

Health News

Health News is published as a community service by Humana Hospital Brazos Valley.

Could This Be A Hospital Room?

YES!! At Humana Hospital, the mothers of newborn babies can enjoy the comforts of this large private room with a canopy bed. These rooms are available in three different color combinations and are large enough to accommodate all of your family and friends. The Nursery is located only a short distance from any of these nine private and two semi-private postpartum rooms.

Our eight deluxe private rooms contain not only a canopy bed, but a sleeper chair for Dad, a wooden rocker for Mom and a small dining area for your Proud Parent dinner. The choices of colors are pink, blue or a combination of pink and blue. The beautiful linens and the comfortable furniture provide that at-home atmosphere that we know you'll enjoy. Extra chairs are provided to accommodate your family and friends and visiting hours are very flexible.

The Humana Nursery has also built an incline ramp with safety railing for our smallest visitors. Babies can be seen through the large

windows of the Nursery almost 24 hours a day and visitors are allowed when baby is in the mother's room. The sibling board provides a place for big brothers and sisters to display their drawings and is located near the Nursery entrance. The atmosphere throughout the entire Obstetrical Department is one of caring, compassion and fun.

The staff at Humana wants the new parents to feel special, the families and friends to feel welcome and this happens by our teamwork approach. Our Post-partum nurses are dedicated to providing family-centered care and are knowledgeable to help you learn how to care for yourself as well as your newborn. By the time that you are ready to leave the hospital, you will be comfortable in caring for your newborn and on your way to recovery. We hope that your hospital stay has been as pleasant as possible and that you will feel that Humana through its beautiful surroundings and well-trained staff have made the wonderful experience of childbirth even more special.



Delivery With A Home Atmosphere

At Humana Hospital, we believe that delivery with an at-home atmosphere is what today's parents are looking for. With that in mind, we have developed a family oriented approach to childbirth. In one of our four deluxe LDR's (Labor/Delivery/Recovery rooms) is where this new experience begins. Humana allows as many, or as few, visitors as you request to share in your joy and happiness throughout your hospital stay.

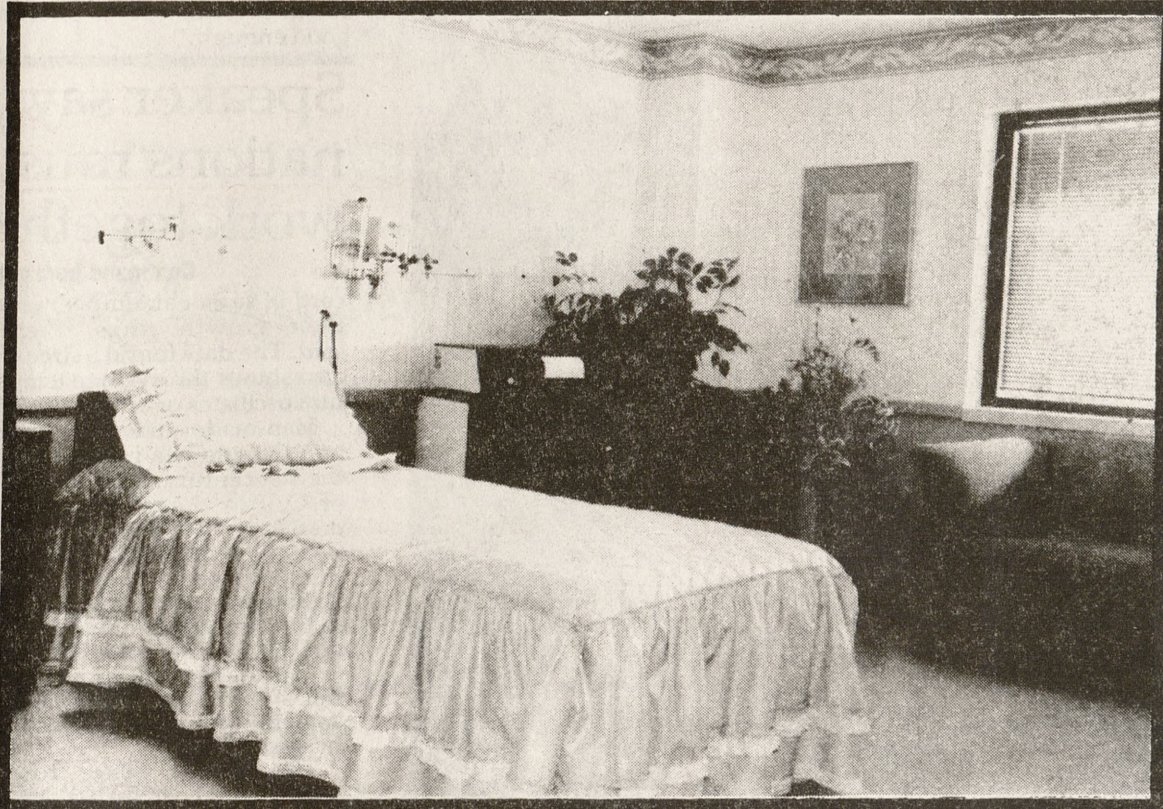
The Labor/Delivery/Recovery room is commonly called an LDR. It is

of a hospital!

Humana provides many safety features in our LDR's too. The Fetal Monitors are connected into a Central Monitoring System which has display screens in four separate areas throughout the Labor and Delivery unit. This means that we can monitor the mother's and baby's well-being at all times. Humana has also installed an alarm system in the Labor and Delivery unit that summons help from the Nursery in a matter of seconds. Your health and the health of your baby are num-

always welcome. Footprints and special moments of the new baby will be provided too.

If your delivery requires a cesarean section, that too can be done in our Labor and Delivery area by the same team of nurses. These nurses are trained to handle any Obstetrical situation that might arise. Providing comfort is a large part of their job everyday and the nurses at Humana go the extra mile to make you feel as though you are the most important patient that they have ever cared for.



a large private room with separate bath. Our LDR's are decorated in soft colors with mini blinds, wallpaper and beautiful linens. Each room is equipped with a special bed that converts into a birthing unit at the time of your delivery. No more moving into a cold sterile environment at the last minute. The LDR also includes a wooden rocker, recliner, sofa couch, TV and stereo. All the comforts of home in the safety

ber one here at Humana. During your labor and at the time of your delivery, we know that the support of your family and friends is essential. Our staff will welcome those people who you want to share in your childbirth experience. Humana understands that this is a very special time for you and for all of those who love you. To preserve these memories, cameras and video cameras are

Childbirth is a highly emotional experience and Humana is dedicated to providing you with everything you will need to have as pleasant an experience as possible. From the at-home atmosphere of the LDR to the smiling faces of our employees, we hope that you will see our dedication to you, The Patient.



Preparation for parenthood begins long before the miraculous event of birth. Giving babies a healthy beginning is one of the most important gifts that parents can provide. Humana® Hospital-Brazos Valley recognizes the importance of good prenatal care to ensure the very best start for infants in the Brazos Valley.

The Cradle ClubSM program is one of the most comprehensive prenatal programs in the area, offering classes and information for every stage of a mother's pregnancy. Membership is free and participants are eligible for numerous benefits including discounts from local merchants, all sponsors of Cradle ClubSM. In addition, members receive monthly newsletters containing information related to their specific month of pregnancy. Following their baby's birth, subscribers will continue to receive quarterly newsletters called "1st Steps", with valuable information related to their child's development.

A variety of classes are available through Humana's Cradle ClubSM. Included is a seven-week series for

Humana® Cradle ClubSM

Prepared Childbirth offered to perspective parents during the last trimester of their pregnancy. Topics explored in these classes include an overview of labor, relaxation, pain management, breathing techniques, and childbirth choices... just to name a few.

Beginning this month, Humana® is introducing a new series of classes. Each week will feature a unique topic and participants enroll for only the week/weeks pertinent to their pregnancy. The first class is Early Pregnancy designed for couples in the first trimester of pregnancy. During this session, expectant parents will discuss prenatal nutrition, body mechanics, comfort measures, and the physical and emotional changes experienced in pregnancy. The second and third weeks are designated as a Lamaze Refresher course for parents who have completed a Prepared Childbirth series within the last two years. Subsequent weeks continue with individual classes discussing Cesarean Birth, VBAC (Vaginal Birth After Cesarean), Breastfeeding and Baby care Basics.

One of the most dynamic classes, Sibling Day, is offered the second Saturday of each month. This two hour program acquaints brothers and sisters-to-be with preparation for a new baby. Children, ages 3 and up, are entertained by decorating a special

"present" for their sibling and touring the facility. Parents are encouraged to accompany their children so that they will be able to answer any questions later asked by their child.

OB/robics is a prenatal exercise class held bi-weekly and requires only a physician's written approval for expectant mother to attend. These classes emphasize stretching and toning muscles utilized during labor. Mothers are encouraged to attend following their baby's birth for as long as they wish to improve muscle tone.

Humana's Cradle ClubSM offers free tours of the obstetrical unit each first and third Thursday of the month. These tours highlight the Nursery, Birthing Rooms (now referred to as LDR's-Labor-Delivery-Recovery) and the postpartum "Canopy" rooms. Members of the Cradle ClubSM will be accommodated in these private rooms at semi-private room rates.

Another benefit for Cradle ClubSM members enrolled prior to their delivery is the gift of a Gerry Baby Monitor and Deluxe Diaper Bag. These items are given to new parents in an effort to make life with that precious newborn easier in the months to come.

For more information about the Cradle ClubSM, or any of the above classes of programs, contact our office at (409) 764-5211.

Humana Nurses Are NALS Certified

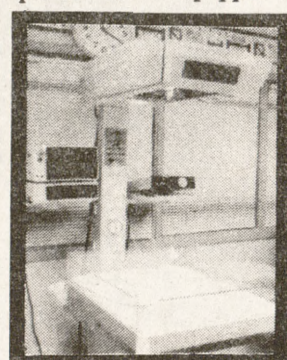
NALS is an abbreviation for Neonatal Advanced Life Support. What this means to you, the parent, is a safer delivery for your baby. 90% of the Registered Nursing staff in our Labor/Delivery and Nursery units are NALS certified. Many RNs in Humana's Emergency Room and ICU and over half of the Respiratory Therapists are also certified in this life saving technique. We have three in-house instructors who insure that these skills remain up to date.

The skills learned in Neonatal Advanced Life Support enable the Hu-

mana staff to quickly identify newborns who may be at risk for problems at delivery and to provide the necessary life saving measures. The Humana team consists of physicians, nurses and respiratory therapists, who all work together to provide optimal care for your newborn. The health and well-being of your baby is Number One with this team.

Our Level II Nurs-

ery is only a few steps away from our LDR's and C-Section suites and is fully equipped to manage sick newborns.



Many of our Nursery nurses have worked in Intensive Care Nurseries during their careers and we value that experience highly. Humana's well-trained staff and state of the art equipment help to insure that your baby's birth is a safe one.

Humana Hospital - Brazos Valley

What's more important than your health?SM

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