Family Centered Maternity Care: What it means for our patients

St. Luke’s Hospital is excited to offer Family Centered Maternity Care to our community. This innovative care model is the driving force behind the way we deliver care. Mothers and infants are cared for as a “couplet” by the same nurse, to facilitate teaching of parenting skills and to promote family bonding. Our nurses are trained to promote and provide an expanded menu of options for labor and pain management, including labor tubs and birthing balls, as well as other physiologic techniques to complement our epidural option. Following are some frequently asked questions about Family Centered Maternity Care, and how it is practiced at St. Luke’s Hospital.

WHY DID ST. LUKE’S ADOPT FAMILY CENTERED MATERNITY CARE?
The goal of family-centered care is to obtain the best possible healthy outcome for all members of the family. In addition to being the best way to care for mothers and babies, Family Centered Maternity Care enhances St. Luke’s maternity services by offering more options for the mother regarding her prenatal education, labor and birth experience and infant care.

DOES ST. LUKE’S MATERNITY SERVICES STILL OFFER NURSERY CARE FOR ITS NEWBORNS?
Yes, absolutely. Our Well Baby Nursery is still available for our mothers whenever requested.

WHAT ABOUT THE SPECIAL CARE NURSERY? IS IT STILL AVAILABLE AND WHAT ARE ITS CAPABILITIES?
Yes, we continue to provide high quality, personalized care for premature babies greater than 29 weeks gestation and for other babies with special medical needs. The Special Care Nursery can provide parenteral and enteral feeding; intravenous antibiotic therapy; oxygen therapy; transcutaneous carbon dioxide monitoring and respiratory support; including CPAP; high humidity nasal cannula; and mechanical ventilation.

ARE MOTHERS STILL ABLE TO HAVE ANESTHESIA FOR LABOR AND CHILDBIRTH?
Yes, definitely. St. Luke’s nurses have been trained by doulas in physiologic labor support. Our nurses promote and provide an expanded menu of options for labor and pain management, including labor tubs and birthing balls, as well as other physiologic techniques to complement our epidural option.

CAN MOTHERS STILL BOTTLEFEED IF THEY SO CHOOSE?
Yes. While breastfeeding is fully supported in Family Centered Maternity Care, bottlefeeding is an available option for those who so choose and infant formula will be available onsite.

WHO CAN I CONTACT IF I HAVE MORE QUESTIONS ABOUT FAMILY CENTERED MATERNITY CARE AT ST. LUKE’S HOSPITAL?
Please call Kelley Swinkels, Maternity Services Head Nurse, at 314-205-6384.