

# Family Birthing Center at Manchester Hospital

Virtual Tour

Updated 10/24/22

# Directions and Admission

- Please call your OB or Nurse Midwife at their office number before coming to the Family Birthing Center (FBC). Once you have the go ahead to come, your provider will let the FBC staff know that you are on your way and will be ready for you.
- Follow the directions on the following slide to the **Ambulatory Services Center (ASC)** where the FBC is located. Especially during COVID19 you want to avoid coming into the Main Entrance or the Emergency Department upon admission.

# Directions:

From Main Street in Manchester take Haynes Street toward the hospital. Before you reach the main entrance of the hospital, take the first right onto Guard Street toward the Ambulatory Service Center (ASC). The ASC is the 2<sup>nd</sup> building on the left.

On weekdays from 6:30 am to 5:30 pm Complimentary Valet Parking is available at the ASC entrance. Self parking is available in the lot at the end of Guard Street. On evenings and weekends, the "valet" spots may be used, however you may need to move your vehicle so that the spot is empty for the following weekday morning.

Enter the hospital through the ASC entrance. Take the stairs or elevator on your left to the first floor (press #1 – it is the 3<sup>rd</sup> level of the ASC).

# Entrance for FBC Patients





# Overnight & Weekends

ASC doors are always locked between 8 pm and 6:30 am. During COVID-19 restrictions the doors may also be locked on weekend days and evenings. Just outside of the ASC is a doorbell to push to communicate with the FBC staff. Someone from the FBC will open the door for you. If you have any issues call the FBC 860-647-4735. DO NOT go to the Emergency Department or Main Entrance.



# COVID-19 Visitor Restrictions

In the FBC, each patient may designate one visitor (likely her partner) to be with her during her entire stay. She may designate one additional visitor over the age of 18 to support her in labor and visit during visiting hours (12-8) during the postpartum stay. Siblings of the baby may also visit during visiting hours after the baby has been born and must be accompanied by one of the 2 designated adult visitors.

All visitors will be screened for illness and temperature upon arrival to the FBC during labor. Visitors showing any sign of illness will not be allowed to stay. Each day visitors are required to go to the main entrance to be screened and receive a visitor's sticker. Visitors who leave the FBC and come back need to always come back in through the main entrance for screening and a visitor sticker.

No other visitors are allowed. We understand this is very disappointing to families, but keeping our patients and staff safe by limiting the amount of traffic into the FBC is of utmost importance. Consider setting up Facetime, Zoom or other virtual ways to introduce your new baby. We do have free wifi!

Note: This policy can change at any moment, so be sure to stay up to day through our website:

<https://www.echn.org/2019-coronavirus/#VisitorRestrictions>

or Family Birthing Center FB page: <https://www.facebook.com/groups/517026401651004/>



# Birth Doulas

Birth Doulas who have contracted with one of our patients AND are currently listed on our Doula Registry \*\*will be allowed to come with their client as a member of their care team

ONLY IF:

- She hasn't been exposed to anyone with a suspected or confirmed case of COVID
- She is free from a fever, cough, shortness of breath or any other sign of COVID illness.

Please take this very seriously and if she isn't well enough to attend your birth have her arrange for a suitable back-up or consider a virtual option.

\*\*If you are unsure if your Doula is on the Registry, please call 860-647-4790 or 860-647-4735 or email [bcrayton@echn.org](mailto:bcrayton@echn.org) to verify if your Doula is on the Registry.

Registered Birth Doulas are part of the care team and not counted as your second support person. If you would like more information about hiring one of our ECHN Preferred Doulas email [bcrayton@echn.org](mailto:bcrayton@echn.org) or call 860-647-4790



# What to Expect Upon Arrival

The doors going into the FBC are locked at all times.

When you reach the FBC pick up the phone on the wall and let the staff member know you are here. The door will swing open for you to enter. (Be sure to not stand in front of the door as it opens quickly!)

Once inside you and your partners will be asked a series of health questions and have your temperatures checked . Visitors with any symptoms of COVID will be asked to leave.

Patients with any symptoms of COVID or know exposure to COVID will be tested upon arrival. Results are usually available within the hour.

You will then go most likely go into a triage room for evaluation with one of our RNs.





# What Happens in Triage?

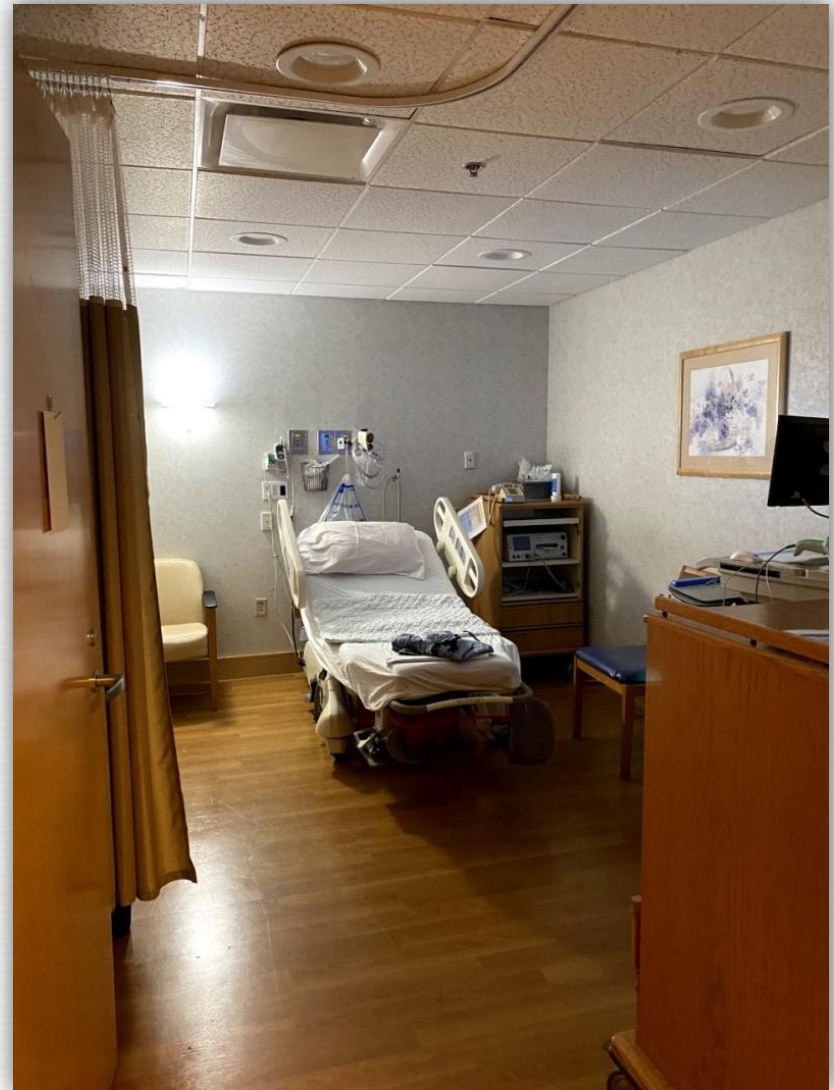
Triage is a private room where it will be determined if you are ready to be admitted for labor and birth.

Your nurse will use an electronic fetal monitor to monitor your contractions and your baby's heart rate.

Your nurse will also check your cervix to see if you are ready to be admitted.

The general “3-1-1 rule” is to come to the hospital when your contractions are about 3 minutes apart, lasting 1 minute in length and they have been that way for 1 hour. Remember to speak with your provider first and follow their advice .

Many patients will bypass this room and be admitted directly.



# Admission into an LDRP...





# LDRP = Labor, Delivery, Recovery & Postpartum

The FBC has 12 private LDRPs for patients. Each room is large and includes everything needed for a safe vaginal birth.





# LDRP Special Features



- Birthing Beds
- Private bathrooms with showers
- Partner chair that converts to a bed
- Large windows (with room darkening shades)
- Temperature control
- TV, wifi, phone
- Various lighting options
- Birth Balls, Peanut Balls and Squat Bars also available



# Also for Patient Use:

## **Kitchen (Ask your nurse for items from the kitchen)**

Our kitchen is stocked with the basic necessities for patients and their partner .

- Ice machine with filtered water
- Refrigerator/Freezer stocked with popsicles, Italian ice & ice cream and a place for patients to store their food
- Microwave
- Coffee maker and coffee
- Juices, ginger ale, crackers, peanut butter, tea bags etc.

## **Spa Room**

Our spa room is used for patients who want Hydrotherapy during labor or even possibly a waterbirth\*.

- Often called our “Liquid Epidural”, the large tub is largely used during active and transitional labor for comfort and to help speed a slow labor.
- \*Speak with your provider about the possibility of a waterbirth.
- Some situations do not allow hydrotherapy or waterbirth so always consult with your provider.



# Kitchen



# Spa Room





# Cesarean Birth Options

- If you are scheduled for a Cesarean Birth or it is determined that a Cesarean Birth is necessary, you will be taken into one of our Operating Rooms within the FBC.
- In most cases, your partner is encouraged to be present for the birth. Usually only one person may accompany mom so it is possible that a hired Doula is not allowed along with your partner at this time.
- You may have the option to watch through clear drapes if you prefer.
- Following a Cesarean Birth you will likely go into an “Extended Stay” patient room that looks similar to the LDRP and has all the same amenities but has a regular hospital bed which is more comfortable for patients recovering from surgery.



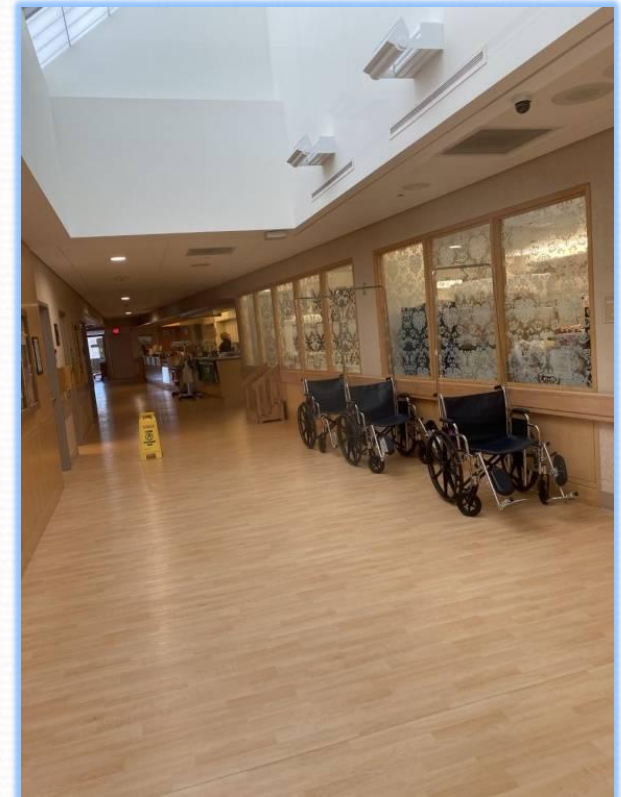
# Neonatal Intensive Care (NICU)

If your baby needs special care, we have a NICU right in the FBC with a full Neonatal Care staff of Neonatologists (Associated with CT Children's Medical Center – CCMC), Physician Assistants (PAs), Advanced Practice RNs (APRNs) and RNs to help care for your baby.

Parents have 24 hour access into the NICU

If the baby needs to stay in the hospital after mom is discharged, parents are encouraged to visit frequently.

This same staff will examine and provide care for all well babies in the rooms too!



# Answers to Your FAQs During Labor

- Patients free of COVID symptoms must wear masks in public areas (hallways, etc.) but are not required to wear a mask in the room (unless requested by a staff member due to his/her comfort levels)
- Masks must always be worn by all visitors (including partners and Birth Doulas) in public areas and while staff is in the room.
- We strongly urge patients to be out of bed and moving if it is safe for them to do so. For example:
  - Walking Around in Your Room
  - Using Birth Balls
  - Hydrotherapy in Shower or Tub in Spa Room
- IVs are not routine but they are necessary for some patients.
- Intermittent monitoring is standard unless continuous monitoring is necessary. Telemetry and underwater monitoring is also available.



# Answers to Your FAQs Around Birth

- Medication options include: Analgesics, Nitrous Oxide and 24/7 Anesthesia for Epidurals.
- You may wear the standard hospital gown or your own clothing.
- Hydrate with fluids and frozen fluids during labor. Speak with your provider about foods to fuel your labor.
- Patients are encouraged to push and give birth in a comfortable position. Staff will wear full PPE at the time of pushing and birth.
- Healthy babies are delivered skin to skin to the mother immediately after birth and are encouraged to keep the baby skin to skin until the baby has had an opportunity to breastfeed (or for at least one hour). We call this the “Golden Hour”.
- Partners are encouraged to hold the baby skin to skin if the mother is not able.

# Answers to Your FAQs After Birth

- Delayed cord clamping is standard practice for our providers.
- Procedures such as vitamin K injections and prophylactic eye medication is delayed until some time after the “Golden Hour”.
- Unless there is a medical reason to do so, Pediatric exams are delayed until after the “Golden Hour”.
- Baths are generally delayed up to several hours after birth and until parents are able to participate.
- Parents generally stay in the hospital for 2 midnights following a vaginal birth and 3 midnights following a cesarean birth. Discharge is generally by 11 am. Some patients are requesting early discharges (It is recommended that you stay for at least 28 hours to complete the Newborn Screening).
- Parents are responsible for feedings, diapering, soothing and otherwise caring for their baby in the room 24/7 with the guidance of our nurses and lactation consultants.

# Answers to Your FAQs After Birth

- Patients will have a room service menu to call in food orders 3 times a day. A special meal for two called the “Stork Dinner” will be a special treat for mom and her partner, any one lunch or dinner. Partners may go to the cafeteria , get take out or have food delivered from many local restaurants for other meals.
- Partners are encouraged to stay with mom and baby during their hospital stay and avoid going in and out of the unit unless absolutely necessary . The partner must enter the hospital through the Main Entrance (up until 8 pm) for screening each time they leave and come back.
- There is a lot of paperwork to fill out before discharge so be prepared!



# We're Here to Help!

- We hope this virtual tour gives you an idea of what things look like in the FBC. We strive to give exceptional care to you and your new baby. We thank you for your patience during this difficult time.
- See our calendar for class times and dates (offered virtually via Zoom until we can resume in person classes): [echn.org/events](http://echn.org/events)
- Talk to your Provider if you have any concerns.
- If you have any questions or need more information, please email or call: Betsy Crayton, Perinatal Education Coordinator [ecrayton@echn.org](mailto:ecrayton@echn.org) or 860-647-4790.