

Mercy Birthplace Fort Smith Virtual Tour

LABOR AND BIRTH
PREPARATION

Mercy Education Team





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
- Face coverings





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



Where to Enter the Hospital

Please enter through the Mercy Hospital Labor & Delivery entrance. If you arrive after 6 p.m. please use the intercom to the right of the entrance.

During COVID-19, valet parking is not available, so please park in the lot off Rogers Avenue. You and your partner will undergo a quick health screening and temperature check. Your partner can stay with you during the labor.



WELCOME



What to Expect Upon Arrival to Mercy Birthplace Fort Smith



1

When you arrive on the third 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.

Note: During COVID-19 you'll notice we are all wearing masks for your safety.

Our Labor & Delivery Suites Include:

- Convertible sofa/bed, pillows and bedding for labor partner
- Shower
- VHS player and Mercy's educational channel
- Multiple lighting options
- State of the art newborn warmers for assessment and care.
- Bassinets for newborns stocked for newborn care.
- Room service meals available for mom and support person.



Your Labor and Delivery Team

Mercy Hospital Fort Smith offers amazing support through their exceptional staff:



Onsite 24/7

- Board-certified obstetricians
- OB Emergency Department
- Certified Registered Nurse Anesthetist (CRNA)
- Neonatal certified advanced nurse practitioners



Available 24/7

- Board-certified neonatology physician
- Board-certified Maternal Fetal Medicine specialists



Outpatient Consulting Services

Board-certified Maternal Fetal Medicine specialists



Monitoring You and Your Baby Through the Labor Process

Fetal and contraction monitors:



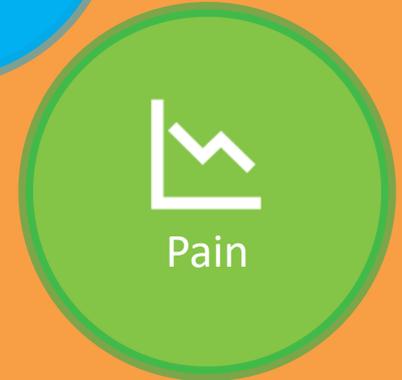
One monitor (EFM) is used to observe fetal heart rate through the labor and delivery process and will be placed on your lower abdomen.



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

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 may 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

Squat bars and mirrors to enhance mom's labor progress

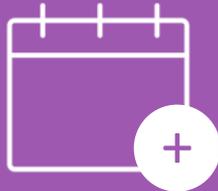
Cesarean Section

- 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 return to your original room where you'll be closely monitored through your recoveries.
- The labor support person may return to the original room with mom and baby to support recovery and bonding.



Anticipate Your Length of Stay

- Patients who deliver vaginally usually stay 24 hours after delivery.
- Typically, patients who deliver through C-section stay 48 hours.
- Quicker discharges may be possible after collaboration with the patient, physician and pediatrician.



Note: During COVID-19 we encourage patients to leave within 24 hours if medically safe to do so.

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 (nursery time, 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.
 3. Lights also flash when a newborn is in the hallway to notify staff.
- **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 decades of experience.
- Our specially trained and certified lactation nurses are here to assist you with all breastfeeding needs, concerns, and questions.
- Our lactation nurses offer decades of experience and a wealth of knowledge to aid in providing a positive breastfeeding experience.
- They offer help not only through your stay at Mercy Fort Smith but throughout any breastfeeding challenges you face 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 Fort Smith 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 eight hours of life.



Safe Sleep

- Rooming in and skin to skin are greatly encouraged. However, always place your newborn in the provided bassinet in your labor suite if you feel you may fall asleep.
- 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 third 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.