

ALL IN THE *Family*

*One woman describes
St. Catherine's Family Birthing Center
as a 'wonderful experience'*

BY ANGELA MOORE

Surprise! When Rosa Cisneros-Ortega recovered from the shock of finding out she was having another baby, she had no doubt where she wanted to deliver.

"For me, there was nowhere else," says Cisneros-Ortega about the Family Birthing Center at St. Catherine Hospital in East Chicago. "It is like family here and the care is outstanding. The nurses were wonderful."

Baby Zoe was quite a surprise because the age gap between Cisneros-Ortega's two children is 17 years.

"We are a very blessed family," she says of her family of four, husband Rodolfo of 19 years, their son, Rudy, and their baby, Zoe.

"When I had my daughter, the nurses at the birthing center were all wonderful and compassionate," she says. "I had been grieving the loss of my mother just days before I gave birth. What comes to mind and what I won't forget is how I was treated during that time in my life and how many people at the birthing center were so caring and showed so much empathy toward my family and me.

"It's not how big the hospital is or how it is decorated; it's the people in this hospital who make it wonderful and a pleasant stay," Cisneros-Ortega says.

● FAMILY IS THE FOCUS

Cisneros-Ortega is the patient access supervisor at St. Catherine Hospital and has been an employee for 20 years. Her son was born at St. Catherine Hospital 17 years ago.

"I had my son here when the birthing center was on the fifth floor and it was also a wonderful experience,"

Classes and Programs for Moms

St. Catherine Hospital offers special classes and programs for expectant moms. If you need help before, during or after your pregnancy, be sure to take advantage of our classes and special programs, including:

- Keeping Baby Safe and Healthy
- Teen Childbirth Education
- Lamaze

Call **219-836-3477** or toll-free, **866-836-3477**, for upcoming dates and times, and to register for a class.

Cisneros-Ortega says. "The nurses were all great and caring. My son was diagnosed with juvenile diabetes when he was 6 years old, and again the treatment I have received here has been more of a caring family environment than just a medical facility," she adds.

According to Lisa Zvyak, R.N., Family Birthing Center nurse manager, quality patient care and family remain the focus.

"Family is as important to us as it is to our patients," she says. "That's why we've done everything possible to make the birth of a baby a special time."





Comfort and privacy are found in every Family Birthing Center room at St. Catherine Hospital. Each room includes a private bathroom, whirlpool tub and adjustable, state-of-the-art birthing bed.



MAKING MOMS COMFORTABLE

The Family Birthing Center features a homelike environment. Labor, delivery, recovery and postpartum care all take place in the comfort and privacy of a beautiful room that features a private bathroom, a whirlpool tub and a completely adjustable, state-of-the-art birthing bed.

All the advanced medical equipment necessary to ensure safe labor and delivery, including sophisticated monitors, is out of sight but right at hand when necessary. Baby can stay in the room with mom around the clock, which enhances mother-infant bonding. Additional nursing care is always available for moms or babies who need extra rest. The unit is adjacent to the hospital's surgery area in case these resources are needed.

"With compassion and care, our staff of skilled professionals will guide you through the birthing process," Zvyak says. "Our professional and experienced nurses are cross-trained in all aspects of labor, delivery, recovery and postpartum care. The same nurse is trained to take care of mother and baby throughout the birthing process, providing a smoother transition and better continuity of care."


The team of physicians at the Family Birthing Center includes highly skilled obstetricians, family practitioners and pediatricians.

"The department achieves its mission by serving as an advocate for quality healthcare for women; by

A St. Catherine Hospital employee for more than 20 years, Rosa Cisneros-Ortega wouldn't think of delivering baby Zoe anywhere else. "It's the people in this hospital who make it wonderful and a pleasant stay," she says.

maintaining the highest standards of clinical practice and patient satisfaction; by stressing the importance of continuing education for department members; and by promoting patient education to ensure patient understanding and participation in their medical care," says Kimberly Arthur, M.D., obstetrician/gynecologist on staff at St. Catherine Hospital and medical staff president.

Cisneros-Ortega said she chose St. Catherine Hospital first and foremost because of the people.

"At St. Catherine Hospital, the people are very friendly, kind and caring. To me, this hospital is more like a family," she says. 

CALL

Schedule Your Private Tour

Private tours of the Family Birthing Center are available. For dates and times, call **219-392-7900**.

