

## YOUR STAY AT MERCY



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# Your Stay At Mercy

We want your stay to be pleasant and comfortable. One nurse will be caring for both you and your baby during each shift of your hospital stay. Your care will be personalized for you and your family.

We encourage you to keep your baby with you in your room so you may begin to bond with each other. This also provides you with the opportunity to practice baby care with assistance from your nurse. The father or support person is also encouraged to get involved in the educational process and the newborn care. Your nurse is a valuable resource for all of your questions. Take advantage of this opportunity to enjoy and learn about your new baby.

## Infant Security

The Mother/Baby Unit staff provides a safe environment for you and your baby. You will find comfort in knowing that Mercy has a state-of-the-art security system in place to keep your newborn safe while in the hospital.

*The following suggestions will help ensure the safety of your infant during your stay:*

- Allow only appropriate staff members to take your baby from your room after you have checked for their proper identification.
- Never leave your baby alone or unsupervised in your room.
- Always transport your baby in the crib.
- Place your baby's crib out of direct view of the door.
- Always verify your ID bracelet with the baby's bracelet after you have been separated.
- If you are unsure about anyone who comes into your room or asks about your baby, please call your nurse.

## Visitation Policy

In an effort to support you and your family, and to minimize the risk of infection to the new baby, Mercy Medical Center suggests the following recommendations regarding the visit of siblings, grandparents, and others.

- Visiting hours are 7 a.m. to 9 p.m.
- The American Academy of Pediatrics recommends visitors be at least 14 years old, or a sibling of the newborn, however we support your choice of visitors.
- Visitors should not have been exposed to any contagious diseases in the past two weeks and must wash their hands well before touching your infant.

*Mercy understands your family and friends are very important to you and we will support you in your choice for visitors.*



## Important phone numbers

- Newborn Nursery .....(515) 358-2050
- Lactation Consultants .....(515) 358-2082
- Little Miracles Boutique .....(515) 358-2080
- Variety Club Neonatal Intensive Care Unit .....(515) 358-4000

## Newborn Metabolic Screening

To help assure that your baby will be as healthy as possible, a simple blood test is done before your newborn is discharged. The Newborn Metabolic Screening program identifies the few infants who may have one of several uncommon birth defects screened for in this program. With early diagnosis and medical treatment, complications from these serious conditions, such as mental retardation or even death, can usually be prevented. Your baby's pediatrician will be notified of the test results. More detailed information will be available from your nurse.

## Newborn Hearing Screen

Babies must be able to hear in order to learn to speak. This process starts long before your infant makes their first sound. We know that the critical period for learning speech and language is from birth to three years old. This is why it is important to identify hearing impairment and begin treatment as early as possible. Children with hearing impairment can lead happy and normal lives if we know about the impairment early. All newborns at Mercy are given an initial hearing test to determine if further follow up is needed. These tests will not determine if your newborn is hearing impaired, but will indicate that further testing should be done when the baby is a few weeks older.

## Baby Photos

During your hospital stay, a representative from the Mercy Auxiliary will visit with you about taking your baby's first photograph. Mercy also offers a website for you to post your newborn's first photo so you may share your new addition with family and friends.

## Birth Certificate from the State

The 1993 session of the Iowa General Assembly passed a law that requires parents of all newborn children to be charged a \$35 fee. This fee covers an automatic birth certificate to be filed in your county. You will receive a wallet-sized birth certificate from the Department of Public Health. The law requires Mercy Medical Center to collect this fee. The automatic birth certificate will show as an itemized charge on

the statement you receive following your discharge from Mercy. Your insurance carrier does not reimburse the fee; it is an obligation that is left to the new parents. The fee is waived for those whose expenses are paid by the state's medical assistance program (Title XIX) and those considered to be indigent.

If you have any questions regarding the collection of this fee, please ask your nurse. You may also call the Iowa State Department of Health at (515) 281-4944.



## Application for a Social Security Number for Baby

You are able to apply for a social security number for your baby by circling “yes” on the birth certificate worksheet. The social security card will be mailed to your home in approximately 90 days.

## Additional Resources During Your Stay:

**LACTATION CONSULTANT SERVICES** – Certified lactation nurses are available for additional breastfeeding assistance and education. Your nurse can coordinate a visit for you or you may call them directly at (515) 358-2082.

**LITTLE MIRACLES LACTATION BOUTIQUE** – The Little Miracles Lactation Boutique offers a wide variety of lactation supplies for purchase and/or rental. The boutique is located on the second floor of Mercy's East Tower. For more information, please call (515) 358-2080 or visit [www.mercydesmoines.org](http://www.mercydesmoines.org).

**SOCIAL SERVICES** – A maternal health social worker is available to help with any concerns you may have. Your nurse can coordinate a visit or you may call (515) 247-4339.

**PASTORAL CARE** – Chaplains are available to visit with you at any time. Your nurse can coordinate a visit or you may call (515) 247-3238.

**FOOD SERVICES** – The Marketplace & Grille, located on A-level, is open from 6:15 a.m. to 7 p.m. Room Service is available to patients from 6:30 a.m. to 6:30 p.m. daily by calling 4-4444. Patients will receive a menu upon admission.

**FAMILY VIOLENCE CENTER** – Violence and abuse towards women is on the rise. If you need someone safe to talk to, contact the Family Violence Center at (515) 243-6147. Your nurse or the maternal child social worker can assist you with additional resource information.



