Fetal Diagnostics at
Nationwide Children's Hospital

NATIONWIDE CHILDREN'S HOSPITAL℠

NationwideChildrens.org

2629

Table of Contents

Welcome . . . . . Welcome Letter

Meet the Team . . . . . Newborn Intensive Care Unit Staff

Family Centered Care. . . . . Nationwide Children's Beliefs

Equipment . . . . . Newborn Intensive Care Unit Equipment

Resources . . . . . Resources at Nationwide Children's Hospital

Breast Milk . . . . . Providing Breast Milk to Your Baby

Phone Numbers . . . . . Important Phone Numbers

Diagnosis . . . . . Diagnosis

Helping Hands™. . . . . Nationwide Children's Education and Literature Program

Maps and Directions . . . . . Map of Nationwide Children's Hospital

Calendar . . . . . Calendar

Pictures . . . . . Ultrasound Pictures and Notes

Welcome To Fetal Diagnostics

Welcome to Fetal Diagnostics at Nationwide Children's Hospital. Your Perinatologist or Obstetrician has referred you to the program because your fetus may have been diagnosed prenatally with a birth defect, and will require services at Nationwide Children's Hospital. We know that this is a very stressful time for you, but the program is devoted to helping you and your family prepare for the birth of your child. Fetal Diagnostics has a program coordinator who will help guide you through the services your child will need at Nationwide Children's Hospital.

Our goal is to help you decrease stress and anxiety through education and support. This in turn allows you as a parent to continue bonding with your fetus and to become involved in the treatment and recovery of your child.

You will have the opportunity to meet with pediatric specialists at Nationwide Children's Hospital, a nationally renowned pediatric center, to learn more about recommended treatments. These specialists may include:

- Pediatric Surgery
- Neonatology
- Cardiology
- Neurosurgery
- Craniofacial Surgery
- Pediatric Neurology
- Pediatric Cardiothoracic Surgery
- Myelomeningocele Clinic
- Clinical Genetics
- Pediatric Urology
- Hospice and Palliative Care
- Other highly specialized physicians

During the consult, the pediatric specialists will personally outline the options; discuss fetal diagnosis, anticipated recovery, and potential outcomes while providing supportive care.

During this stressful time, the program coordinator will assist you in a professional, compassionate manner. Some of the services that we will provide include:

- Meeting with nurse coordinator and availability to contact the nurse for questions and concerns.
- Printed information and tour of the Neonatal Intensive Care Unit
- Written literature and educational resources to help you understand the health of your baby.
- Identifying support groups and coping skills.
- Offer assistance in lodging to families that live outside of Franklin County
- Interpreter services
- Social services to help with financial papers, access to social worker.
- Communication among all members of the health care team

Meet the Team

Donna A. Caniano, **MD**, is the Surgeon-in-Chief at Nationwide Children's Hospital, where she serves as Chief of the Department of Pediatric Surgery. She holds the H.William Clatworthy, Jr. Professorship in Pediatric Surgery at The Ohio State University, and is a Professor of Surgery and Pediatrics. Dr. Caniano is a national leader in pediatric surgery and has held elected positions in the Section on Surgery of The American Academy of Pediatrics and the American Pediatric Surgical Association. She has served on the Committee of Bioethics of The American Academy of Pediatrics and is recognized as an expert in the field of fetal and neonatal ethics, including the ethics of prenatal consultation. She leads a team of pediatric surgeons, pediatric urologists, and other pediatric surgical specialists in the care of the fetus and neonate with major congenital anomalies.

Stephen E. Welty, **MD** is recipient of the Dean W. Jeffers Endowed Chair and Chief of the Section of Neonatology at Nationwide Children's Hospital. He is associate Professor of Pediatrics at The Ohio State University College of Medicine. Dr. Welty is board certified in neonatology and pursues research and clinical interests in the identification of bio markers associated with Bronchopulmonary Displasia (BPD) and the design of specific therapies to prevent the development of BPD. He is committed to the improvement of outcomes in premature infants.

Becky Corbitt RN, **BSN** is the Program Coordinator of Fetal Diagnostics at Nationwide Children's Hospital. Becky works collaboratively with the physicians who lead and conduct the program. She works directly with parents and the referring physicians to coordinate the care of the baby. She is a 1997 graduate of the University of Cincinnati, College of Nursing with a Bachelor of Science degree. Her passion for prenatal and neonatal nursing compliments her experience. Becky is dedicated to helping families whose babies have been diagnosed prenatally with a birth defect prepare for the baby's delivery and subsequent treatment.

Newborn Intensive Care Team

Your baby will be cared for by a team of people who have specialized training in different areas. This team works together to make sure that all your baby's needs are taken care of. When you meet any of the staff members, feel free to ask them questions. Here is a listing of the NICU staff and what role they will play in your baby's care.

Pediatric Surgeon

A pediatric surgeon is a doctor who has completed all of his/her training in the special area of pediatric surgery. He or she will be the person who performs your baby's surgery and will be in charge of the surgical care your baby receives. The attending surgeon and surgical fellow will make daily rounds and design a plan of care for your baby. The surgeon will gladly speak with you at any time during the hospital stay.

Surgical Fellow

The surgical fellow is a surgeon who is in training to be an attending pediatric surgeon. He/she has completed medical school and general surgical training. The fellow is in charge of the daily care of your baby. He/she also will help the attending surgeon with your baby's surgery. A fellow is present in the hospital 24 hours a day to deal with any emergencies. The nurses can help you reach the fellow for questions at your request.

Neonatologist

A neonatologist is a doctor who has completed all of his/her training in the special area of newborn infants. He/she will be the person in charge of the medical care of your baby. The neonatologist will design a daily plan of care with the health care team; he/she can be reached for questions and concerns at any time.

Neonatology Fellow

The neonatology fellow is a pediatrician who has completed four years of medical school and three years of pediatric residency and is training to become a Neonatologist. The neonatology fellow works closely with the attending neonatologist in the care of your baby.

Neonatal Nurse Practitioner (NNP)

A neonatal nurse practitioner is a registered nurse who has additional training, education and licensing. The NNP is certified to manage the care of critically ill newborns. The NNP works very closely with the attending pediatric surgeons and neonatologists, fellows, nurses and other members of the health care team to ensure complete care of your baby.

NICU Nurses (RN)

Registered nurses will care for your baby while he/she is in the NICU. Your baby will have a nurse taking care of him/her 24 hours a day. The NICU nurses closely monitor how the baby is responding to treatment. The NICU nurses have special training in the needs of critically ill babies. They will help answer any questions that you may have about your baby's care.

The program manager/nurse manager is in charge of running the NICU. If you have any problems or concerns about your baby's care that the nurse cannot answer, the nurse manager will be glad to talk with you.

Patient Care Assistant (PCA)

The patient care assistant is a person who is trained to help the nurses care for your baby. She/he works under the supervision of a nurse.

Unit Coordinator (UC)

The unit coordinator helps manage the nursing station by answering the phone and attending the call light system. The UC is an excellent resource for families.

Respiratory Therapist (RT)

The respiratory therapist is educated in the treatment of the respiratory system. The RT gives respiratory medications and manages the ventilator. The RT works closely with the neonatologist to help with your baby's breathing.

Neonatal Nutritionist

The neonatal nutritionist helps the doctors and NNPs make sure that your baby is getting enough fluids, calories, nutrients and vitamins to heal and grow. When your baby is ready to go home, the nutritionist will teach you about the formula or breast milk your baby is eating.

Occupational Therapist & Physical Therapist

The occupational therapist (OT) and physical therapist (PT) have special training in how to help babies develop and grow. Sometimes when babies are very sick or born early, they are slower to do the things that well- babies normally do, such as sitting up or rolling over. Once your baby is getting better, the OT and PT will test your baby to see if he/she is developing normally. Then, the OT and PT will give you and the nurses some exercises to help your baby catch up and continue to develop normally. The therapist will continue to watch how your baby is developing and may continue to see him/her after the baby goes home. The OT can also help with any feeding problems that might occur.

Pharmacist

The pharmacist monitors what medications your baby is taking, to be sure that they are safe and effective.

Lactation Specialist

The lactation specialist is a person who has extensive training about breastfeeding and providing breast milk. She will help you with expressing and storing breast milk for your infant and answer any questions that you may have. If you choose to breastfeed, the lactation specialist will be available to help you.

Parent Advisor

The main role of the parent advisor is to offer emotional support to parents. The advisors have firsthand experience as they have had children in the NICU. The parent advisors facilitate a parent group that meets every Thursday afternoon from 1 to 2 p.m. It is a very informal hour which includes food, information and companionship. In addition, there is also a parent pizza night that is currently held on the first Wednesday of each month.

Clinical Social Worker

The clinical social worker is available to help you with many different aspects of hospitalization. Having a sick baby is very stressful. The clinical social worker can help you try to deal with all of the emotions that you may experience during this time. Also, the clinical social worker can help you with any financial strains that might happen while the baby is hospitalized. The clinical social worker will also help you fill out paperwork if other forms of financial aid are available.

Residents

Residents are doctors in training and rotate monthly through the department. Residents have completed four years of medical school. The residents work closely with the neonatologist in the care of your baby.

Case Manager

The case manager is a clinical nurse specialist who is a very important part of your baby's health care team. The case manager is the person who makes sure that everything is set up for discharge, when the baby is ready to go home. The case manager talks to the insurance companies, medical and drug companies to make sure that everything goes as smoothly as possible.

Medical Students & Nursing Students

Occasionally, nursing students or medical students may help care for your baby. They can help to give your baby special attention and care. The students are always supervised by the doctors and nurses.

Pastoral Care

Protestant chaplains and a Catholic priest are available to you and your family for spiritual counseling. Also, your pastor, priest, rabbi or spiritual counselor is welcome to visit your baby at any time during visiting hours. Your baby's nurse can help you contact the Pastoral Care department.

Family Centered Care At Nationwide Children's Hospital

At Nationwide Children's Hospital we focus on "family centered care." That means we care about the family's needs as well as the child's. It also means that you play a valuable role in your child's care — your support and attention are essential and we want to partner with you on your child's care.

Nationwide Children's Hospital recognizes that each child we treat is a member of a unique family with varied values, needs, environments, cultures, resources and strengths. We are committed to ensuring our facilities and people support family centered concepts that promote efficiency, flexibility and quality care while honoring the family's need for confidentiality and privacy. At Children's Hospital, you'll find people who are totally committed to improving the lives of children.

Nationwide Children's Hospital believes:

A seamless experience that is based upon effective communication and coordination is crucial to family centered care. In order to maintain continuity, we recognize the need for linkages with the family, the community, schools, physicians, local services and agencies. Services are viewed as a means to promote and maintain health of the child in the context of the family and community with attention to physical, emotional, developmental and spiritual needs.

The family is an integral member of the health care team and we will partner with the family in caring for the child. To assure that the family is supported in this role as partner, Children's promotes a physical design that focuses on a comforting, safe, practical environment for both child and family. The physical design enables families to be with their children. Policies are based upon family centered concepts that promote efficiency, flexibility and quality care while honoring the family's need for confidentiality and privacy.

Everyone at Children's Hospital is responsible for caring for children and families. Family centered care is everyone's responsibility. All staff is empowered to promote family centered care and resources are allocated to ensure that family centered care is a reality. We understand the stresses that families face influence their coping. Resources are available to assist families with spiritual, psychosocial and recreational needs so they can continue their role of supporting the child. Families can expect to be treated with respect in all encounters at Children's.

NICU Equipment

The NICU has many different kinds of equipment that can be used to help your baby get better. The equipment and alarms can be very scary, so don't hesitate to ask the nurses to explain any machine that you don't understand. This sheet explains some of the equipment you will see on your tour.

- Incubator/Isolette: An incubator or isolette is a bed enclosed in plastic that has a heater to keep the baby warm. Doors and portholes slide open to allow the nurses to work with the baby. Babies are placed in isolettes when they are too small or too sick to keep themselves warm.

- Warming Bed/Radiant Warmer: Some babies are placed on an open bed. These open beds are called warming beds or radiant warmers. This type of bed has a heater directly above the mattress that keeps the baby warm but also allows the doctors and nurses to easily reach the baby. This type of bed is used when the baby needs frequent treatment or special monitoring.

- Heart Monitor: Your baby will have three small electrode patches placed on his/her chest and trunk. These patches connect through a cable to the heart monitor on the wall. The heart monitor will read the baby's heart rate, respiration rate, and blood pressure. The nurse will set alarm limits on the monitor so that a noise will sound if the baby's heart beats too fast or too slow. Sometimes the alarm will also sound if the baby moves around so that the electrodes can't pick up a pattern.

- IMED Pump: IMEDs are small machines connected to poles that sit at the end of the baby's bed. The IMED controls the amount of fluid that the baby receives in his/her IV each hour and at the end of the hour a chirping alarm will sound. This signals the nurse to resent the pump for another hour. The alarm will also sound if the IV tubing is kinked or clamped.

- Ventilator/Respirator: A ventilator (or respirator) is a machine that helps the baby breathe. The ventilator is connected by plastic tubing to a breathing tube that is placed through the baby's mouth into his windpipe. The ventilator can be set at many different levels to match the baby's needs. As the baby gets stronger, the ventilator support will be "weaned" down until the baby is breathing on his/her own.

- Oxygen Hood: An oxygen hood is a plastic box with an oxygen outlet that is placed over the baby's head. The hood can be adjusted to different levels of oxygen based on the baby's needs.

- Phototherapy Lights: Very often newborn babies develop jaundice, a yellow coloring of the skin. Jaundice is caused from a build-up of bilirubin in the baby's body. It can take several days for the baby's

kidneys and liver to rid the baby of the bilirubin and clear up the jaundice. Exposing the baby's skin to fluorescent light helps the baby break down and remove the bilirubin. While the baby is expose to the lights, he/she will wear eye guards to protect his/her eyes from the bright lights. The baby will only be wearing a diaper so that as much skin as possible can be exposed to the light. Usually phototherapy only lasts a few days.

- Oxygen Saturation Monitor-"O2 SAT": The oxygen saturation level is the percentage of oxygen being carried in the blood. Babies with different problems have different acceptable "O2 sats." This reading is done through a sensor placed on the skin. The sensor has a small red light that shines through the blood vessels in the baby's hand, wrist, foot or toe. The nurse and respiratory therapist will set low and high levels for the baby's heart rate and oxygen saturation. When the baby's reading fall above or below these numbers, an alarm will sound. Also, if the baby moves around a lot, the sensor can lose its ability to pick up the signal and an alarm will sound.

Resources at Nationwide Children's Hospital

Before, During and After Your Stay

Transport Program: Once your baby has been delivered, Nationwide Children's Hospital Transport team will arrive at the delivering hospital and transport your baby in a Mobile Intensive Care Unit or helicopter. Pediatric nurses and other emergency care specialists will be working together to stabilize your baby and transport him/her to Children's quickly and safely. As the parent or guardian, you will be asked to meet up with the Transport Team and your baby at Nationwide Children's Hospital.

Welcome Center Services

Welcome Center Services program is one of the only patient programs of its kind where the **Sleep Well**, **Get Well** program is made available to our patients traveling from outside of central Ohio.

Through **Sleep Well**, **Get Well**, our local hotels, in support of our mission, offer our families traveling from outside of the Central Ohio area, a free hotel stay the night before any inpatient or outpatient procedure. We understand that in order to prepare for a hospital visit, getting a good night's rest the night before, for both you and your child, is essential.

Additionally, Welcome Center Services supports many of the unique needs of patients and families arriving from out-of-town, including:

Housing and Transportation

- In addition to our Sleep Well, Get Well program, Columbus has a variety of transportation and housing options. Our local partners extend many special discounts to our patients and families.
- For longer stays, Welcome enter Services can also assist in accommodations at the Ronald McDonald House, located on the hospital campus.

Financial Information and Resources

We have extensive experience in supporting families, specifically with working through questions related to coverage for health care services available through commercial and public insurance, as well as other sources of national and international funding. Please see the Financial Information and Resources section for more details.

Other Family Support Services:

- Foreign and American Sign Language Interpreters
- Greeter Program
- Rental car discounts
- Children's Clubhouse
- Nationwide Children's Hospital Library
- Inpatient Schooling – For school-age children, the Columbus Public School system assigns a teacher to help your child with his/her schoolwork. If your child will be in the hospital longer than a week, ask your nurse to contact one of the teachers. They coordinate services with your child's home school and will plan a program for your child's learning needs.

Ronald McDonald House: Located on the hospital's main campus, at 555 Children's Drive West, the Ronald McDonald House serves as a home-away from home for families of hospitalized children who live outside of Franklin County. There are 37 bedrooms that accommodate up to four people each, with private bathrooms. The house has fully-equipped kitchens with dining areas, play rooms, laundry facilities, a meditation room and gathering areas. A full-time manager lives at Ronald McDonald House and provides assistance to the families. The cost of a night's stay at the house is $15, but no one is ever turned away for inability to pay. Guests of the house are referred by the hospital, based on room availability. Once you have a room at the house you will be given a detailed tour and explanation of all rules. Check-in is between 9 a.m. to 7 p.m. (614) 227-3700.

In-Room Accommodations: Your child is more comfortable with you than anyone else. That's why we try to make it possible for one parent/guardian or their designee (over 18 years of age) to stay overnight in the patient's room. Due to space limitations and the nature of the care we give, some units, like intensive care, do not have accommodations for overnight stay. However, a few overnight sleeping rooms are available near the intensive care units for use. The rooms are "first come - first served" and assigned through the NICU/PICU family lounge. For safety and security reasons, we ask that you not sleep in any other areas, such as lobbies or hallways. Please check with the floor-specific nurse on the overnight policy for your child.

Visiting Hours in the Newborn Intensive Care Unit: Regular Visiting hours are 8 a.m. to 8 p.m. The unit is designed to allow parents and grandparents 24 hour visitation. Siblings are allowed to visit as long as they don't have a fever or cold-like symptoms; all other visitors who are under the age of 12 are not permitted on the unit. No one should visit who is ill or has been exposed to a contagious disease. This will protect patients from becoming sicker.

Nationwide Children's Clubhouse: A free service for brothers and sisters between the ages of 3-11 years. Siblings of children receiving inpatient or outpatient services are welcome. The clubhouse is located on the first floor of the hospital near the inpatient Information Desk. Child Life Specialists staff this safe and supportive place and help address many of the concerns siblings may have. Hours 8 a.m. to noon p.m. and 1 p.m. to 8 p.m. on weekdays and 1 p.m. to 4 p.m. on Saturdays. The clubhouse has rules that will be reviewed at the time of visit. (614) 722-KIDS.

Parent/Visitor Badges: Must be worn at all times. These are available on the unit or information desk.

Parking: Families may purchase tokens in the gift shop or vending machines located throughout the hospital. One token=$2. You will need one token to exit the visitor parking garage. If you need assistance please contact Social Services.

Cafeteria: The cafeteria is located on the first floor of the hospital near Outpatient Surgery. A regular coffee or 12 oz soft drink is free with your pink ID badge.
Hours: 2:30 a.m. to 7:30 p.m. every day.

Food 4 Thought: A food court is located on the lower level of the Education Building.
Hours: Monday–Friday, 6:30 a.m. to 2:30 p.m.

Q's Café: An espresso bar is located on the first floor of the Outpatient Care Center.
Hours: Monday–Friday 7 a.m. to 3 p.m.

ATM Machines: Nationwide Children's has two ATM machines. One is located in the Outpatient Care Center near Q'S Café; the other is located near the main lobby. No service fee is charged.

The Columbus Blue Jackets Foundation Family Resource Center

The Family Resource Center was designed by families and professionals to support patients and families during their time at the Nationwide Children's Hospital (both inpatient and outpatient). The Blue Jackets Foundation made a generous $1.5 million gift and we have named the facility in their honor.

The center is adjacent to the main hospital cafeteria and close to the gift shop and chapel, allowing families to quickly access all major public areas of the building. The center features the following amenities:

Lounge

- The lounge is a relaxing space for families to unwind and enjoy some of the same comforts of home including television, movies, books, newspapers, magazines, and music.
- A special area for kids features a custom designed mini- Zamboni® toy box and a hockey stick table with matching chairs.

Nutrition Center with Vending

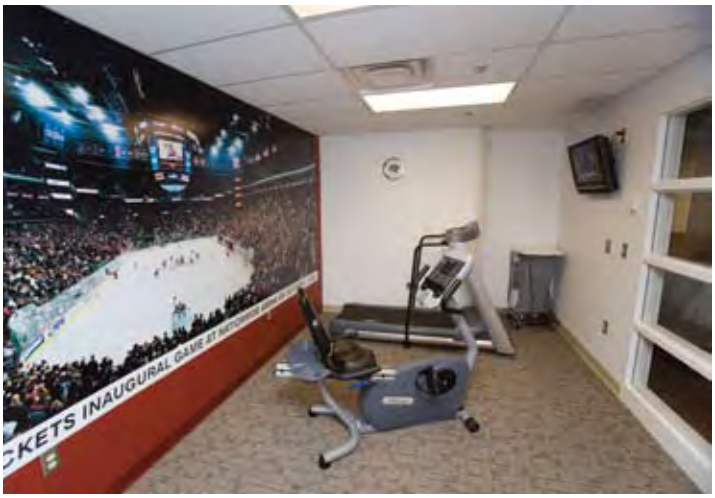
- The nutrition center provides families with a café atmosphere to enjoy a meal with access to a microwave and vending.
- A dedicated Donatos hotline phone is mounted near the receptionist desk for direct dial to the nearest store. All orders will be delivered to the Family Resource Center at a special discounted price.
- Tim Horton's is providing coffee for the families to enjoy.

Library/Resource Center

- Computers, Internet and wireless access allows families to stay connected to loved ones as well as employers.
- On-line resources, periodicals and other written materials help parents research and learn more about their child's specific condition. Library staff can assist families with special informational needs.
- The Columbus Dispatch will deliver two daily papers to the space.

Exercise Area/Laundry/Shower/Lockers

- An exercise area is available for family use to assist in their physical well being, as well as stress relief.
- Laundry, shower facilities and lockers are available for families to use.
- Breastfeeding rooms are available for mothers.



Education Resources

- A nurse educator is available to families taking their child home learn how to use the equipment needed to care for their child.
- Classrooms are available for family education programs and sibling support classes. For more information please call the Family Resource Center at (614) 722-2252.

Support Services

Support Groups: National and local support groups for a variety of causes. Please ask for more information.

Breast Pumps: The Hospital has several hospital grade breast pumps. The NICU has a private Breast Pump Room located on the unit. The nurses and lactation specialist will orient you to the equipment. If you are requesting to rent a breast pump, please talk with the lactation specialist or charge nurse.

Music Therapy: Music can provide distraction, comfort, and relaxation. The NICU has a music system at every bed space to help infants heal and recover. You may choose to bring your own CD player or tape recorder.

Developmental Services: These services are available at no charge, in every county in Ohio. Children between birth and age 3 who have been diagnosed or suspected developmental delay and their families are eligible. "Help Me Grow" services can be initiated at Nationwide Children's Hospital during the hospital stay. (614) 722-4278

Car Seat Program: This service is free of charge. Children's will educate parents on how to install and properly fasten the car seat in the car and make sure it meets all safety regulations. (614) 722-6524.

Pastoral Care: Chaplains are available 24 hours a day, seven days a week to provide spiritual and emotional support to your family. They can provide assistance to those all denominations. The pastoral care department number is (614) 722-5250.

Children's Chapel: The Chapel is located on the first floor off the main lobby. The chapel is open to all faiths as a sanctuary for all.

Social Services: During this stressful time, social services will help answer questions regarding financial issues, applying for insurance and finding support and resources in the community. There are many financial programs available to assist families of children with medical needs such as:

- Social Security/Disability
- BCMH (*Bureau for Children with Medical Handicaps*)
- Waiver program

- Early Childhood Developmental Program
- Healthy Start
- Hospital Financial Aid and Hospital Care Assurance Program

Family Health Information Center: A multimedia friendly library available to parents which allows you to obtain child-related health resources. These resources can enhance your understanding of the medical issues. The librarians are very helpful and willing to assist you at any time. There are computers with Internet access available. The library is located on the second floor of the Education Building. Hours for the library are Monday-Thursday 8:30 a.m. to 7 p.m. Friday 8:30 a.m. to 5 p.m. Closed weekends and holidays. (614) 722-3200.

(614) 722-KIDS - Physician and Service Referral Information: Find a doctor close to where you live or work by calling Nationwide Columbus Children's live operator assistance line at (614) 722-KIDS (5437). The 722-KIDS operators can give you helpful information about physicians' office location, hours and specialties.

Education Classes for Parents: Nationwide Children's offers a wide variety of programs and educational resources on safety, prevention, wellness and health management/maintenance. For more information, or for a schedule of upcoming classes, call (614) 722-4949, or visit online at **www.NationwideChildrens.org/edu**.

Financial Information and Resources

We understand how important it is for your child to receive the very best care that he or she needs, even when that means working outside of your insurance network. We have extensive experience in supporting families, specifically with working through questions related to coverage for health care services available through commercial and public insurance, as well as other sources of national and international funding. Your Welcome Center Services coordinator can answer any questions that you or your insurance provider may have.

Here are a few things you can do to get prepared:

- Call your insurance company to verify coverage of your child while at Nationwide Children's.
- If your child is covered by your state's Medicaid program, or by another government-funded program, check with your assigned Medicaid caseworker for out-of-network benefits.
- If all available resources, including Medicaid have been used, and the patient still needs additional assistance, Nationwide Children's offers financial assistance programs to families who qualify. For more information call Customer Service at (614) 722-2055.

If you have a question about whether Columbus Children's participates with your insurance company, Medicaid or any other state health care program, contact Welcome Center Services at 1-800-792-8401 x 9861. You can also email us at **WelcomeCenter@NationwideChildrens.org** we will be happy to help you find the answers you're looking for.

Please visit us online at www.NationwideChildrens.org for more detailed information about:

- Your child's condition and physicians
- Nationwide Children's online pre-registration form
- Inpatient guides for patients and families
- Visiting hours
- Easy-to-find maps and directions
- Access to almost 2,000 health, wellness and safety articles
- How to sign-up for our free Health e-Hints™ e-newsletter
- And much more!

To learn more about Children's neonatal services, visit us at www.NationwideChildrens.org/Neonatology

Other useful informational websites:

- www.medlineplus.gov
- www.healthfinder.gov
- www.kidshealth.org
- www.webmd.com
- www.hon.ch
- www.americanheart.org
- www.eapsa.org
- www.marchofdimes.com

The Benefits of Providing Breast Milk

- Breast milk has nutrients and infection-fighting antibodies that are necessary for the growth and development of all newborns. This is important for all newborns, including premature or critically ill infants.
- Providing breast milk for your baby will help you to form a special bond while you are participating in your baby's care.
- Breast milk is easy to digest, and helps protect your baby from stomach problems.
- Breast milk is like medicine and helps reduce the chances your baby will get infections.
- Breast milk helps prevent allergies from developing in your baby.

How Do I Get Started

Lactation consultants are available at Nationwide Hospital to assist and support you in your efforts to provide breast milk for your baby.

You will want to start pumping as soon as possible after delivery with a hospital grade breast pump. In most cases, you will start pumping at the delivery hospital where the staff will be of assistance. Once you arrive at Nationwide Hospital, the nurses or lactation consultant will help you. The NICU has a private pump room with hospital grade pumps. If you need to rent a pump, please ask your nurse or lactation consultant.

Pump both breasts at the same time at least eight times every 24 hours for 15-20 minutes each time. The more frequently and completely you empty your breasts, the more you are stimulating your body to make more milk. Save any milk that you are able to put into the collection container. Please label it with baby's name, date and time, and any medications you are taking. The nurse will show you where and how to store the milk.

Lactation Consultant Contact Information
(614) 722-5228

Donor Breast Milk

When mothers are not able to provide their own milk, they can nourish their baby with pasteurized donor milk. This milk contains many of the active growth hormones, developmental enzymes, infection fighting and immunological factors found in a mother's own milk.

How is the Milk Donated

The Mothers Milk Bank of Ohio follows the Human Milk Banking Association of North America; and relies upon the donations of healthy, lactating women who provide milk to help babies. The donated milk is pasteurized, frozen and then distributed by physician prescription. The donor is not paid and must go through a screening process to ensure quality and safety of the milk. The donor is screened for HIV, HTLV, Hepatitis B, Hepatitis C and Syphilis. A consent form is available for you to sign if you choose to use pasteurized donor milk.

Indications for Pasteurized Human Milk Include:

- Biological mother's milk unavailable
- Post-operative nutrition
- Formula intolerances
- Premature infants
- Helps the intestine mature faster
- Have reduced risk of sepsis (blood infection)
- Congenital anomalies

Contact Information

Mothers Milk Bank Of Ohio (614) 544-5906

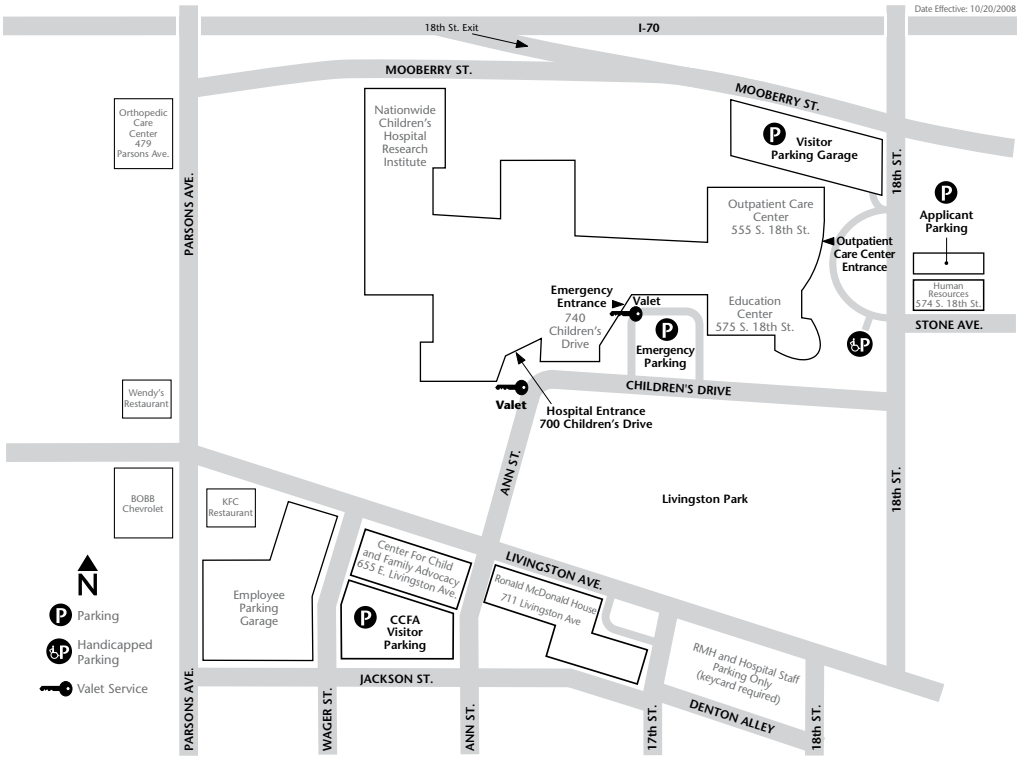
Important Phone Numbers (all 614 area code)

Program Coordinator, Becky Corbitt RN, BSN	**722-6520**
American Red Cross	253-7981
Cardiac Intensive Care Unit	722-2001
Neonatology, Section of	722-4528
Pediatric Surgery, Department of	722-3900
Fetal Echocardiograms	722-5550
Fetal MRI	722-2380
Finance	722-2055
General Hospital Information	722-2000
Heart Center	722-2530
Hospital Toll-Free Number	1-800-792-8401
Lactation Specialist	722-5228
Library	722-3200
NICU, A2	722-3400
NICU, C4	722-2022
NICU, J4	722-4650
NICU, RMH	566-5366
NSCU, GMC	566-9221
NSCU, DH	544-1075
NSCU, DMH	544-8025
Outpatient Pharmacy	722-2162
Pastoral Care	722-5250
Ronald McDonald House	227-3700
Safety&Security	722-2128
Social Services (clinical service and care coordinator)	722-6321 or 722-6568
Welcome Center Services	722-9861

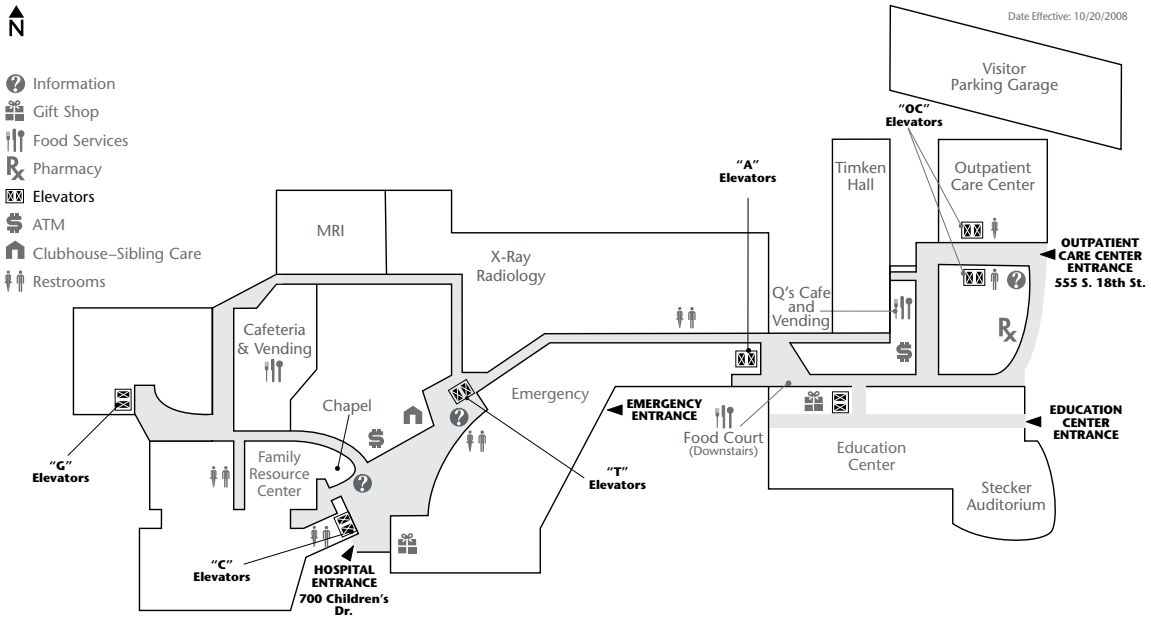
Local Delivery Hospitals:

OSU Medical Center	293-8000
Riverside Methodist Hospital	566-5000
Grant Medical Center	566-9000
Doctors Hospital	544-1000
Dublin Methodist Hospital	544-8000
Mt. Carmel St. Ann's Hospital	898-4000
Mt. Carmel East Hospital	234-6000
Mt. Carmel West Hospital	234-5000

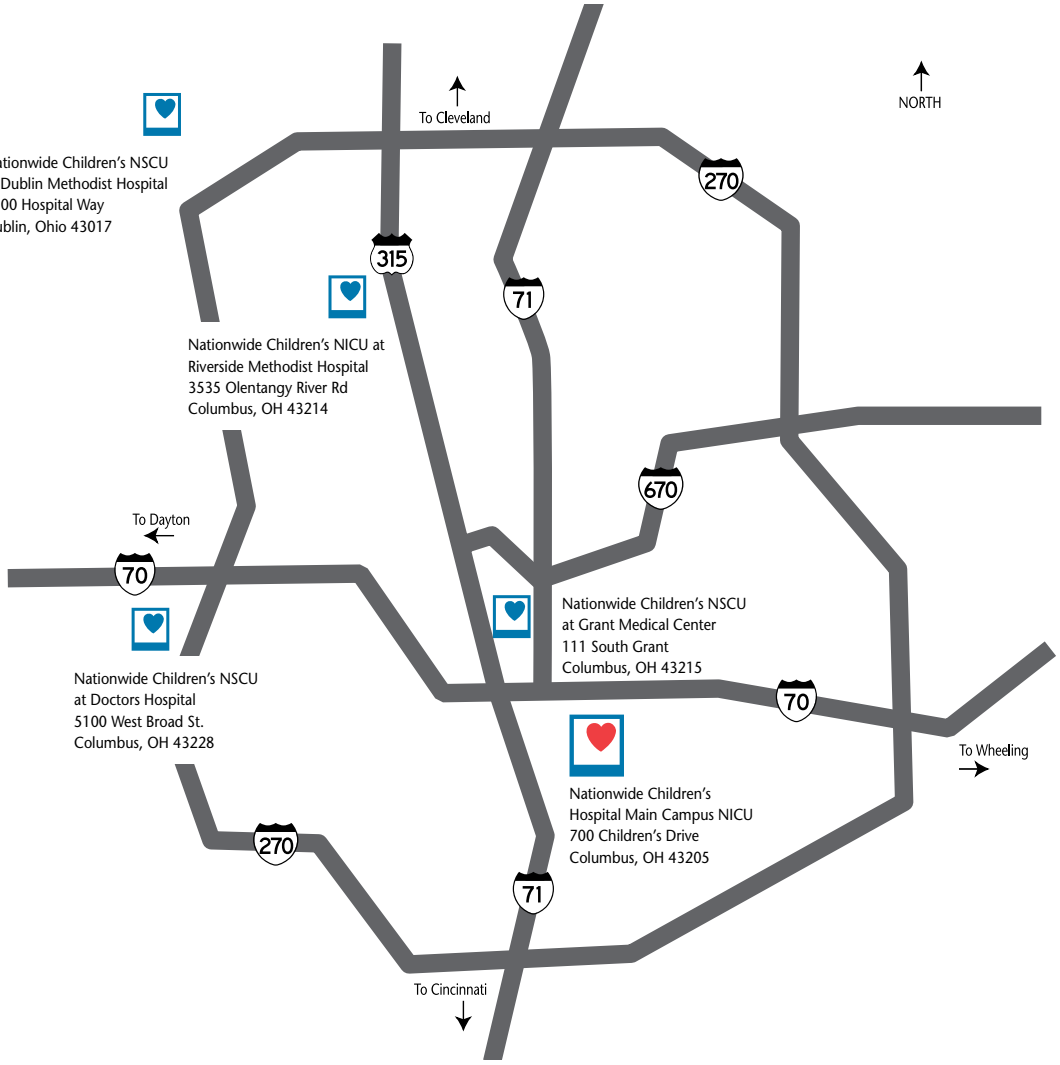
Nationwide Children's Hospital Main Campus Map



First Floor Map



Nationwide Children's Intensive and Special Care Nurseries



Northwest
S.R. 315 South to 670 East, to I-71 South. Once on I-71 South, follow North instructions below.

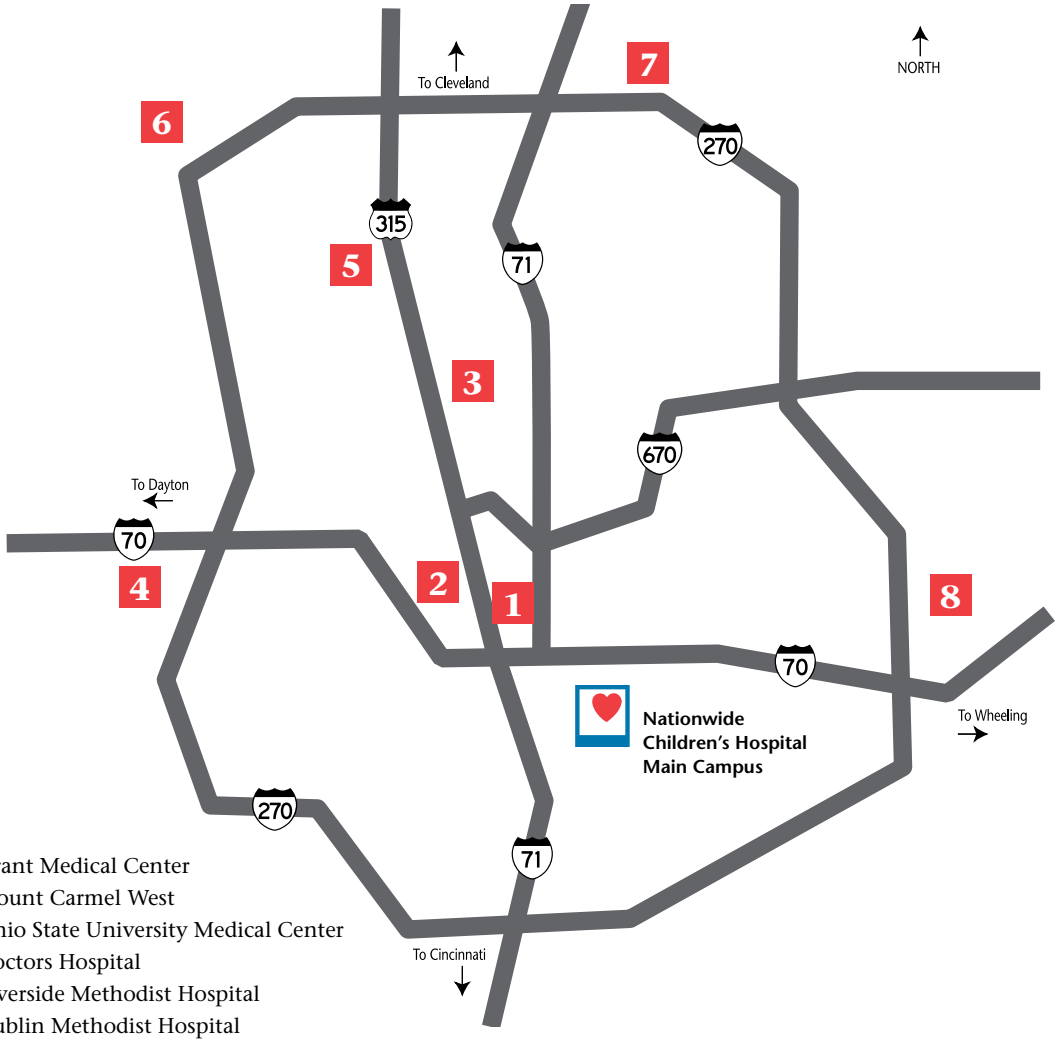
North
I-71 South to Main St. (Exit 108A). Right on Main to Parsons Ave. Right on Parsons to Mooberry. Left on Mooberry to Children's Dr.

South
I-71 North to I-70 East. I-70 East to 18th St. (Exit 101-B). Right on 18th to Children's Dr.

East
I-70 West to Miller-Kelton Ave. (Exit 102). Proceed West on Cole Street to Ohio Ave. Left on Ohio Ave. to Mooberry. Right on Mooberry to 18th St. Turn left to Hospital.

West
I-70 East to 18th St. (Exit 101-B). Right on 18th to Children's Dr.

Local Delivery Hospitals



1. Grant Medical Center
2. Mount Carmel West
3. Ohio State University Medical Center
4. Doctors Hospital
5. Riverside Methodist Hospital
6. Dublin Methodist Hospital
7. St. Ann's Hospital
8. Mt. Caramel East

Northwest
S.R. 315 South to 670 East, to I-71 South. Once on I-71 South, follow North instructions below.

North
I-71 South to Main St. (Exit 108A). Right on Main to Parsons Ave. Right on Parsons to Mooberry. Left on Mooberry to Children's Dr.

South
I-71 North to I-70 East. I-70 East to 18th St. (Exit 101-B). Right on 18th to Children's Dr.

East
I-70 West to Miller-Kelton Ave. (Exit 102). Proceed West on Cole Street to Ohio Ave. Left on Ohio Ave. to Mooberry. Right on Mooberry to 18th St. Turn left to Hospital

West
I-70 East to 18th St. (Exit 101-B). Right on 18th to Children's Dr.

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Ultrasound Pictures and Notes

Ultrasound Pictures and Notes