

Evans Women's Healthcare Associates



FAMILY CENTERED MATERNITY CARE HANDBOOK



We Deliver. . .

**Trust. . .
The heart of our mission.**

“We Deliver”



DID YOU KNOW?

...Evans has the **lowest C-section rate** in the Pikes Peak Region, consistently below the national rate. We believe in intervening only for the safety of mom or baby, never for the convenience of the doctor.

...There is a **physician or nurse-midwife** (or both) immediately available **24 hours a day, 7 days a week**, to respond to your urgent or emergent needs.

...We have the **largest nurse-midwifery service** in the Pikes Peak Area. All of our nurse-midwives consistently are praised in patient satisfaction surveys.

...We have **24/7 anesthesia coverage** to get you relief fast when you need it. Our anesthesia staff is there for you.

...There are **“stork parking”** slots available around the hospital for your convenience. There are several in the east and west lots and in the north (ER) parking lot.

...Moms get a **complimentary steak dinner** after having a baby.

...You will Labor, Deliver & Recover with your baby in the same room.

...We have **all private** labor and delivery and postpartum rooms.



WE ARE HONORED

To care for you, our military family. We are here to serve you and help you during this exciting time of bringing a new life into the world. We offer care for both high risk and low risk pregnancies.

If you have specific concerns about your pregnancy, please let our nurse know at your initial OB appointment. If necessary, one of our physicians can be consulted immediately to insure you receive appropriate care.

If you have already had a great experience with one of our physicians or midwives, and would like the same practitioner again, please let us know. We'll do everything we can to try and make this happen for you. Our goal is to schedule you with the same provider at least 75% of the time.





Garcia Fitness Center
 Building 1856, Porter Street
 (Behind Prussman Chapel)
 Fort Carson, Colorado
 526-3944

- Keep body toned in preparation for delivery.*
- Stop the progression of post-partum blues.*
- Slow excessive weight gain during pregnancy.*
- Lose pregnancy weight gain.*
- Promote good health. Feel better while pregnant.*
- Return to pre-pregnant weight faster.*
- Pregnancy and post-partum questions answered.*

Sponsored by OB-GYN Careline of Evans Army Community Hospital.

me
 *Admin Officer



IMPORTANT PHONE NUMBERS

After Hours Care:	
under 20 weeks ER	719-526-7111
over 20 weeks L&D	719-526-7090
AFA	719-333-5287/5063
Antepartum Testing:	719-526-7843
Customer Relations	719-526-7486
DiRaimondo Clinic (Main)	719-524-2047
DiRaimondo Clinic (South)	719-524-2738/2739
Family Practice Clinic:	719-524-4068
Labor and Delivery:	719-526-7090 (24/7)
Lactation Office:	719-526-0330
Mother/Baby Unit:	719-526-7030 (24/7)
Moms in Motion	719-526-3944
OB Appointment Desk:	719-524-4382
OB Clinic/Triage nurse:	719-526-7172
OB Case Management	719-526-7543
Pediatrics:	719-526-7653
Peterson AFB (cell phone)	719-310-2392
Robinson Clinic	719-524-4142
Warrior Clinic	719-526-9277
PAHC	719-524-7613
Central Appointments:	719- 457-2273

Visit our web site at <http://evans.amedd.army.mil/ob>

(Note: Phone numbers are during Normal Business Hours unless 24/7 indicated)



WHERE ARE WE?

OB/GYN Clinic: is located on the first floor , west end, on the clinic side of Evans Army Community Hospital.

Labor and Delivery: is located on the third floor. When you get off the elevator go to the reception desk. Visitors are permitted 24 hours. A responsible adult must accompany children under 12.

Mother Baby Unit: is also located on the third floor. You will be transferred here about 4 hours after delivery when you and your baby are both ready.

Antepartum Testing: is located on the third floor on the Mother Baby Unit.

Evans Family Medicine Clinic: is located on the second floor of the Soldier Family Care Center, building 7503 .

Laboratory: located on the first floor, east end (opposite end from the revolving door entrance) on the clinic side of the Hospital.

Pharmacy: located on the first floor of the hospital.

Premier Army Health Clinic: is located at 3920 North Union Blvd. For information call 719-524-7629.

NEW PARENT SUPPORT PROGRAM



Baby Nurturing

(0 to 18 months - No registration required)

Every Tuesday, 11:30A.M. to 1:00P.M.

Topics include: is my child developing normally, when will he/she sleep through the night and when can he/she eat solids. Classes are also open to expectant families.

0 to 5 years Nurturing

(12 week program. Registration required)

Wednesdays, 9:30A.M. to 12:30P.M.

Topics include: what type of parenting style you have, building your child's self-esteem and behavior management techniques.

Parents and children attend together. For information on upcoming sessions, please contact the New Parent Support Program at (719)526-4590.

Home Visitors

Voluntary home visitation program for families and their children (0-3yrs). Social Workers/Nurses focus on parenting & other family issues & provide support and referrals.



Enjoy free play and child-centered activities together.

PLAYGROUP

Every Friday
10:00A.M. to 12:00P.M.



BOOT CAMP
FOR NEW DADS
An exciting Program Developed
By DADS for DADS
Presented by DADS
Preparing fathers and father-to-be's for
the challenges and joys of fatherhood.

1st Three Wednesdays
of the Month
11:45A.M.-12:45P.M.

Family Readiness, Bldg. 1526

Bring a brown bag lunch.

For more information, call (719) 526-4590.



Mom's & Babies Walking Group

For More Information,
call (719) 526-4590



Infant Massage

CLASSES

Tuesdays
(Every Other Month)
10:00AM-11:30AM

- Decreases Colic
- Aids Digestion
- Improves Circulation
- Stimulates Brain Development
- Encourages Longer Sleep
- FREE limited childcare for siblings



TODDLER TIME

Fun filled activities for children 18 months to 36 months

Scheduled at various times throughout the year.

- Games & Crafts
- Songs & Stories

For more information, call (719) 526-4590 between 8:00A.M. to 3:30P.M. or leave a message at (719) 526-6440.

Classes are held at Bldg 5510 or the Family Readiness Center, Bldg. 1526. For dates/times, registration or more information, call (719) 526-4590.

Army Community Service / 6333 West Avenue / Building 1526 / Fort Carson / Colorado 80913-0304
TEL: (719) 524-4590 / TTY: (719) 526-1949 / FAX: (719) 526-2537 / TOLL FREE: 1-866-804-8163 / WEBSITE: www.armycomserv.com (Click on Staff & Support) / TAP 040207



Great Beginnings Classes

You may begin registering for the following classes when you are 28 weeks pregnant. Classes are offered monthly from: **1800-2000**.

Infant Safety:

Medical emergencies and child proofing your home

Classes held 2nd Thursday of every month. Contact 457-2273 or 526-2939 to sign up

Third Trimester:

Instructor discusses later concerns about pregnancy, preparing for delivery

Class held 3rd Thursday of every month. Contact 457-2273 or 524-4382 to sign up

Healthy Newborns and Moms:

Instructor discusses common characteristics of newborns and what to expect as a new Mom

Class held 4th Thursday of every month. Contact 457-2273 or 524-4382 to sign up

Breastfeeding:

Getting started the first week; Returning to work or school

Class held 1st Thursday of every month. Contact 457-2273 or 524-4382 to sign up

Prepared Childbirth

Classes held 1st , 2nd or 3rd Tuesday & Wednesday of every month from 1800-2000. You must attend consecutive nights.

Please bring a pillow, blanket, water/snacks, and a coach.

Contact 457-2273 or 524-4382 to sign up.

Preterm Labor Class:

Learn important signs to look for to prevent preterm labor. Must be at least 20 weeks pregnant to sign up.

Class is held every other month. Please contact **457-2273** or **524-4382** to sign up.

Big Brother-Big Sister (ages 4 and older):

Classes are held once a month. Contact 526-7591/7485 to sign up

In case of bad weather, verify scheduled classes at 524-4382.



OB/GYN OFFICE HOURS

Monday through Friday from 7:30 AM to 4:15 PM
Monday through Thursday from 16:30 to 19:30– Extended hours for low risk OB and Well Woman Exams

Acute care/same day appointments call OB/GYN appointment desk at 524-4382.

For non-pregnancy related issues, i.e. colds, rashes, please contact your primary care provider.

Please arrive 15 minutes early to all appointments

If you have an appointment you can't keep, please notify us as soon as possible so this time can be used for other patients.

Emergency and after Hours Care

The clinic is closed on holidays, training holidays, weekends and after hours posted above.

For after hours obstetric or gynecology emergencies:

**If you are less than 20 weeks, please go to the emergency room.*

**If you are over 20 weeks pregnant, call Labor and Delivery at 526-7090 for instructions.*

If you would simply like to ask your doctor or nurse- midwife a question, or leave a message, call 526-7172 and choose option 3. Please understand it may take up to three working days to get back to you. This service is not intended for emergencies.



Family physicians offer prenatal care in our clinic for those enrolled in Family Practice. Our Family Practice Physicians work closely with the OB/GYN physicians and nurse-midwives to give you the best possible care.

Office hours

Monday through Friday from 7:30 am to 4:30 pm

Appointments for OB patients:
OB physical

OB Registration appointments can be made by calling the OB Clinic at: 524-4382

If you need to leave a message for your provider, call the Family Practice Clinic at 524-4068. Please understand it may take up to three working days to get back to you.

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The clinic is closed on holidays, training holidays, weekends and after hours as noted above.

For after hours obstetric or gynecology emergencies:

If you are less than 20 weeks, please go to the emergency room.

If you are over 20 weeks pregnant, call Labor and Delivery at 526-7090 for instructions.



Congratulations New Mom!

The Anesthesia Service at Evans Army Community Hospital would like you to know that we are available to assist you with analgesic options during your labor. Shortly after you are admitted to the Labor and Delivery Unit you will meet your anesthesia provider who will conduct a basic history and physical evaluation. During the course of that evaluation, the anesthesia provider at your request can provide you with information regarding pain control options available through the Anesthesia Service. The goal is to put together a pain control plan that best compliments your birth plan in consultation with your Obstetric Provider.

If you have questions regarding the anesthetic services offered at Evans or if you have concerns specific to you or your child, you can discuss them with an Anesthesia Provider through a consult generated during a pre-natal visit. The Anesthesia Service is available 24 hours day to address any concerns of our expectant mothers and can be reached through the Labor and Delivery Unit.

We would like to congratulate you on the new addition to your family and look forward to serving your needs during this special occasion.

Sincerely,

SHARON M. HEBERER, CRNA
LTC, ANMC
Chief, Anesthesia and Operative Services
Evans Army Community Hospital



WHAT IS FAMILY CENTERED CARE?

It's about personalized care...

Respect for emotional well-being, privacy and personal preferences.

Empowerment through honoring your family's religious and cultural beliefs.

Choices in treatment used before, during and after childbirth and newborn care including pain management, medications and tests.

Flexibility to welcome fathers, significant others and siblings to be part of your birth experience.

It's about commitment...

- Individualized birth plans
- Easier to get first trimester appointments
- Individualized prenatal education
- Lactation support by certified lactation consultants
- Careful seamless coordination between facilities if you transfer during pregnancy
- Personalized pain management
- Private postpartum rooms

It's about convenience...

Stork parking & follow-up appointment scheduling prior to leaving office

It's about family...

You and your family's needs and best interests are at the heart of all decisions



It's about trust...

When your health care needs change, military medicine changes, too. To provide more personalized and responsive care during your childbirth experience, we are offering family centered care.

Why is this important?

Family, friends and social support networks are vital to good health.

Often during this special time our military families are far from home and their usual support system.

Through family-centered care our military hospitals offer an extended 'family', knowledgeable about the separation aspects of military life.

The family-centered care approach ensures that you and your family get the best possible personalized, coordinated care during this special time.



A Food and Nutrition Program for Women, Infants and Children

WIC:

...is a program that provides nutrition and breastfeeding education, health referrals, and special supplemental foods for women, infants and children who qualify.

...IS FOR

...women who are pregnant, breastfeeding, or postpartum up to six months.

...infants up to 1 year of age.

...children up to age 5.

...PROVIDES

... personalized nutrition education.

...breastfeeding education and support.

...referrals to other health care programs.

...nutritious foods such as milk, cheese, eggs, cereal, juice and dried beans or peanut butter.



Why WIC?

A proper diet during pregnancy increases the chances of having a healthy baby.

Infants and children who are on WIC have improved growth and cognitive development and a lower incidence of anemia.

Good nutrition, supported by the WIC Program helps children grow up strong and healthy.

You may qualify if you:

Are pregnant, a new mother, and infant or child under 5 years of age.

Live in Colorado.

Have a nutritional need.

Meet the income guidelines.

How do you get WIC?

1. Call the health department or WIC Program in your area to make an appointment.
2. At this appointment you will receive screening and nutrition information.
3. If eligible you will receive checks for nutritious food that can be used at any participating grocery store or supermarket.

Iron: The Blood Builder

Iron is important in the diet because it has a central role in making hemoglobin, which supplies oxygen to the body. Iron helps to build and maintain healthy blood. Children and women of childbearing age should pay particular attention to receiving enough iron in their diet each day.

The following foods supply iron in the diet

*indicates a very good source

beet greens	eggs	*oysters
chard	enriched breads	raisins
chicken	ham	*sardines
*clams	* iron-fortified cereal	*scallops
dates	liver sausage	*shrimp
dried apricots	* meat, especially lean	*spinach
*dried beans	beef and pork	tuna
dried peaches	* molasses	turkey
dried prunes	kidney& liver	veal
or prune juice		wheat germ

Folic acid for a Healthier Mom and Baby

Folic acid is needed for cell growth and reproduction. It is required by the body to prevent a type of blood problem common among pregnant women. As your baby grows, the folic acid in your body is used to make the baby's blood. This creates a shortage of folic acid in your body, which you need to keep your own body healthy.

Cereals & Grains

barley-1 cup
brown rice-1 cup
*ready-to-eat breakfast cereals fortified with folic acid- 1oz
whole wheat or rye flour-1 cup

Legumes

kidney beans-1 cup cooked
lentils- 1 cup cooked
peanuts- 10 whole nuts
*pinto beans-1 cup cooked
red beans-1 cup cooked
white common beans-1 cup cooked

Vegetables

*asparagus-1/2 cup cooked
beets- 1/2 cup
*broccoli- 1 medium stalk cooked
brussels sprouts- 1/2 cup cooked
cabbage- 1 cup raw
cauliflower- 1/2 cup
corn- 1/2 cup
parsnips- 1/2 cup
peas- 1/2 cup cooked
*romaine lettuce- 1 cup raw
*spinach- 1 cup cooked or raw
tomato juice- 1 cup
*turnip greens- 1 cup raw

Fruits

cantaloupe 1/2
grapefruit juice
1 cup fresh or frozen
(reconstituted)
orange 1 med
orange juice-1cup
fresh or frozen
(reconstituted)

Meats

*liver, any type
3 ounces cooked

3. Toxoplasmosis

What it is:

A harmful parasite. It causes an illness called toxoplasmosis that can be difficult to detect.

Where it's found:

Raw and undercooked meat; unwashed fruits and vegetables; soil; dirty cat-litter boxes; and outdoor places where cat feces can be found.

How to prevent illness:



If possible, have someone else change the litter box. If you have to clean it, wash your hands with soap and warm water afterwards.



Wear gloves when gardening or handling sand from a sandbox.



Don't get a new cat while pregnant.



Cook meat thoroughly.

For additional information on food safety:
Foodsafety.gov



Colorado WIC Income Guidelines

The monthly income guideline for WIC participants are as follows:

Number Household Members	Gross Monthly Household Income
1	\$0 UP TO \$1,670
2	\$0 UP TO \$2,247
3	\$0 UP TO \$2,823
4	\$0 UP TO \$3,400
5	\$0 UP TO \$3,976
6	\$0 UP TO \$4,553
7	\$0 UP TO \$5,130
8	\$0 UP TO \$5,706

*One pregnant woman is a household of two.
For over 8 household members, or if you have any income questions, call your local clinic

(800) 688-7777

El Paso County WIC Program

We have 4 convenient locations to serve you.

Health Department WIC
El Paso County
Department of Health and Environment
301 South Union Blvd, Colorado Springs, CO

North
4360 Montebello Drive Suite 500 and 600
Colorado Springs Co 80918

South
1257 Lake Plaza Drive , Suite 101
Colorado Springs Co 80906

Southeast
97 Widefield BLVD
Widefield Co, 80911

CALL 578-3199

To schedule your first time appointment for any of our locations

WIC is an equal opportunity program. In accordance with Federal law and the U.S. Department of Agriculture (USDA) policy, the WIC program is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write the USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call (202) 720-5964 (voice and TDD). WIC is an equal opportunity provider



3 Foodborne Risks for Pregnant Women Continued

Do not drink raw (unpasteurized) milk or eat foods that contain unpasteurized milk.



2. Methylmercury

What it is:

A metal that can be found in certain fish. At high levels, it can be harmful to an unborn baby's developing nervous system.

Where it's found:

Large, long-lived fish, such as shark, tilefish, king mackerel, and swordfish.

How to prevent illness:



Don't eat shark, tilefish, king mackerel, and swordfish. These fish can contain high levels of methylmercury.



It's okay to eat other cooked (NO Sushi) fish/seafood as long as a variety of other kinds are selected during pregnancy or while a woman is trying to become pregnant. She can eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury. Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.



Another commonly eaten fish, albacore ("white") tuna has more mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of albacore tuna per week.

3 Foodborne Risks for Pregnant Women

As a mom-to-be, there are **3 specific foodborne risks** that you need to be aware of. These risks can cause serious illness or death to you or your unborn child. Follow these steps to help ensure a healthy pregnancy.

1. Listeria

What it is:

A harmful bacterium that can grow at refrigerator temperatures where most other foodborne bacteria do not. It causes an illness called listeriosis.

Where it's found:

Refrigerated, ready-to-eat foods and unpasteurized milk and milk products.

How to prevent illness:



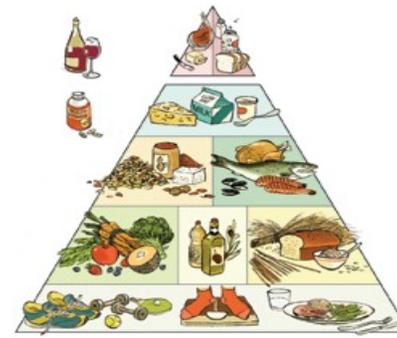
Do not eat hot dogs and luncheon meats - *unless they're reheated until steaming hot*. Do not eat refrigerated pâtés or meat spreads.



Do not eat soft cheese, such as Feta, Brie, Camembert, "blue-veined cheeses," "queso blanco," "queso fresco," and Panela - *unless it's labeled as made with pasteurized milk*. Check the label.



Do not eat refrigerated smoked seafood - *unless it's in a cooked dish, such as a casserole*. (Refrigerated smoked seafood, such as salmon, trout, whitefish, cod, tuna, or mackerel, is most often labeled as "nova-style", "lox", "kippered", "smoked", or "jerky". These types of fish are found in the refrigerator section or sold at deli counters of grocery stores and delicatessens.)



Nutrition Section

This is the new Healthy Eating Pyramid from the Harvard School of Public Health. Following these guidelines is important during pregnancy. The foods recommended in the highest amounts are those foods richest in nutrients that growing babies need.

- * Alcohol should not be consumed during pregnancy
- * Take prenatal vitamins daily
- * Eat more plant foods than animal foods
- * Eat whole grains instead of refined starches
- * Replace saturated fats and trans fats with healthier plant oils
- * Be active or exercise daily throughout pregnancy unless your doctor tell you differently
- * Gain the appropriate amount of weight during your pregnancy

RECOMMENDED WEIGHT GAIN

Weight Status Before Pregnancy	Recommended Weight Gain
Underweight BMI <19.8)	25-40 lbs
Normal weight BMI 19.8-26	25-35 lbs
Overweight BMI >26	15-25 lbs
Having Twins or multiples	40-45 lbs

Nutrition

Most women only need an extra 300 calories a day during pregnancy. Eating more food is usually less important than eating more nutritious foods.

This sample menu is an example of how to use the Healthy Eating Pyramid to eat well during pregnancy.

Breakfast	Lunch
Oatmeal Whole wheat toast Banana Low fat Milk	Chili w/beans Whole wheat roll Apple Low fat Milk
Dinner	Snacks (1-2 a day)
Chicken Brown rice pilaf Broccoli Salad Strawberries with vanilla frozen yogurt	Yogurt Cheese and whole grain crackers Peanut butter toast Nuts or sunflower seeds Fruit Corn chips and salsa

Don't forget about Calcium!

Many women don't drink milk or eat dairy products regularly. Prenatal vitamins only contain 200 mg of calcium and needs during pregnancy and lactation are 1000-1200 mg/day. It's important to make sure that your calcium intake is good. Foods that are high in calcium are:

Milk	cheese	yogurt
Salmon	tofu	soy milk
Baked beans	Greens	Almonds

Any foods made with milk will contain calcium. There are many foods fortified with calcium as well. They include orange juice, oatmeal, cereals, breads, energy bars, ect.

Just look for the words "with calcium" on the label to be sure it contains this mineral.

For further information contact: Nutrition Care Division at 526-7290 or www.mypyramid.gov

Try to eat at least one serving daily of one of the following foods: (the data provided is total folacin content, not free folacin).

Cereals and Grains

Barley-1cup
Brown rice-1 cup
*ready to eat breakfast cereals fortified with folic acid-1oz
Whole wheat or rye flour-1 cup

Vegetables

*asparagus-1/2 cup cooked
Beets-1/2 cup cooked
*broccoli-1 medium stalk cooked
brussels sprouts-1/2 cup cooked
cabbage-1 cup raw
Cauliflower-1/2 cup cooked
Corn-1/2 cup cooked
Parsnips-1/2 cup cooked
Peas-1/2 cup cooked
*romaine lettuce-1 cup raw
*spinach-1 cup cooked or raw
Tomato juice-1 cup
Turnip greens-1 cup raw



Fruits

cantalope-1/2 medium
grapefruit & Orange juice-1 cup fresh or frozen
oranges-1 medium



Legumes

kidney beans-1cup cooked
lentils-1 cup cooked
lima beans, mature-1 cup cooked
peanuts-10 whole nuts
*pinto beans-1 cup cooked
red beans or white common beans-1 cup cooked



Meats

*liver, any type 3 ounces cooked

Miscellaneous

*yeast, dry active- 1 tablespoon

*these food provide 20 % U.S. RDA or greater