

Expert Care at Mercy Medical Center

Mercy offers one of the most comprehensive pregnancy, birthing, mother baby and neonatal intensive care services. At Mercy, family-centered care is our top priority. Our center is staffed with dedicated professionals, including:

- **OBSTETRICIANS** – physicians who specialize in the care of women in pregnancy, childbirth and postpartum
- **OBSTETRIC NURSES** – nurses who provide round-the-clock attention to mothers and their babies
- **PERINATOLOGISTS** – physicians who specialize in high risk or complicated pregnancies
- **NEONATOLOGISTS** – physicians who specialize in the care of premature and sick infants
- **ANESTHESIOLOGIST** – physicians who specialize in pain management, and can administer epidural injections during labor
- **NUTRITIONISTS** – professionals who develop food and nutrition programs to achieve better health and fulfill necessary dietary requirements
- **CERTIFIED CHILDBIRTH EDUCATORS** – specialists who help you prepare for pregnancy, birthing and parenting
- **CERTIFIED LACTATION CONSULTANTS** – specialists who help you with breastfeeding

As well as hundreds of other health professionals to meet your individual needs.

Maternity Triage and Treatment Unit

When problems or concerns arise during pregnancy, your doctor may send you to our Maternity Triage and Treatment Unit for evaluation including lab tests, fetal monitoring and ultrasound. Board-certified perinatologists are available to assist your primary physician in determining your plan of care, if necessary. Our inpatient area, which features the same amenities as the Mother/Baby Unit, is available for those who require additional hospitalization.

Birthing Unit

When it is time to deliver, you can take comfort in knowing that your birthing experience will be treated with compassion, care and respect. Each private birthing suite is equipped for the birthing method you select. In a home-like labor/delivery/recovery room, you'll have all the technical support needed for a safe birth – and pleasant and soothing surroundings for the most comfortable delivery.

For your support person, there are also special accommodations so he/she can stay with you the entire time. And should a Cesarean delivery be necessary, our surgical suites are nearby.

Anesthesia Services

Should you request it, our expert anesthesiologists are here 24-hours a day to provide you comfort during your birthing experience.

Mother/Baby Unit

After you deliver, you and your baby will be transported together to the Mother/Baby Unit. Here you will recover in a warm, calming environment as you get to know your newborn. Our expert Mother/Baby nurses will provide you with the education and confidence you need to care for yourself and your new baby. Babies are encouraged to stay with their mothers so bonding may occur, however the nursery is always available to you. Care continues even after you leave Mercy, as one of our Mother/Baby nurses will call you after you go home to see how you are doing.

Variety Club Neonatal Intensive Care Unit (NICU)

The NICU is the place for special care for special little ones. If your baby is born prematurely or with special needs, our board-certified neonatologists and specialized nursing staff utilize the most advanced technology to give your baby the specialized care needed. The NICU is also located adjacent to the Birthing Center for immediate care for your little one.

The entire NICU staff, from the nurses to the neonatologists, practice a developmentally supportive care program called Wee Care™. This program helps the staff to create an individualized care program to best support the total physical and emotional development of your baby. While in the NICU, the staff will continuously monitor the individual needs of the infant and family. In addition, the staff will practice care methods that promote healing and growth while also reducing the level of stress on the baby.

Lactation Services

Breastfeeding your baby is a very important decision. It can be a tender, rewarding part of motherhood that offers advantages for you and your newborn baby. Each breastfeeding situation is unique, and our staff will work with you one-on-one if you choose.

The Mercy lactation consultants are also available to help and advise you on the following:

- Choosing a breast pump
- Nursing bra fittings

- Ways to balance breastfeeding and work
- How to wean your baby from breastfeeding
- Breastfeeding twins or triplets
- Steps to take if your baby gains weight slowly
- How to increase your milk supply



Little Miracles Lactation Boutique

Mercy's Little Miracles Lactation Boutique has a complete line of breastfeeding supplies and accessories for the Medela® line of breast pumps. Other items offered range from comfort products and pillows to milk storage products. Breast pumps are also available for purchase or rental. Accepted payment options include cash, check, MasterCard or Visa. For more information, please call (515) 358-2080 or visit www.mercydesmoines.org.

Follow-Up Care

Once you are at home with your newborn, we're still close by if you need us. A few days after discharge you will receive a follow-up call from one of our nurses to see how you are doing and answer any questions you or your family may have. Mercy is available to you 24-hours a day to answer any health-related questions or help arrange a home visit by a nurse, just call (515) 643-MOMS. These services are a continuation of our dedication to the health of you and your growing family.

Parent & Family Education Classes

When anticipating a new experience, confidence comes from knowing what to expect. Mercy offers a full range of classes to help everyone in the family prepare for the changes that will soon occur. Moms, dads, siblings and support persons are encouraged to attend classes that address their roles before, during and after the birth. All classes are free unless noted otherwise. For a current list of class offerings or to register, call (515) 643-MOMS, option 1 or log on to our website www.mercydesmoines.org.

GREAT EXPECTATIONS – For those early in the first trimester, or just considering starting a family. A doctor, childbirth educator and dietician will be available to address your questions and concerns.

BABY FINANCE 101 – This one-session class will help expectant parents with financial decisions they will need to make as they prepare for the birth of their child.

BREASTFEEDING ESSENTIALS – Spend two-hours learning the most up-to-date information needed for successful breastfeeding.

MULTIPLE BLESSINGS – This four-session class will address the special needs of multiple-birth families. The specific focus of this class is on prenatal care, labor, delivery, recovery, living with multiples and interacting with other multiple birth families. You will also take a tour of our Perinatal Center.

BABY BASICS – Learn basic infant care from feeding to diaper changing in this two-hour session.

POSTPARTUM ADJUSTMENT – This single-session class prepares new mothers and fathers for the physical, emotional and intellectual changes that occur the first few weeks after the baby is born.

PRENATAL CLASS – This comprehensive six-week course helps expectant mothers and their labor partners prepare for birth. Proper breathing and other pain reduction techniques will be taught.

ADDING TO THE FAMILY – In three sessions, moms and labor partners who have previously attended childbirth classes get a refresher.

FAST TRACK – This single-session class offers childbirth basics, including a home-study textbook and introduction of home-practice skills. Class fee is \$25.

CESAREAN BIRTH – This two-hour class is especially for couples anticipating a Cesarean birth.

SIBLING CLASS – This single-session class helps children prepare for a new baby brother or sister. The children tour our facilities, participate in various stations with their parents, and create fun birthday cards for their new sibling. This class is designed for mature 2-year-olds and older.

BOOT CAMP FOR NEW DADS – This is a class in which veterans (new fathers and their babies) orient rookies (fathers-to-be) on the realities of fatherhood.

INFANT AND CHILD CPR – Learn to perform CPR on an infant or child whose breathing or pulse has stopped and what to do when an infant is choking. Infant car seat safety will also be discussed. Class fee is \$20.

FIRST-AID – Learn basic first-aid skills including: shock, heat and cold-related emergencies, bleeding treatment, poisoning, bites, stings and sudden illness. Class fee is \$25.

INFANT AND TODDLER FIRST-AID & ACCIDENT PREVENTION – Learn accident prevention and basic first-aid skills for infants and toddlers. Topics include: childproofing, crib and high-chair safety, seizures, burns, bites, stings and more. Class fee is \$10.

Other Educational Opportunities

WATER AEROBICS EXERCISE CLASS – Exercise can help you look and feel better during your pregnancy. This low impact intermediate workout will allow pregnant women or new moms to gradually ease back into a regular fitness program. Prior to attending class your physician must sign a medical release form. Please call the Mercy Wellness Center at (515) 247-3066 for more information on membership, time and registration.

INFANT MASSAGE – This class is designed to help parents feel more confident in caring for their baby. Benefits for parents and baby include:

- Relaxation and soothing
- Improved communication
- Baby sleeps better
- Deeper bonding
- Physical and emotional development
- Relief of gas and symptoms of colic

This class is open to those with children from 6-weeks-old to crawling. The cost is \$25, which includes class instruction and massage oil. Call the Mercy Wellness Center at (515) 247-3066 to register.

STAY-AT-HOME-PARENTING – Gain insight regarding financial and interpersonal topics including: the value of the second income; the power of budgeting; alternative income opportunities; fear of leaving your career; and redefining yourself. If you are considering stay-at-home parenting, this unique program is one you won't want to miss. Class fee is \$25. Call (515) 643-MOMS, option 1 to register.

BREASTFEEDING: MOMMY & ME – Join this informal gathering of moms and their breastfeeding babies. Breastfeeding experts are present to answer questions and concerns while providing further assistance. Call the Mercy Lactation Consultants at (515) 643-MOMS, option 4 for more information.

CLASS CANCELLATIONS – If a class is cancelled, you may call (515) 247-3432 for a voicemail announcement or the Mercy Nurse, (515) 643-MOMS, option 1. An announcement will also be posted on the Mercy website, www.mercydesmoines.org, by 3 p.m. for most classes. In cases of bad weather, please use your own good judgement and common sense when deciding whether to attend class. We will do all that we can to help you make up a missed class.

MISSED CLASSES – Should you need to miss a multiple-session class or make one up, please discuss this with your instructor, in advance if possible. If you miss a single-session class, please call the Mercy Nurse to reschedule.

LENDING LIBRARY – Mercy has a lending library with books and tapes for your use. Childbirth instructors will assist you in checking out these materials. Please keep books a maximum of three weeks and tapes no longer than one week so other couples may also enjoy them. These materials reflect various opinions and do not necessarily represent the medical judgement of either Mercy or your physician. Therefore, please refer all questions to your personal physician.

Children's Center at Mercy

Mercy offers our smallest patients the highest level of pediatric care. Our dedicated physicians, specialists and nurses work quickly and tirelessly to attend to the special needs of each pediatric patient.

Children's Emergency Center at Mercy

The Children's Emergency Center is located adjacent to the adult emergency department. Dedicated exclusively to treating children, this center has 12 treatment rooms equipped to handle everything from ear infections, sprains and fractures to pediatric resuscitation. The Children's ER is staffed by board-certified emergency pediatricians and emergency trained pediatricians, pediatric nurses and child life specialists.

Pediatric Unit

When your child is ill, take comfort in knowing that Mercy is here for you. All of the patient rooms are private and comfy furnishings in every room allow parents to stay with their child. The unit also has a separate treatment room, tub room, children's playroom, a teen activity area and family lounge. A child life specialist is also on staff to help your child cope with the transition of being in the hospital.

Variety Pediatric Intensive Care Unit and Children's Heart Center

This unit is staffed by expert pediatric intensivists and nurses experienced in pediatric critical care. This eight bed unit features all private rooms and sleeping accommodations for parents.

Mercy Pediatric Clinics

Mercy's Pediatric Clinics offer families warm and caring pediatricians in five convenient locations; Mercy Central Pediatric Clinic, Mercy West Pediatric Clinic, Mercy East Pediatric Clinic, Mercy Johnston Clinic and Mercy North Pediatric Clinic. Mercy Pediatric Clinics are a member of Mercy Clinics, Inc. For a physician referral, please contact the Mercy Nurse at (515) 643-MOMS, option 1.

