

Special Delivery Special

In the case of an early arrival, look to Community Hospital for expert care

BY MARIE FORSZT

Expectant moms dream of the day their baby will be born. Plans are made before the arrival of a newborn—what to name the baby, the color of the nursery, where to deliver—but no one usually plans ahead for the unexpected—an early arrival.

When looking for the right healthcare facility to deliver your new bundle of joy, it is important to know that advanced medical care and services are available in case the need should arise.

Michelle Robbins of Crown Point understands this from personal experience. She delivered her son, AJ, at Community Hospital at only 26 weeks gestation. When AJ was born, he weighed less than 2 pounds.

“During my pregnancy, I researched hospitals and asked my doctor where I should deliver just in case I had any problems or my baby needed additional care,” Robbins says. “My research led me to Community Hospital.”

At Community Hospital’s Family Birthing Center, Robbins found one of the region’s most experienced

medical teams focused on what matters most: the health, well-being and safety of every mother and baby.

“The care and compassion we received from the staff was absolutely wonderful,” Robbins says. “I couldn’t have coped with the ups and downs AJ had, and all the emotions involved, without the support of the nurses.”

ANTICIPATING ANY NEED

The Family Birthing Center has various levels of nurseries that provide special individualized care for babies based on their medical need.

“We encourage all moms to spend as much time as they like with their babies and keep their baby with them in their room if they choose,” says Michelle Cherry, R.N., BSN, nurse manager, neonatal intensive care unit/nursery. “When mom is sleeping or needs a break, we provide loving care to her baby in our nursery.”

Should babies need special monitoring, the staff of the Special Care Nursery provides close observation and attention to ensure babies are safe.

When more intensive medical intervention is needed, a team of neonatologists and neonatal nurses, as well as respiratory, occupational, physical and speech therapists, offers specialized care in a Level 3B neonatal intensive care unit (NICU). Premature babies or infants who require a higher level of care, or need specialized equipment and monitoring, are cared for here.

A full-time staff of fellowship-trained neonatologists provide in-house medical care around the clock. Here, the combination of technology, compassion and expertise helps newborns not just survive but also thrive.

SKIN-TO-SKIN CARE

The NICU is where AJ spent his first three months. “It was hard to go home without my son, but I knew the physicians and nurses were taking great care of him around the clock,” Robbins says. “They always answered all my

CALL

Tour in Person or Virtually

To see the Family Birthing Center firsthand, you can schedule a free tour by calling **219-836-3477** or visit us at **www.comhs.org/community/family_center.asp** for a virtual tour.



1
Week



Born two and a half months early and weighing in at just under 2 pounds, AJ Robbins spent the first three months of his life in the neonatal intensive care unit at Community Hospital.

Moments

questions and kept me informed every step of the way.”

When AJ was able to go home, he weighed about the same as a full-term newborn and continues to develop and grow each day.

“The neonatal nurses are more than just nurses at Community Hospital; they are so positive and supportive and keep you hopeful,” Robbins says.


One of the ways to help babies adjust to their new environment after delivery is with “skin to skin” care. Once the baby is born, he or she is put tummy to tummy with mom. A mother’s body temperature takes the place of the incubator while enhancing mother-to-baby bonding. The benefits of “skin to skin” include stability of the baby’s heartbeat and breathing, increased quality sleep time, reduced crying, increased weight gain and successful breastfeeding. It also has been shown to help with mom’s anxiety and postpartum depression, according to the American Academy of Pediatrics.

The American Academy of Pediatrics supports “skin to skin” care for stable, premature infants in neonatal intensive care units and the technique can be useful even if the baby can’t be placed skin to skin immediately after birth.

TEACHING NEW MOMS

Education and support are essential components of the care offered by the staff at the Family Birthing Center. A variety of hands-on baby care teaching experiences is available to help new mothers and families care for their newborn and prepare them for the transition home.

To teach the skills needed for successful breastfeeding, a certified lactation consultant works with mothers while they’re in the hospital and after they return home.

Safety courses provide instruction for clearing a child’s airway, how to perform cardiopulmonary resuscitation, and how to promote safe practices in everyday life. 



1
Year!

With specialized care from the healthcare professionals in Community Hospital’s neonatal nursery, AJ Robbins is now a healthy happy 1-year-old.

CLASS

Sign Up for a Baby Class

Various support programs designed especially for expectant parents are offered through Community Hospital. Attend one of our special classes in preparation for your new bundle of joy. Programs include Lamaze, Taking Care of Baby, Infant Massage, Sibling Class, Teen Childbirth Education and Family Birthing Center tours. Call **219-836-3477** or toll-free, **866-836-3477**, for upcoming dates, times and locations.

