

# Mercy Birthplace Northwest Arkansas Virtual Tour

LABOR AND BIRTH  
PREPARATION





# What to Bring to the Hospital

- Mother's photo ID and insurance card
- Personal care items
- Labor bag
- Special pillow or soft blanket
- Labor support partner snacks, cash for vending machines
- Movies, music, phone chargers, camera
- Newborn clothes, blankets and baby book
- Breast pump





# Items to Pack in Your Labor Bag

- Birth plan or birth preferences and newborn care provider information
- Aromatherapy oils, lotions, massage tools
- Hard candies, lip moisturizer and hair ties
- Pictures of loved ones, especially pets
- Nightgown, robe and slippers
- Nursing bra or nursing pads
- Comfy outfit to wear home for mother and newborn





# Where to Enter the Hospital

Please enter through the hospital main entrance.

If arriving after hours, please use the emergency department entrance.



# What to Expect Upon Arrival to Mercy Birthplace Northwest Arkansas

1

When you arrive on the **fifth floor**, our patient support associate will check you in and a team member will show you to your room.

2

We'll review your medical history and consent forms.

3

We're prepared to answer your questions and concerns, as well as provide you with education to care for yourself and your baby.

4

Your health care team will collaborate with you to determine the best plan of care.



# Your Labor and Delivery Suite



# Your Labor and Delivery Team

Mercy offers amazing support through their exceptional staff:



## Onsite 24/7

- Obstetrician (OB)
- Certified Registered Nurse Anesthetist (CRNA)
- Neonatal Nurse Practitioner (NNP)



## Available 24/7

- Neonatologist
- Maternal Fetal Medicine Physicians



Nationally certified labor and delivery nurses, mother baby nurses, NICU nurses, board certified lactation consultant and patient care technicians



# Monitoring You and Your Baby Through the Labor Process

## Fetal and contraction monitors:



One monitor (EFM) is used to observe fetal heart rate through the labor and delivery process and will be placed on your lower abdomen.



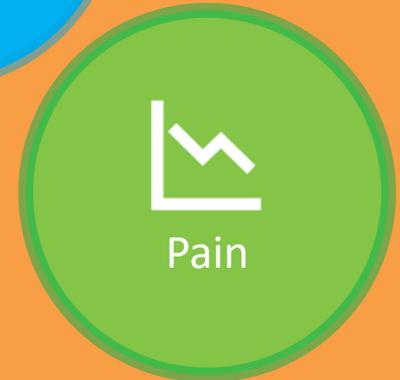
The second monitor (Toco) will be placed on your upper abdomen and is used to observe the duration and frequency of contractions.



Wireless monitoring may also be available.

# Monitoring You and Your Baby Through the Labor and Delivery Process

## Vital Signs:



# Monitoring You and Your Baby Through the Labor Process

## Lab work:

Lab work will be drawn and IV access placed depending on the plan of care established by you and your OB provider.



# Our Labor Tools

1

**Birth balls** assist with pain relief, movement and positioning as you labor

2

**Peanuts**, our inflatable devices, are used with positioning to promote labor progress

3

**Frequent position changes** optimize the baby's position in the mother's pelvis

4

**Wireless monitoring** to track mother's and baby's heart rates and activity

5

**Squat bars and mirrors** to enhance mom's labor progress

# Cesarean Section

- Our operating rooms are located within the unit and are staffed by your labor team.
- If you're having a C-section, you and baby will be closely monitored through your recoveries, then transferred to the mother/baby unit.
- The labor support person may remain with mom and baby to support recovery and bonding.



# Anticipate Your Length of Stay

- Patients who deliver vaginally usually stay 24-48 hours after delivery.
- Typically, patients who deliver via C-section stay 48-72 hours after delivery.



# Your Newborn's Safety is Our Priority

- **When your baby arrives, your nurse will place both a security tag and an identification bracelet.** You and your labor support partner will also each receive a matching bracelet. These bracelets should remain on until discharge. They will be validated with baby's bracelet if any separation occurs (tests or assessments) and if any alarm is triggered by your baby's specific security tag.
- **Our security monitoring system will alarm if...**
  1. The tag is loose or tampered with.
  2. Is too close to the stairwell or elevator.
- **We'll review safety measures with you on admission.** Please ask any questions that may arise and/or voice any concerns.



# Skin to Skin

Once your baby is born, skin to skin contact with the baby is encouraged. After the umbilical cord is cut and your newborn is dried off with a towel, your nurse will tuck your newborn into your gown, placing baby's skin to your skin.

## **Skin to skin has many amazing benefits:**

- Assists in stabilizing newborns breathing, temperature and blood sugar levels
- Calming to the newborn
- Helps promote initiation of breastfeeding



# Lactation Support

- Certified lactation nurses are here to assist.
- They're specially trained and have years of experience.
- They offer help during your stay at Mercy Birthplace Northwest Arkansas and throughout breastfeeding challenges when you get home.



# Rooming In

- Patients are encouraged to room in with newborns to create a strong bond from the start.
- Rooming in also promotes breastfeeding and allows for more skin to skin time.



# Delayed Bathing

Mercy Birthplace Northwest Arkansas recognizes the benefits of delayed bathing as your newborn adjusts to their new world of breathing oxygen, coordinating sucking and swallowing and maintaining their body temperature and blood sugar.

We practice delayed bathing to decrease unnecessary stress during the first 24 hours of life.



# Safe Sleep

- Rooming in and skin to skin are greatly encouraged. However, always place your newborn in the provided bassinet if you feel you may fall asleep.
- Newborns should not sleep in the hospital bed with parent(s).
- Always place newborns on their back to sleep.



# Neonatal Intensive Care Unit



We serve as a Level IIIA NICU.

We're staffed by Neonatologists, Neonatal Nurse Practitioners (NNPs) and NICU nurses onsite 24/7.

Ready with state-of-the-art equipment to provide the best care to special care newborns.

Located on the **fifth floor** near our labor and delivery unit with secured limited access.

Both mom and her labor partner will be able to visit baby while in the NICU.

We're excited to be part of  
your labor and delivery team!



Mercy 

*Your life is our life's work.*