



# *Welcome to Women's & Children's Services*

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EVERGREEN HOSPITAL MEDICAL CENTER  
Women's & Children's Services

## *Our Philosophy*

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### **WOMEN'S SERVICES**

*We believe that:*

- Birth is one of life's most special events.
- Birth and parenting occur with greater ease, comfort, and joy when parents assume their roles with knowledge.
- Birth is a natural, physiological process which can be a positive time of growth.
- Parents can make decisions and accept responsibility for their own health care.
- Family, visitors, nurses, physicians, midwives, and all hospital personnel are regarded with dignity and respect.

### **CHILDREN'S SERVICES**

*We believe that:*

- The hospitalization of an infant is a time of crisis and it has the potential to be a time of positive growth.
- Families are partners with the healthcare team in their infant's health care.
- It is our role to nurture families and include families in the care of their infant so that they are comfortable and knowledgeable in the care of their infant.
- Our patients, their families, visitors, and all hospital personnel are regarded with dignity and respect.

## *The Family Maternity Center*

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At Evergreen's Family Maternity Center, we view birth as one of life's most special events. We don't just help women give birth to babies—we help families grow and thrive. Our family-centered approach treats childbirth as a joyous occasion, and we respect each family's values, beliefs, and choices; we build on individual and family strengths; and we involve women and their families in their healthcare. Each delivery is memorable because each family makes choices regarding their birth experiences . . . and we listen.



Parents tell us it's hard to put into words exactly what makes the Family Maternity Center so special. Many say it's just a feeling they have when they walk in the door—they are truly welcomed here, and the staff truly care. Others cite our experienced, caring nurses. Still others mention the beautiful facility and the lovely, relaxing grounds.

Evergreen's reputation for excellence extends beyond the thousands of families who have experienced our care firsthand. We were the first American hospital to receive the Baby-Friendly Hospital designation from UNICEF and the World Health Organization, in recognition of our support for breastfeeding. *Self* magazine named Evergreen one of the country's top ten places to have a baby, and we've been repeatedly recognized locally by parents as the "Best Place to Have a Baby."

### **INDIVIDUAL ATTENTION**

We are committed to providing you and your family with individualized care throughout your labor and birth. Your labor nurse will stay with you during all stages of labor and delivery, helping you through contractions and making you as comfortable as possible. If you choose, family and friends can also be with you to share in this special time, even if you require a Cesarean birth. You'll give birth surrounded by all the comforts of home, and the assurance of Evergreen's proven medical expertise.

### **BIRTHING SUITES**

Each of our private suites features:

- A private room for labor, delivery, recovery, and postpartum (LDRP) care.
- A birthing bed that adjusts for comfort during labor.
- A private bathroom with a whirlpool bath and shower.
- A rocking chair and sleeping area for your partner.
- A bassinet stocked with newborn supplies to use during your stay.
- A refrigerator to store your favorite snacks.
- An entertainment center with TV, DVD, and stereo.
- Cherrywood cabinets with concealed medical equipment.
- Rapid access to surgical suites for Cesarean births.

## *Family Maternity Center Services*

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### **WALK-THROUGH TOUR OF THE FAMILY MATERNITY CENTER**



These twenty-minute tours are held weekly and provide a personal look at the services and amenities of Evergreen's birth center (*monthly tours in Spanish are also available*). Tours are free. Please register all who are planning to attend (including children) by calling **425.899.3000**.

### **EXCEPTIONAL CARE PROVIDERS—OB, Midwife, Pediatrician, and Family Practice Referral**

The physicians and midwives who deliver and care for infants at Evergreen all share our commitment to quality, family-centered care. *If you're looking for a provider who will be sensitive to the options you want in a birth experience and care of your baby, call our physician referral service at 425.899.3000.* We can help you find an Evergreen-affiliated provider who meets your needs for office location, off hours, and insurance.

### **CARE PLANNING—For Pregnant Women and Their Families**

Every pregnancy and birth is a special experience. Sometimes, you may find yourself in circumstances where extra planning for your baby's birth can provide necessary help and reassurance. With the help of an experienced maternity registered nurse, a personalized plan will be developed and shared with your care providers. We will help you find appropriate hospital and community resources. Your doctor, midwife, or childbirth educator can help you determine if care planning is right for you.

### **MATERNAL FETAL MEDICINE PROGRAM for High-Risk Pregnancies**

Evergreen's Maternal Fetal Medicine Program works with your caregiver to help manage difficult or high-risk pregnancies. Our team of board-certified perinatologists complements your own provider's care with diagnostic and monitoring services. Prenatal diagnostic tests such as ultrasound and amniocentesis are available, and a genetic counselor is on staff to help families make decisions regarding the mother's and baby's health.

### **CHILDBIRTH & EARLY PARENTING EDUCATION**

Evergreen offers the most comprehensive childbirth preparation program in the Puget Sound area, covering all facets of pregnancy and childbirth from preconception through baby's first year. You'll gain knowledge and tools to help you through pregnancy and into parenthood. The course includes a full spectrum of class choices ranging from prenatal yoga and exercise to car seat safety, from birth basics to seminars for your entire family—expectant parents, grandparents, and siblings. Classes are also offered after the baby is

born, including our popular Parent-Baby groups to attend with your baby. Classes for babies 0-3 months of age are free, Evergreen's gift to new families. You can receive support and education right up until your baby's first birthday.

*Please call 425.899.3000 for class information and registration.*

## **PONDERING PARENTHOOD**

Planning for a pregnancy? This pre-conception class will give you valuable information on everything from prenatal care to what to expect during birth at Evergreen's award-winning Family Maternity Center. You'll also learn about postnatal care, such as your followup care at our Postpartum Care Center and Breastfeeding Center. Find out about our Baby & Family Boutique and our Parent-Baby groups. You'll also tour the Family Maternity Center.

## **BREASTFEEDING CENTER**

In addition to the nursing staff during your stay, the Breastfeeding Center provides an innovative program of support, education, and professional advice to help you and your baby succeed at breastfeeding. Breastfeeding Center consultants are a select group of experienced registered nurses who are internationally board certified in lactation counseling. They offer individual consultation to assess your baby's feeding style and to help solve breastfeeding problems. You may request the help of a lactation consultant during your hospital stay. Your insurance will be billed for this visit. *You can contact the Breastfeeding Center for questions and appointments by calling 425.899.3494.*

## **POSTPARTUM CARE CENTER**

The Postpartum Care Center visit is an important safety net between birth and the typical follow-up visits with the mother's physician or midwife and the baby's healthcare provider. Usually mother and baby are seen when the baby is between two to four days old. A nurse specialist assesses the mother's physical recovery from birth and the baby's health including a weight check. The nurse will also answer questions about baby care, including feeding,

soothing, sleeping, and "survival skills" for new families. Your insurance will be billed for this visit. *You can contact the Postpartum Care Center at 425.899.3602.*



## **BABY & FAMILY BOUTIQUE**

The Baby & Family Boutique offers products to help you throughout your pregnancy and into the first months of life with your new baby. We offer rentals of commercial quality electric breast pumps and we sell electric as well as good quality hand pumps in addition to a complete selection of other breastfeeding supplies. We also offer professional bra fitting. *You can contact the Baby & Family Boutique by calling 425.899.3603.*



## CONTINUING SUPPORT

The nurturing care of the Family Maternity Center doesn't end when you take your baby home.

- All new families receive a follow-up visit at our Postpartum Care Center.
- Nurses at the Evergreen Healthline and lactation specialists at the Breastfeeding Center are available 24 hours a day to answer questions and provide support.
- For extra help at home, we can assist you in finding a doula. Doulas provide in-home infant and sibling care, new mother support, light housekeeping, and meal preparation.
- Weekly Parent-Baby classes offer helpful advice and companionship, and cover topics such as infant sleep and feeding, postpartum adjustment and parent survival strategies.
- Our Early Parenting Education Program offers classes that cover development and feeding issues for older babies, as well as infant safety and parenting.
- Bath and Baby Care classes are offered twice daily on the maternity center. Our nurse lactation consultants demonstrate baby care and infant feeding.
- **“This Is Not What I Expected”** – This group provides emotional care, information, and resources for postpartum adjustment. Consider this group if you have had feelings about yourself or your baby that worry you, if you feel deep sadness with frequent crying, or if you are feeling out of control or hopeless. For more information call **425.899.3602**.
- **“Nurturing Moms Support Group”** – An opportunity to meet monthly with other women who are unable to or struggling with breastfeeding. This group provides the opportunity to address feelings of anger, sadness, disappointment, or guilt and the many facets of being a wonderfully nurturing mom. For more information call **425.899.3496**.

# *Women's and Children's Services*

## *on 4-Blue*

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### **SPECIAL CARE NURSERY/INTENSIVE CARE NURSERY**

Should your baby require specialized care following birth, he or she will be cared for in our Neonatal Intensive Care Nursery (NICU) by nurses skilled in the care of premature and sick infants. Our neonatologists—physicians trained specifically to care for high-risk newborns—are available 24 hours a day. They are backed by sophisticated monitoring equipment and life-saving support systems for premature babies, and the full resources of the medical center. Evergreen's neonatal service is offered in collaboration with Children's Hospital & Regional Medical Center and the University of Washington Academic Medical Center.



Every family has hopes and dreams of a healthy pregnancy and an uncomplicated delivery, but it doesn't always happen that way. Some pregnancies are high-risk and demand a highly specialized level of hospital care. Families and babies receive this life-saving care at Evergreen Hospital Medical Center's Level II Special Care Nursery and Level III Intensive Care Nursery.

Our NICU can accommodate babies born as early as 26 weeks gestation—babies who need the highest level of care for survival. We also care for babies with milder problems, including prematurity, jaundice, or infections. At times, even a baby delivered without complications after a normal pregnancy will require a temporary evaluation in the NICU. Neonatologists are available around the clock to respond quickly to unexpected problems.

In our nursery suites, babies are closely monitored by the specially trained nursing staff thanks to leading-edge monitoring systems. These accommodations provide a quiet environment for premature and high-risk newborns. Shielded from the noise and constant activity on the unit, premature babies improve faster and are able to go home sooner.

We also take special care of our parents. Our staff will explain your baby's condition and care, and you are welcomed and encouraged to participate in the care of your baby.

Families and friends are welcome to visit and enjoy our comfortable family gathering spaces. There's even a kitchen for fixing snacks and sharing meal times.



### **Pediatrics**

Children will stay in bright private suites, with accommodations for their parents. Evergreen's team of pediatric Hospitalists—physicians from Children's Hospital & Regional Medical Center—oversee care of pediatric patients. They work closely with your child's physician to ensure both patients and families receive unsurpassed care.

## **WOMEN'S SERVICES**

### **Antepartum Care**

Women with high-risk pregnancies may require specialized inpatient care to prevent premature birth or to treat medical conditions which jeopardize the health of the mother or baby. Our lovely private suites with leading-edge monitoring equipment provide a soothing environment where women on bed rest can focus their energies on a healthy completion of their pregnancy. The suites also provide sleeping accommodations and amenities for overnight guests.

### **Post C-Section Birth**

Our private suites provide a relaxing, healing atmosphere for moms who have had a Cesarean birth to complete their recovery and postpartum care. You'll room-in with your well newborn, and your partner is also invited to stay.

### **Gynecological Surgery**

Patients recovering from gynecological surgery will recover in lovely private suites, which feature sleeping accommodations and amenities for an overnight guest.

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## **OTHER SERVICES / INFORMATION**

### **Family Laundry Room**

Little details can make a big difference—and being able to do your usual activities of daily life, such as laundry, is one way your family can maintain a sense of normalcy and spend more time together.

### **Food Service**

Our cafeteria is located in the basement level of the hospital's Green Zone, serving breakfast, lunch, and dinner. Follow the green fork-and-knife signs overhead in the hallways. Delis are located in the Coral and Tan Zones. Vending machines are available in the Family Maternity Center lobby (Blue Zone) and 5 Blue lobby. Snacks and beverages are available in the Gift Shop, located at the top of the escalator and adjacent to the Pharmacy.

### **Parking**

Free parking is available in the Blue parking garage at the Blue entrance. This is the closest garage to the Family Maternity Center. Additional free parking is also available in the Silver parking garage, with entrances off 128th Street and by the Emergency Department.

### **Smoking**

Evergreen is a non-smoking facility. Please smoke only in the designated area located on the south patio adjacent to the cafeteria in the Green Zone. You are asked not to smoke outside of the entrances to the Family Maternity Center.

