed you will be moved to an operating room located in the labor and delivery unit.

Throughout your childbirth experience, a highly-qualified nurse specializing in maternal child care will be with you to provide expert clinical care, guidance, non-invasive comfort measures and emotional support. In addition, for your safety and comfort, Winchester Hospital provides an in-house obstetrician should your primary obstetrician not be immediately available. Doulas are welcome. Your number of support attendants will be decided by you and your health care providers.

Hydrotherapy/Therapeutic Tub
For your comfort, we have a hydrotherapy tub available in Labor and Delivery. The tub is located in a private, relaxed setting with light dimmers and a variety of music for comfort and relaxation. The hydrotherapy tub promotes muscle relaxation and decreases discomfort. It enhances cervical dilation, increases the rate of fetal descent, decreases the use of pitocin augmentation, and reduces the use of medication and epidurals.

Anesthesia
Pain-relieving medication and various forms of anesthesia are available. Members of our anesthesiology staff are on-site 24 hours a day. We urge you to discuss anesthesia with your doctor prior to admission; however, the final decision can be made during labor. Your options for anesthesia include:

- local
- epidural – vaginal birth and cesarean sections
- spinal – cesarean sections (scheduled)
- general anesthesia (in the event of an emergency)
Immediately After Birth

Our family-centered care concept allows for parent-newborn interactions in the early recovery period so you can get acquainted with your baby in the privacy of your room. Initial skin to skin contact is encouraged at birth. Support for your initial and ongoing breastfeeding experience is provided. We recommend that you and your significant other take the initial hours after birth to bond with your newborn alone.

A minimum of thirty minutes of uninterrupted skin to skin contact is recommended immediately after birth, or as soon as possible.

When you hold your newborn skin-to-skin you can:
- Warm your newborn
- Soothe your newborn
- Release ‘mothering hormones’ that assist with bonding and healing

When you keep your newborn with you:
- Newborns cry less
- Newborns feed better
- Newborns feel less pain when held skin-to-skin for at least twenty minutes before painful procedures

The physical and emotional needs of newborns and their mothers are met when they are kept together as much as possible.

Feedings should begin during the newborn’s alert stage, which is usually the first one to two hours after birth. Peak sucking movements have been noted from 45 minutes to two hours of age and are mostly absent at 2½ hours of age. Keeping your baby with you during your stay is the best way for you to learn how to care for yourself and your newborn. Your caregivers will help you learn how to care for your baby and will offer assistance as needed. We encourage you to ask your family for help as well.

After your Labor and Delivery

Once you have recovered, you will be transferred to the Mother Baby Unit, also on the second floor, where you are encouraged to have your baby in the room with you. Research shows it is best for you and your baby to stay together in the same room. Parent-newborn interactions are vital to your newborn’s development. During this time together you get to know your baby’s unique personality and needs, and caregivers are right there to assist and support you. Under normal circumstances you will have a private room. We provide cots for the support person to spend the night if desired. On occasion, because of the number of women in labor, we may have to utilize our semi-private rooms.
Special Considerations

Phone Calls
Information about your condition will not be given to anyone. We recommend that you make arrangements and identify one person for all your relatives and friends to call for updates about your labor or delivery status. This way, only one person will be checking in with you during your labor.

Videotaping
Videotaping is not permitted during the delivery process, but you may take photographs. To protect the privacy of other patients, no videotaping or photographs are permitted at the nursery window or in the hallways. Videotaping is allowed in the privacy of your own room after the birth of your baby.

Circumcision
Circumcision is a personal choice that you should discuss with your partner, obstetrician and pediatrician before your son is born. Since circumcision is a surgical procedure, you will be asked to sign a consent form before the procedure.

Inpatient Lactation Service
All our nurses are qualified to assist you with breastfeeding. We also provide International Board Certified Lactation Consultants who are available to provide information, answer questions and offer one-to-one assistance to patients. Lactation consultants can be reached at (781) 756-2298. Please leave a message or ask your nurse for more information. Please take advantage of our daily breastfeeding class while in the hospital.

Newborn Pictures
This service is provided by Our365 for a fee. Please visit their Web site at www.our365.com

Stork Dinner to Celebrate
This joyful occasion is cause for celebration! You can do that right here by ordering a gourmet dinner for two served in the privacy of your room. There is a charge for this meal. Please ask your diet aide for more information. We recommend you order this meal in the morning on the day before you are discharged.

Visiting Hours
We recommend limiting visitors while in the hospital to allow you and your newborn to recover. This time is also important for you to bond and learn how to care for yourself and your newborn prior to going home.

General visiting hours are from Noon to 8 p.m.
Visitors should be free of any illnesses (i.e. colds, flu, contagious diseases, etc.).

Significant others, grandparents and siblings of the baby may visit at any time. Before 6 a.m. or after 8 p.m., please enter through the Emergency Department. We recommend you plan a quiet time every day and ask visitors not to come during that time.
Preparing for Your Discharge

On the day of discharge:

You and your baby usually will be seen by your individual health care providers between 7 a.m. and 9 a.m. Once they have deemed you both ready for discharge, your nurse will complete the necessary paperwork and go over discharge instructions with you.

You will need to have an appropriate car seat for your infant. Massachusetts state law requires that all children be restrained in a car seat. Since there are many car seat models, we recommend you read the instructions and practice installing the car seat in your vehicle prior to your baby’s birth. For additional information, we recommend the Governor’s Highway Safety Bureau Web site at www.mass.gov/ghsb.

Don’t forget you will need weather-appropriate clothing for both you and your newborn (i.e. t-shirt, stretch suit, sweater, coat, hat, blanket, etc.).
Information about your baby
Newborn Screening Program

Congratulations! As you look to the future with your new baby you will be happy to know that all babies born in Massachusetts benefit from a public health program called Newborn Screening. This program helps diagnose treatable diseases. Massachusetts began the program in 1962 and screened for just one disease. Since that time, the number of treatable disorders screened for as part of the program has increased and newborn screening has been adopted worldwide as a routine standard of care. Massachusetts is a leader in newborn screening. The state offers routine screening for more treatable disorders than any other program.

Massachusetts also offers optional screening services. After your baby is born, you can decide whether to take advantage of the optional services.

What is the chance my baby has a disorder detectable by screening?

The chance that your baby will have one of these disorders is very small. In the rare case that a disorder is found, early diagnosis and treatment can usually prevent problems associated with these disorders.

How are the tests done?

A small blood sample will be taken 48 hours after birth, or just before your baby is discharged from the hospital. Only a few drops of blood taken from your baby’s heel are needed.

Hearing Screening

Winchester Hospital has a Newborn Hearing Screen program for all babies born here. As you know, good hearing is vital to the development of speech and language. Six out of 1,000 newborns have some hearing impairment. We feel it is important that hearing loss in babies is recognized as early as possible so appropriate interventions can be made.

During the admission process, your nurse will ask you questions about family history and prenatal history. In addition to questions about general medical issues, you may be asked about hearing loss. Your baby will be routinely screened for hearing loss before being discharged from the hospital.

The testing is quick, easy and non-invasive. Specific consent is not required for newborn hearing screening; in fact, the testing is mandatory in Massachusetts. You will receive a copy of your baby’s screening results and one will be placed in his/her medical record.
Hepatitis Vaccine

Hepatitis B is a severe liver infection that can lead to liver failure, liver cancer and death. A vaccine is available to prevent this disease. The United States Public Health Service has determined the best strategy to prevent the illness is to immunize all infants. Winchester Hospital is participating in a program with Massachusetts Department of Public Health to provide the initial dose of Hepatitis B vaccine at no charge. Complete immunization consists of three injections. The first vaccine is given in the hospital shortly after birth, followed by another about a month or two later in your pediatrician’s office. Shortly after birth, nursing personnel will administer the vaccine in your infant’s thigh. The vaccine dose will be recorded in an immunization record book, which will be given to you to be kept as your child grows up. This book should be brought with you each time your child visits the pediatrician.

This is an opportunity to protect your child against a potentially life-threatening disease. The Department of Pediatrics supports this vaccination program at Winchester Hospital.

Birth Certificates and Social Security Cards

1. Before You Come to the Hospital:
Please fill out and bring with you the enclosed, required Birth Certificate Worksheet as completely as possible. This form will help expedite the completion of your child’s birth certificate.

2. While in the Hospital:
A representative from Health Information Management (HIM) will come to your room before your day of discharge to complete your worksheet. HIM will then process the information and send it to Winchester Town Hall.

3. To Obtain a Copy of Your Child’s Birth Certificate:
A copy of your child’s birth certificate may be obtained at Winchester Town Hall or the town/city hall of your residence. Winchester Hospital does not issue a copy of the birth certificate.

Births will not be recorded with the town hall until the birth certificate is signed.

Your baby’s social security card will be mailed to your residence in approximately one month. If you have any questions regarding the card, please contact the Social Security Administration at 1-800-772-1213.
Level IIB Special Care Nursery

The Special Care Nursery can treat infants with a wide range of clinical issues

We hope that each pregnancy ends with a healthy, full-term baby who goes home with mom. However, when circumstances prevent your baby from going home with you, Winchester Hospital’s Special Care Nursery is here for your baby and your family.

- Full time board certified neonatologists, Karen McAlmon, MD, Medical Director, and Kimberlee Chatson, MD, Associate Director, are joined by four other full time neonatal specialists to provide around the clock in-house care for infants in the unit. These doctors, through collaborative relationships, also provide care at Boston’s Level III Neonatal Intensive Care Units at Children’s Hospital Boston, Beth Israel Deaconess Medical Center and St. Elizabeth’s Medical Center.

- Our health care team consists of an in-house physician 24 hours a day. Registered nurses, lactation consultant services, social workers and our maternal/child case manager will be available to assist you with discharge planning and insurance concerns.

- Our goal is to provide babies with continued, quality nursing and medical care. We also strive to prepare families and babies for life after the hospital.
Mission

To ensure that the highest quality health care continues to be delivered through the coordination of available resources for the purpose of improving the health of the communities we serve.

Resources

Winchester Hospital Main Line (781) 729-9000
Child Life Program (781) 756-2730
Community Health Institute (781) 756-4700
Lactation Consultation (781) 756-4788
Medical Records (781) 756-6113
Physician Referral Line 1-866-WINHOSP

¬ or go online to www.winchesterhospital.org for our physician database

Postpartum Support International www.postpartum.net
Parental Stress Line 1-800-632-8188
American Academy of Pediatrics www.aap.org

Your health care provider: _______________________________________________________
Address: ___________________________________________________________________
Phone: ___________________________________________________________________
Your baby’s health care provider: ________________________________________________
Address: ___________________________________________________________________
Phone: ___________________________________________________________________

For more information about Winchester Hospital’s programs and services, please visit our Web site at www.winchesterhospital.org.

Susan Petrosino, Nurse Manager, Labor & Delivery 781-756-7227
Geri Wilson, Nurse Manager, Mother Baby Unit 781-756-2230
Sharon Fitzpatrick, Nurse Manager, Special Care Nursery 781-756-2046