

Choosing a Birthplace for You and Your Baby. Is CMC the Choice for You?

Your birth experience is impacted by many, many things. It is impossible to predict the outcome of any birth. Preparing for birth by learning about your place of birth, your choices, and by taking classes to get ready can help you explore and alleviate some of the worries that come up. One way you can do this is by becoming an “educated healthcare consumer” by learning about birth options in your community. You have a choice.

Becoming an active participant in your health care options

It used to be that when a woman became pregnant (or thought she would like to become pregnant), she would choose her OB based on suggestions of family or friends, word of mouth, personal experience, or even proximity to the home. Then, the hospital where her OB delivers babies is where she would deliver her baby.

New research indicates that where a mom delivers her baby can have a significant impact on her birth experience, even more so than her health care provider. Where a woman gives birth can impact her risk of cesarean birth and how supported and informed she feels during the birth process. Neel Shah, MD, an obstetrician from Beth Israel Deaconess Medical Center and Harvard Medical School in Boston, found in his research that more than 70% of women emphasized choice of OB over choice of hospital, but that choice of hospital had a greater impact on their birth. This allows healthcare consumers to more fully understand the complexity of the healthcare system in deciding about their prenatal and birth care. Most healthcare consumer information available is not specific to childbirth related care. However, below are some good places to start for information. Families should also consider calling the hospital, going for a tour and asking specific questions, and asking if quality information is publicly available, for example on quality boards inside the unit.

You can learn more about hospital ratings, statistics and quality of care at:

- nhha.org
- medicare.gov/hospitalcompare/search.html?

Compassionate excellence at CMC

From prenatal care, through delivery, special needs, and postpartum follow up, families who deliver at Catholic Medical Center benefit from personal attention, and the highest level of evidenced-based care available for women and infants. Families who have their babies at CMC have a variety of prenatal care choices: access to the most comprehensive childbirth preparation program in the state, a family-centered midwifery hospitalist model, a first in the nation level II Special Care Nursery and coming soon – a personalized app to help support your prenatal and postpartum journey.

CMC has one of lowest cesarean birth rates in the state and current quality improvement initiatives focus on increasing vaginal births. Our focus on patient experience means that our families report they feel nurses are compassionate, explain things in ways they understand and are attentive to their needs. Our Special Care Nursery is prepared to care for infants who deliver at 32-weeks or greater and, if an infant needs more

specialized care, CMC teams up with Dartmouth-Hitchcock’s Intensive Care Nursery to provide all that your baby may need.

Prenatal care options

When you choose CMC as your hospital, you have three prenatal care options.

- Obstetricians, midwives and nurse practitioners from Dartmouth-Hitchcock OB/GYN & Nurse Midwifery provide your prenatal care, depending on your unique needs and level of care.
- Another option available is CMC’s newly opened Women’s Wellness & Fertility Center, a practice focusing on holistic OB/GYN and fertility care. The practice space is quiet and tranquil, and the people are personable and supportive.
- Other families, who need additional support like social services to connect them to community partners or those who prefer group prenatal care in the CenteringPregnancy® Program model, can choose CMC’s Pregnancy Care Center.

Comprehensive childbirth and parenting preparation

At CMC, every family is encouraged to attend a free Welcome Visit early in your pregnancy to help you learn about what to expect in birth and during your stay, decreasing surprises and your anxiety. When you feel more ready, so does your baby. Families are provided with continued comprehensive childbirth and parenting preparation to support you on your journey at the lowest cost in the community; some classes are free. Our childbirth preparation program is built on the Birthing From Within™ model and prepares families in the body, mind and heart for the journey ahead.

Our award-winning care, continual quality improvement efforts, choice of prenatal care providers, comprehensive childbirth preparation and family-centered model make CMC a hospital of choice for families across the region.



Take a virtual tour of the Mom’s Place and Special Care Nursery today: CatholicMedicalCenter.org/Moms-Place and then schedule your welcome visit by calling: 603.626.2626.

 **CMC** | The Mom’s Place &
CATHOLIC MEDICAL CENTER | Special Care Nursery