

# Now That You're Pregnant



2015 - 2020  
WOMEN'S CHOICE AWARD®  
AMERICA'S BEST HOSPITALS  
OBSTETRICS

 **St Peter's Hospital**  
*Women's & Children's Services*

ST PETER'S HEALTH PARTNERS

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# Welcoming a New Life

Once you've learned that you are going to have a baby, you will have a lot of questions that need answers.

- **Where should I deliver my baby?**
- **What information do I need and where can I get it?**
- **Should I attend childbirth classes?**
- **Who do I want present at my baby's birth?**
- **Do I want to breast- or bottle-feed?**
- **If I have to return to work, how will I manage that?**

Right now, you may be wondering,

*“How can I be sure to make the best decision about the kind of birthing experience that is right for me and my family?”*



St. Peter's Hospital Women's & Children's Services has been designed to meet a full range of needs. We can help you get the information you need about birth preparation classes, breastfeeding and infant care classes, as well as programs for siblings. We expect to be able to answer most of the questions and concerns you might have.

Since this is one of the most significant experiences of your lifetime, you need to feel comfortable about every decision you make.

We're ready to give you whatever personal attention you might need. We'll work with you in selecting among the various birthing options, to help you put together a plan that works best for you.







# Deciding Where to Deliver

You want the very best for yourself and your baby. Deciding where to deliver your baby is one of the first decisions you will make to ensure a wonderful beginning. It is our belief that St. Peter's Hospital can help provide you with a birthing experience that provides you with the safety, expertise, and welcoming, compassionate care you seek and deserve.

We understand that your decision about where to deliver will also be influenced by feedback from your provider. If you are unsure about what your delivery options are, you should:



## TALK TO YOUR PROVIDER

### Ask questions like:

- Which hospitals do you work with?
- Which hospital do you recommend based on my specific health care needs?
- How did your other patients feel about their experiences at that hospital?

## RESEARCH YOUR HEALTH INSURANCE

### Ask about:

- Potential restrictions on which hospitals you can go to for non-emergency care
- The difference in how much you would pay depending on the hospital

## RESEARCH THE HOSPITAL OR BIRTHING FACILITY

### Determine if the facility:

- Is nationally accredited (for example, accredited by The Joint Commission\*)
- Has a process for monitoring, evaluating and improving the quality of care
- Has specially trained staff and intensive care nursery to care for premature or sick newborns
- Has a convenient location
- Has visiting hours that meet your needs and safety
- Is clean and comfortable
- Offers private rooms for postpartum care

\* St. Peter's Hospital is accredited by the Joint Commission. An independent, not-for-profit organization, The Joint Commission accredits and certifies nearly 21,000 health care organizations and programs in the United States. The Joint Commission conducts accreditation surveys of organization to determine their compliance with nationally established Joint Commission standards. These standards deal with organization quality, safety-of-care issues, and the safety of the environment in which care is provided.



# Partner with the Region's Leader

## High-Quality Maternity Care

- ✓ We are a **Level III Perinatal Center**, offering personalized maternity care for all women, including critically ill pregnant women and fetuses during the pregnancy, labor, birth and recovery (including breastfeeding support).
- ✓ Our center features a state-of-the-art **Level III Neonatal Intensive Care Unit (NICU)** equipped to monitor and care for newborns that require specialized medical care.
- ✓ Complete obstetric anesthesia services – including epidurals and emergency ultrasonography – are **available 24 hours/day**.
- ✓ Board-certified neonatal providers who specialize in the care of premature and sick newborns, are **available 24 hours/day**.
- ✓ A state-of-the-art infant security system provides **round-the-clock extra protection** for the newborns.
- ✓ Our **highly trained professionals** are dedicated to providing maternity care that is tailored to your own unique needs including unplanned circumstances in which you or your baby require a higher level of care or services. We work collaboratively with the receiving facility to provide a smooth transfer.

## Clinical Excellence in a Home-Like Setting

Our facilities combine the ambiance of a home-like setting with necessary technologies to promote a safe birth. In the Birthing Center, where moms labor and deliver, there are:

**Birthing rooms with  
PRIVATE SHOWERS**

**Operating rooms for  
CESAREAN DELIVERY**

**Hydrotherapy tubs  
COMFORT DURING LABOR**

## 2019 by the Numbers

MORE THAN  
**3,000**

babies delivered (A record high for St. Peter's Hospital and the highest number of deliveries in the Capital Region)

**75%**

of moms successfully delivered vaginally after previous Cesarean delivery

MORE THAN  
**86%**

of mothers gave breastmilk during hospitalization.

*These statistics reflect information for the year 2019. New York State's Maternity Information Law requires each hospital to provide information about its childbirth practices and procedures. This information can help you to better understand what you can expect, learn more about your childbirth choices, and plan for your baby's birth. To find more information about our procedures, see our Maternity Information brochure.*









# Nationally Ranked, Locally Preferred

At St. Peter's Hospital, we take a holistic approach to caring for women, babies and families. Led by a premier team of physicians, midwives, nurses and clinical staff, our awards and accolades are truly a testament to the caring, compassionate people who work here every day.

## Baby Friendly – Gold Standard of Care

St. Peter's Hospital is the FIRST hospital in the Capital Region to receive Baby-Friendly designation - considered the gold standard in maternity care. This prestigious recognition means we provide breastfeeding mothers with the support, confidence and resources they need to successfully initiate and continue breastfeeding their babies. We encourage:



- Skin-to-skin contact between the parent and baby within the first hours of the baby's birth to promote bonding and breastfeeding
- Breastfeeding within the first hours of the baby's birth
- Rooming-in for newborns to help parents get to know their new baby and learn baby care

The designation was awarded by Baby-Friendly USA, Inc. as part of the Baby-Friendly Hospital Initiative. The initiative was launched by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF). The global initiative encourages and recognizes hospitals and birthing centers that offer an optimal level of care for breastfeeding mothers and their babies.

## America's Best Hospitals for Obstetrics

For six years in a row (2015 to 2020), St. Peter's was named one of America's Best Hospitals for Obstetrics by the Women's Choice Award®. The hospital was recognized for superior clinical excellence in obstetrics, our on-site Level III NICU, top scores on female patient satisfaction surveys and high recommendation ratings. The Women's Choice seal signifies our dedication to providing maternity care tailored to the unique needs of mothers and their babies.



## Magnet™ Designation for Nursing

St. Peter's is a Magnet™ Hospital, earning the designation initially in 2005 and the re-designation in 2009 and 2015. The Magnet Recognition Program®, developed by the American Nurses Credentialing Center, recognizes health care organizations for quality patient care, nursing excellence and innovations in professional nursing practice.



To achieve Magnet status, organizations must apply to the ANCC and undergo a rigorous, multifaceted evaluation, including an on-site appraisal. Those who earn this designation must re-apply and demonstrate sustained excellence in nursing care.

## Blue Distinction Center for Maternity Care

St. Peter's Hospital was designated a Blue Distinction Center for Maternity Care by BlueShield of Northeastern New York, as part of the Blue Distinction Specialty Care program in 2018. Blue Distinction Centers are nationally designated hospitals that show expertise in delivering improved patient safety and better health outcomes, based on objective measures developed with input from the medical community.





## Education Classes — For You and Your Family

To ensure a truly special parenting experience, preparations begin early in pregnancy and continue well after a baby is born. St. Peter's Hospital Women's & Children's Services offers a variety of community education programs to help:

- **Promote a healthy pregnancy**
- **Prepare for baby's birth**
- **Get a "head start" on the road to parenthood**

Whether this is a first pregnancy, or another addition to the family, St. Peter's Hospital has an educational program specially designed to meet those needs.



### **Maternity Information Night**

This one-session program focuses on individuals who are approximately halfway through their pregnancy. Participants will become familiar with our maternity and newborn services, tour our facility and meet with our team of professionals. This includes the managers of the Labor & Delivery Unit, the Mother-Baby Unit, the Neonatal Intensive Care Unit, and a lactation consultant who can answer your questions.

### **Expectant Parents' Tour**

The Expectant Parents' Tour\* is designed to provide participants with information on the services and programs available at St. Peter's Hospital. Parents-to-be will visit our birthing rooms, the Mother-Baby Unit, and the infant nurseries. This program is open only to adults. Children may not attend. \* *This is the same tour included in our Maternity Information Night*

### **Baby and Me Sibling Preparation Class**

This class is designed to assist parents in preparing their preschool and elementary-age children for the arrival of a new baby. Participants will explore some common changes that occur when a new baby joins the family. Children are encouraged to react to the positive and negative feelings that arise as they anticipate the birth of their new brother or sister. Children are taught infant safety. (For example, do not pick up baby without help and permission; do not give or feed baby small objects.) The program includes a tour of the Mother-Baby Unit. *Tours are not available during flu season visitation restrictions.*



### **Lamaze Prepared Childbirth**

This program is designed to empower women and their partners during their journey toward birth. Participants will receive information on the processes of labor and birth, comfort measures, and relaxation methods to use during labor. Additional topics include anesthesia and medication options for labor, birth, and cesarean delivery. A tour of the facility is included. St. Peter's Hospital offers a three-week evening series or a "marathon Saturday."

### **Cesarean Birth Class**

This one-session class helps prepare parents who expect to have a cesarean birth. The class includes information on the cesarean birth process, anesthesia, and pain control options available, and information on what to expect following a cesarean birth.



### **TOLAC (Trial of Labor Birth After Cesarean)**

This class will provide the knowledge needed to help make an informed decision about attempting a vaginal birth after Cesarean. The benefits and risks of TOLAC will be discussed, as well as available birthing options and techniques for optimizing the chances for a vaginal birth.

### **Prepared Childbirth Education for Teen Mothers**

This one-session program is designed to prepare expectant teenage mothers for labor and childbirth. Expectant mothers will receive information on labor and birth; comfort measures and relaxation methods; pain management; postpartum recovery, and preparing to bring their baby home.

The session also includes a tour of the birthing unit and postpartum floor at St. Peter's Hospital. This course is recommended for expectant teenage mothers (up to the age of 18), and should be taken two months prior to delivery.



### **Breastfeeding Your Baby**

This class will address breastfeeding, the process of milk production, and the needs of infants and parents. A certified lactation consultant or certified lactation counselor will offer suggestions to promote a positive and satisfying breastfeeding experience for both mother and baby. This class is recommended at any time during pregnancy for women who are anticipating or are undecided about breastfeeding. Partners or support persons are encouraged to attend.

### **CRIB Notes – New Parents Class**

Going home with a new baby is an exciting yet seemingly overwhelming experience. This program is designed to answer frequently asked questions and offer strategies for making the transition from a couple to a family. Topics covered in class include newborn characteristics and behaviors, baby's cues, infant sleeping patterns, introducing pets to the newest family member, infant care, signs of illness, safety, and items you need to buy to prepare for your new baby. Also included in the two-evening class series is how to properly install a car seat, led by a certified car seat technician.





### Family and Friends CPR

This American Heart Association course is designed for parents and/or babysitters of infants and small children. Participants are instructed in cardiopulmonary resuscitation (CPR) and foreign body airway obstruction (choking) management. A textbook is included. This is not a certification course.



### Grandparenting 101

Are you a first-time grandparent? If so, you may be anxious and unsure of all the changes since you were a new parent. Babies haven't changed... the world around them has. This one-night, two-hour class is designed to refresh and update your knowledge about safety, car seats, bathing, illness, and so much more. Come join other grandparents-to-be as they get the latest recommendations on being supportive of the new family. This class is taught by a registered nurse, internationally certified Lamaze childbirth educator who is also a proud grandmother.

### Postpartum Peer Support Group

St. Peter's Hospital offers a free support group where mothers can share their experiences and offer support to one another. Mothers are welcome to bring their babies, but childcare is not available. Meetings are held monthly. For dates and times, call (518) 525-1873.

### Lactation Support

Lactation support is available as an inpatient and is a phone call away once discharged. Lactation Warm Line: (518) 525-1400.

St. Peter's Health Partners' offers Baby Café's in Albany, Schenectady and Troy. A Baby Café is a free drop-in service that provides professional breastfeeding support in a relaxed and informal environment. Baby Café's also offer opportunities to make friends and share experiences, and participate in open forum-discussions.

Upcoming Classes

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|  <p><b>Breastfeeding</b><br/>Tuesday, August 25, 2020</p> <p>This class will address the advantages of breast-feeding, the process of milk production, and the needs of infants and parents. We also offer a free class during World Breastfeeding Week in August, registration is required to attend.</p> |  <p><b>Cesarean Birth Class</b><br/>Thursday, September 17, 2020</p> <p>This one-session class helps prepare parents who expect to have a Cesarean birth.</p> |
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## Register for Classes

**It is recommended that you sign up for classes during your fifth month of pregnancy (if possible).** Often classes fill up quickly, so by scheduling early, you will most likely complete these classes within your seventh month of pregnancy.

Payment is required prior to class. We accept credit cards and checks for payment. Classes are offered at discounted rates for employees of St. Peter's Health Partners.

For a class schedule or to register, contact St. Peter's Hospital Women's & Children's Services **(518) 525-1388** or visit **[sphp.com/classes-events](http://sphp.com/classes-events)**



## Experience the Comfort

St. Peter's Hospital Women's & Children's Services has been designed to meet a full range of needs. Our facilities combine the ambiance of a home-like setting with necessary technologies to promote a safe birth. In the Birthing Center, where moms labor and deliver, there are nine birthing rooms with private showers, hydrotherapy tubs, and three operating rooms for Cesarean deliveries. Schedule a tour and begin your journey at St. Peter's Hospital for all of you and your baby's needs.



The spacious rooms of the Hearst Family Center at St. Peter's Hospital are designed to support the unique needs of mothers and families with five-star, hotel-like amenities such as Tuscan-tile bathrooms, high-definition flat screen TVs and free Wi-Fi access. The majority of rooms are private, providing an opportunity for families to bond with their newest addition.



The Hearst Family Center Waiting Room is a comfortable place for friends and family to wait for baby's arrival. During your stay, fathers, siblings and grandparents are welcome to visit with you in accordance with the visitor guidelines. These guidelines help ensure a healthy and safe environment for you and your baby.

### View Our Birthing Center Virtual Tour

To see more photos of our birthing center, visit us online at [sphp.com/womens-childrens-services](http://sphp.com/womens-childrens-services)



# Share Your News

## Birth Announcements

We at St. Peter's Hospital Women's & Children's Services want to celebrate the birth of your child with you, and give you the opportunity to share this great news with the community in a new and special way.

We would love to share your favorite photo of your newborn on our Facebook page. Visit [sphp.com/webbabies](http://sphp.com/webbabies) to submit your announcement.

To view the birth announcements, visit the St. Peter's Health Partner's Facebook page and click, **Photos > Albums > See All.**

