

ABOUT YOUR UPCOMING STAY



We are delighted that you have chosen to have your baby at Jackson County Memorial Hospital. We know that you are busy preparing for your newborn. We hope that you will take the time to review the information in this brochure about JCMH Women's Center.

We would love the opportunity to answer any questions you might have. We not only want you to have an excellent birthing experience, but also a wonderful stay in the JCMH Women's Center.

MEALS

The JCMH Food & Nutrition Department offers Inpatient Room Service from 7am-6:30pm by calling x5165 from your room or from outside the hospital 580-379-5175. One free guest tray per meal is also provided for your convenience.

VISITORS

We understand the importance of having support persons with you during the birthing experience. In order to better serve you, we ask that you choose 1 or 2 support persons ahead of time to accompany you during labor and to attend your delivery. One of these will of course be Dad! We ask that any other visitors, including children, wait in the Women's Center waiting room. This will allow us to focus on you and your baby, giving you the personal and skilled care that you deserve.

Please remind family and friends who may plan to visit that if they have signs of an illness, such as a fever, cough, sneezing, etc, not to visit as we want not only you and your baby to stay healthy but we want all our moms and babies to do so. This is especially important during the flu season.

Hospital visiting hours are 9 a.m. to 9 p.m. Quiet Time is observed daily between 1 and 3 p.m. to allow Mom and baby uninterrupted time to rest and bond.

BREASTFEEDING

Our nurses are trained in assisting with breastfeeding education. For additional assistance when you are home, you can get help by calling us at 379-5220 or receive 24/7 help by calling the resource below:
Oklahoma Breastfeeding Hotline
877-271-MILK (6455).

CHILDBIRTH & PARENTING CLASSES

JCMH offers childbirth and parenting classes free to all parents delivering at JCMH. Both “new parents to be” and “already parents” are invited to attend. Classes are held on the first four Tuesday evenings of every other month from 6 p.m. to 9 p.m. in the first floor conference room. Classes are four weeks long. Classes include various topics such as the labor process, breathing techniques, pain management options, post-partum care, newborn care, breastfeeding, and infant CPR. A tour of the Women’s Center is also included. Comfortable clothing is recommended. Be sure your labor coach attends each class with you. A light snack will be provided.

To enroll, please call the JCMH Women’s Center at (580) 379-5220. It is recommended that you sign up during your third trimester. Register early as classes fill up quickly! Parents who deliver at another hospital are welcome to enroll in the class for a small fee, \$40/session payable at the first class.

SELF CARE

While you are in labor you will see your nurse very frequently. Once your recovery phase is complete we allow you more personal time, referred to as “self care”, and you will see your nurse less frequently. Be sure to ring your call bell for questions or for assistance at any time during your stay. We will be glad to help. This is also the time that you may wear your own clothing. Although we provide 2 pair of panties for the immediate postpartum period, please be sure to bring plenty of your own, as bleeding can be expected to continue for some time.

VIDEO TAPING AND PHOTOS

We realize that video taping and photographs are an important part of the birth experience. You may do so during labor and after your baby is born. We will ask you to turn them off during the actual delivery and will let you know when you are once again free to use these devices. **This includes cell phones.**

BEDSIDE REPORTING

Recently JCMH moved our shift reports out of the conference room and to the patient’s bedside. This allows for improved hand-off communication and allows our patients to become more involved in their care. For your privacy we do ask visitors to step out of the room during this time. We are very proud of this change and our moms like it too!

ROOMING IN

At JCMH we *room in* for all healthy newborns after the initial recovery period. This allows you and your new baby time to get to know each other. For security reasons your baby will need to be with a “banded” person during this time. If your newborn needs specialized nursing care, he/she will remain in the nursery until your baby’s doctor feels they are ready to room in.

WHEN YOU GO HOME

At JCMH, we understand the importance of customer service. One way that we measure our patient satisfaction is by sending each inpatient a survey asking about their recent stay. Each returned survey is carefully reviewed. When you leave our facility, we want you to be more than pleased with your stay at JCMH. In fact we want you to brag to your family and friends! Our goal is to exceed your expectations by always providing you with the care you desire. We also look forward to your suggestions on how to improve the Women’s Center at JCMH.

QUESTIONS

We want to answer any questions you might have about your upcoming birthing experience and stay at JCMH. JCMH endorses the Speak Up initiative, meaning that if something isn’t working right in your room, or if you need to speak to someone about your care, please notify any staff member. We want the opportunity to remedy whatever problem you may be having as soon as possible. Please feel free to call the Nurse Manager of Women’s Center at (580) 379-5224.

