

Mercy Joplin Birthing Center Virtual Tour

LABOR AND BIRTH
PREPARATION





What to Bring to the Hospital

- Mother's photo ID and insurance card
- Labor bag packed with personal care items
- Special pillow or soft blanket
- Labor support partner snacks, cash for vending machines
- Music, phone chargers, camera
- Newborn clothes, blankets and baby book





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
- 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 Mercy Hospital Joplin main entrance or, if arriving after 7 p.m., call 417-556-2390 and a birthing center staff member will meet you at the main hospital entrance.



What to Expect Upon Arrival to Mercy Joplin Birthing Center



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.

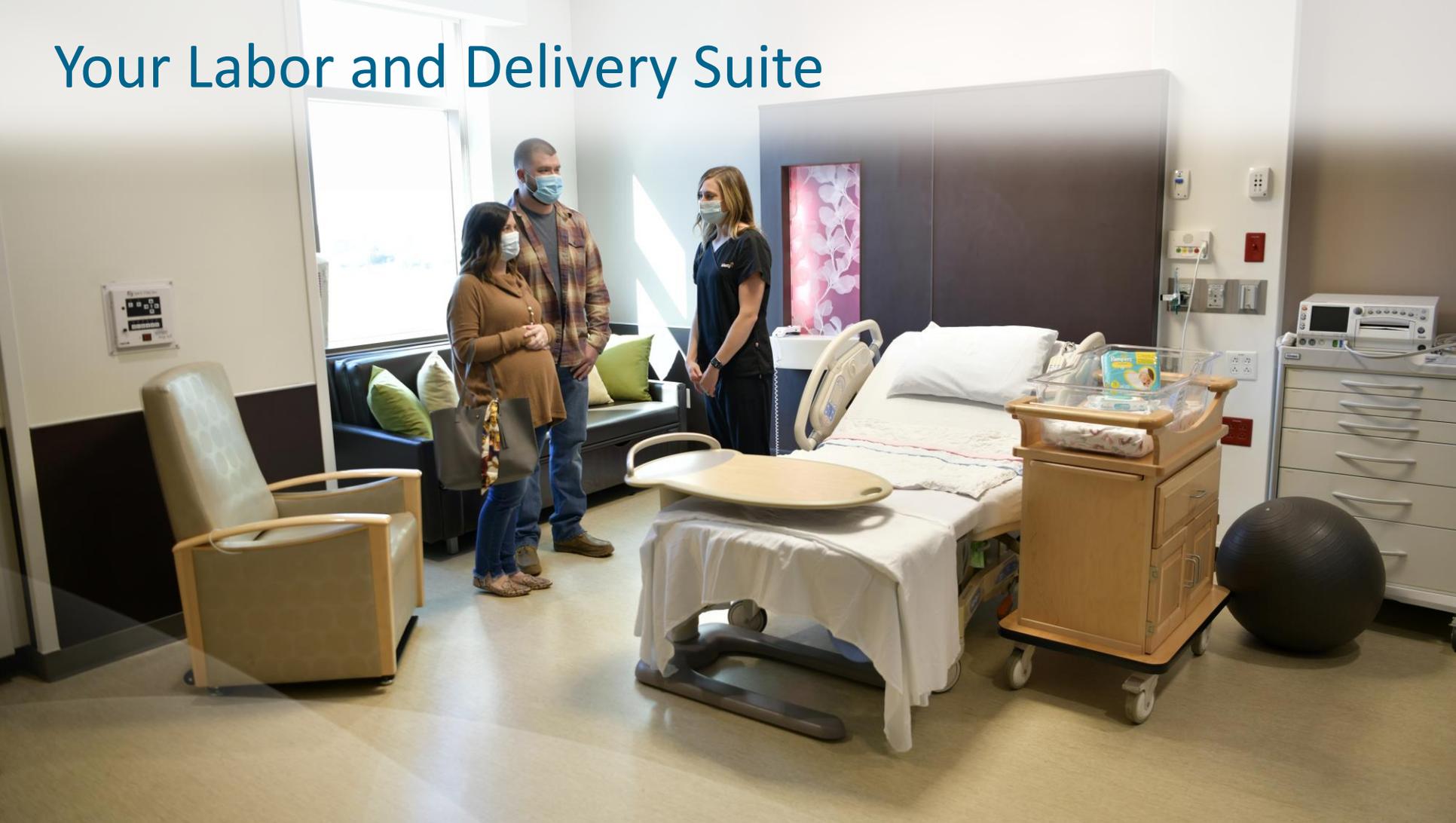
3

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 Hospital Joplin offers amazing support through their exceptional staff of:

- Board Certified Obstetricians
- Labor and Delivery Nurses
- Board Certified Lactation Consultants
- Certified Registered Nurse Anesthetist (CRNA)



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.



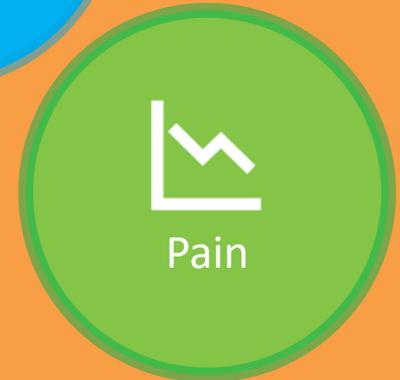
The second monitor (Toco) will be placed on your upper abdomen and is used to observe the duration and frequency of contractions.



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

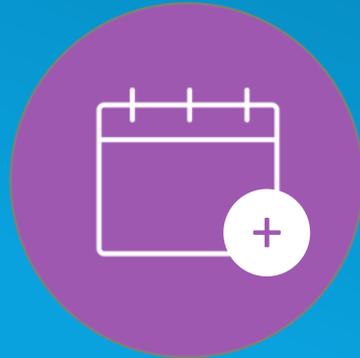
Cesarean Section

- Our operating room is located within the unit and is 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 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 (two to three days) 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 will remain on until discharge. They will be validated with baby's bracelet if any separation occurs 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

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



Rooming In

- Patients will room in with their 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 Joplin Birthing Center 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 6 to 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 III NICU.

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

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.