

Maternity and Newborn Services Guide

Important Phone Numbers

The resources you need to plan for your special delivery are listed below.

Summa Akron City Hospital

Billing Information	(330) 375-2976
Birthing Center Tour	(800) 237-8662
Childbirth Education Registration	(800) 237-8662
Flowers (Plant Place)	(330) 375-3806
Gift Shop	(330) 375-3239
Lactation Center Information	(330) 375-4271
Massage Therapy	(800) 237-8662
Maternity Information	(330) 375-3493
Parking/Valet	(330) 375-3295
Partner Program	(330) 996-8872
Patient Information	(330) 375-3131
Physician Referral	(330) 379-5111
Registration	(330) 375-3606
Summa Connections	(800) 237-8662
Women's Resource Center	(330) 375-3493

Summa Barberton Hospital

Admitting	(330) 615-3236
Billing Information	(330) 615-3000
Central Scheduling	(330) 615-3200
Childbirth Education Registration	(330) 615-3550
Gift Shop	(330) 615-3000
Lactation/Breastfeeding Information	(330) 615-3550
Obstetrics and Gynecology Department	(330) 615-3550
Obstetrics and Gynecology Director	(330) 615-3550
Patient Information	(330) 615-3000
Physician Referral	(330) 379-5111
Psychological Assessment and Referrals	(330) 379-9841
Registration	(330) 615-3240

On average, more than 4,400 babies are born in Summa hospitals each year.

Other Important Telephone Numbers:

Birth Certificates/Akron Health
Department Office of Vital Statistics (330) 375-2976

Birth Certificates
Barberton Health Department (330) 861-7157

Social Security Administration (800) 772-1213

Summit County Child Support Office (330) 643-2765

Wayne County Child Support Office (330) 287-5600

There are many local organizations available to inspect your infant's car seat installation. If you have questions, call the toll-free Auto Safety Hotline (800) 424-9363 or one of the following community resources:

AAA Akron (330) 762-0631

Akron Fire Department (330) 375-2197

Akron Health Department (330) 375-2109

Fairlawn Police Department (330) 666-8871

Hudson Car Seat Hotline (330) 342-7588

Macedonia Police Department (330) 468-1234

New Franklin Fire Department (330) 882-3281

Stow Fire Department (330) 689-3290

Summit County Sheriff's Department (330) 643-2181

Twinsburg Police Department (330) 425-1234



Welcome!

Thank you for choosing Summa Health System as your healthcare provider for your labor and delivery. It may comfort you to know we offer the most comprehensive maternal/newborn services in the greater Akron area. Whether you are a first-time mom or adding another member to your family, you'll find Summa to be the premier source of information and healthcare services regarding preconception planning, childbirth education, labor and delivery options and high-quality mother-baby care.

As an expectant mom, you have choices on how you want to labor and deliver. If you are at low risk, you have the option to deliver in a home-like birth environment. If you are high risk, take

comfort knowing you are laboring and delivering in a facility that provides the highest level of medical expertise and care, supported by the most advanced technology for ensuring your well-being and that of your baby.

From natural childbirth to an epidural for pain management, C-sections to hydrotherapy, the professionals at Summa Health System work with you to make your labor and delivery safe and comfortable as your baby is born.

The following services are offered to ease your labor and increase your level of comfort during your hospital stay:

- **Hydrotherapy**

This type of therapy is available to help reduce labor pains, relax pelvic floor muscles and promote the progression of labor. The warm water gives you greater comfort and



Summa Health System received the risk management award from American Excess Insurance Exchange for perinatal care best practices. As an award winner, the women's health services team was selected to educate 3,000 other healthcare leaders across the country about their best practices.

mobility while your baby's heart rate and contractions are monitored. (Service available at Summa Akron City Hospital.)

- **Birthing Ball**

Rolling, rocking, sitting and lying on large inflatable balls, known as birthing balls, can help relieve pain and pressure throughout pregnancy and during labor. The benefits include relief of back pain and back labor, freedom to shift weight for greater comfort and assistance with the descent of the baby through the birth canal. Birthing balls are introduced during childbirth education classes and are available for use during labor.

- **Intermittent Auscultation**

With intermittent auscultation, you can walk and move about freely while in labor instead of being connected to

a fetal monitor. Our nurses use a doppler to check your baby's heart rate at regular intervals and monitor the progress of your soon-to-be-born child.

- **Kangaroo Care**

You are encouraged to cuddle skin-to-skin with your newborn. This is a very effective way to strengthen the bond between you and your baby. It is also known as "kangaroo care" and the staff at each maternity unit within Summa Health System will show you specific techniques to successfully connect with your newborn. Kangaroo care has shown to help regulate a baby's breathing, heart rate, temperature and blood sugar. It also enhances a baby's immune system, makes breastfeeding easier and reduces risk of complications.



- **Lactation (Breastfeeding) Services**

Closely related to kangaroo care is breastfeeding. In addition to being the most natural way to feed your baby, this technique is proven to enhance the bonding experience and provide the best nutrition to a newborn. According to the American Academy of Pediatrics, breast milk remains the best nutrition for infants.

Summa Health System's nursing staff is specially trained to provide you breastfeeding support during your hospital stay and lactation consultants are available to assist if you have problems when you're home. Please see specific contact information under the respective hospitals which provide maternity services (listed on inside front cover).

Where to Get More Information

Visit our free lending library. Summa Health System's Joan H. Michelson Women's Resource Center is located on the campus of Summa Akron City Hospital. Help yourself to the library of books and tapes as well as information and schedules regarding

- Community programming
- Childbirth education classes
- Support groups

Please call (330) 375-3493 for details or view the library catalogue at summahealth.org. Click on the Patient/Visitors Information menu.

Doula Referral Service

You may also be interested in a Doula Referral Service. A doula is a woman specially trained to provide mothers-to-be with emotional and physical support during and after delivery.



Use of a doula has been shown to:

- Reduce labor pain
- Reduce labor times
- Increase understanding of the labor process
- Maximize comfort

For more information about doulas practicing in your community, contact Summa's Women's Resource Center at (330) 375-3493.

Preparing for Your Hospital Visit

Please pack 2 bags: one for use **during labor and delivery** - the other for use **after** your baby is born.

In your "Labor and Delivery Bag", include the following items:

- Your health insurance card
- 2 bed pillows
- A robe, slippers and socks
- Relaxation music – on CD, MP3 Player, etc.
- Lip balm

- Snacks for your support person
- Tennis balls in a sock
- Camera
- Books, magazines or other items that help you pass time
- Focal point picture or object

Your "After Baby is Born" Bag should include:

- 2-3 nightgowns
- Going home clothes for you and the baby
- Toiletries for you and your coach
- Nursing bras
- Baby book

Please leave valuable items (jewelry, more than \$10.00 in cash, credit cards) at home. Summa Health System and

its staff are not responsible for safeguarding your personal belongings.

PLEASE REMEMBER, YOU MUST HAVE AN INFANT CAR SEAT IN ORDER TO TAKE YOUR BABY HOME FROM THE HOSPITAL.

What You Should Know About Circumcision

This is a procedure in which the skin covering the end of the penis is removed. Currently, the American Academy of Pediatrics holds the position that existing evidence is insufficient to recommend routine circumcisions; therefore, parents need to make informed decisions about this procedure after discussing the risks and benefits with their doctors. Usually, circumcisions are considered very safe procedures, with a complication rate of less than one percent.

What You Should Know About Establishing Paternity for Your Baby

Establishing paternity means the father named on your child's birth certificate is the legal father of the child. It is important to have 2 legal parents because:

- Without 2 legal parents, a child may not qualify for Social Security, healthcare or child support benefits.
- Only a legal father can list his child as a receiver of his healthcare insurance and/or Social Security or veteran's benefits.
- Paternity provides the child added financial protection if the parents do not stay together, since both legal parents must provide financial support for the child.



To determine whether or not a father is a “legal” father of your child, use the following guidelines:

Married Parents:

A husband is the legal father of a child if:

- The parents were married when the child was born.
- The parents were married when the child was conceived.
- The parents were married any time during the 300 days before the child was born.

Even if you finalized a divorce during the 300 days before your baby was born, the ex-husband is still considered the legal father and **MUST** be named on the baby’s birth certificate unless you have a divorce decree specifically stating the ex-husband is not the biological father of the child.

If you are married to someone other than the child’s biological father at the time the baby is born, the law states the name of the husband **MUST** appear on the birth certificate. The birth certificate will be considered incomplete and will not be processed if the husband or ex-husband (who meets the paternity criteria) is not named or his Social Security number is not provided.

If you have questions, contact the Summit County Support Office (330) 643-2765.



*We practice
“mother-baby
nursing”, meaning
one nurse per shift takes
care of the same mother
and baby throughout
their stay.*

Unmarried Parents:

If parents are not married when the child is born, the child does not have a legal father unless paternity is acknowledged. If you are a single parent and want to acknowledge the child's father on the birth certificate, a paternity acknowledgement form (called an affidavit) must be completed and signed by both parents.

Fathers can acknowledge paternity by completing a form at the hospital, the local registrar's office or Child Support Enforcement Agency (CSEA). Paternity forms and birth certificates must be signed in the presence of a notary public or lawyer. Both parents must present a photo ID prior to signing documents. The father's name will not be added to a birth certificate without a completed and notarized paternity acknowledgement form.





A father who is not married to the mother at the time the child is born can become a legal parent if he acknowledges paternity. Acknowledging paternity is voluntary. If a man is unsure about paternity, he should request genetic testing before he signs a paternity affidavit. Genetic testing can be administered through the local child support agency. Contact the following agencies for more information:

Akron

Akron Health Department

Office of Vital Statistics
368 South Main Street
Akron, OH 44311
(330) 375-2976

Barberton

Barberton Health Department

571 W. Tuscarawas
Avenue #200
Barberton, OH 44203
(330) 861-7157

Summit County Health Department

1100 Graham Road Circle
Stow, OH 44224
(330) 923-4891

Choosing Your Baby's Doctor:

Please choose a doctor to care for your baby before your delivery date. Remember to review your health plan's directory of providers to make sure you select a doctor who is covered under your health plan. If you are unsure which doctors are covered under your plan, call the number listed on your insurance card(s).

The name of your baby's doctor will be confirmed when you are admitted to the hospital. The doctor will be notified of the baby's birth after you deliver so he or she can begin your baby's care right away. Your baby's doctor will visit your newborn before you both leave the hospital. Be sure to schedule all necessary follow-up appointments as well.



The Summa Partner Program*

This program allows eligible patients with out-of-network benefits to receive their healthcare services at Summa Akron City Hospital even if Summa Health System is not their in-network provider. Under the terms of the program, all out-of-network penalties for hospital services are waived. You will be responsible only for your in-network deductibles, co-payments, co-insurance and patient convenience items.

If you would like additional information about the Summa Partner Program talk to your physician or call (330) 996-8872.

**Summa Health System cannot guarantee the participation of all physicians in this program. Be sure to discuss your physician's fees with your doctor prior to having any services performed.*

Baby's First Photo

With your permission, photos of your newborn will be taken before you leave the hospital and you may purchase individual photos or packages. Your newborn's photo can be posted online, free of charge, so family and friends can see the newest member of the family. (Online service available at Summa Akron City Hospital.)

Complimentary Hospital Birth Record

You will receive a certificate bearing your baby's footprints. Please note this is NOT an official birth certificate. It is a complimentary hospital birth record, a gift for you and your baby from Summa Health System.

Patients gave Summa high ratings for help and support with pain relief during labor, the information needed to assist with breathing and pushing during contractions, the staff's concern with the mother and baby's condition and the progression of labor and the support they offer the birthing partner.



Summa Akron City Hospital

Where can I get information before I have my baby?

Classes:

To prepare for the birth of your child, Summa Akron City Hospital offers the following classes:

- Childbirth preparation for first time couples
- Childbirth refresher course for mothers and/or couples who already have children
- Classes for the new baby's sisters and brothers
- Lactation (breastfeeding) classes
- Infant and child safety class which includes CPR

For class times or locations, please see the online event calendar on Summa's Web site: summahealth.org or call Summa Connections (800) 237-8662.

What can you tell me about the maternity services at Summa Akron City Hospital?

We offer you one of 14 private birthing suites which include showers and sleep sofas for husbands/partners. You will be in a private suite unless we have a high number of patients which creates a need for semi-private rooms. Each room also is equipped to provide intensive care should the situation present itself. Additional services include:

- The availability of two labor tubs
- Birthing balls
- Tennis balls
- Shower massagers
- Heated rice packs to help relieve pain
- CD players
- Wi-fi internet access



After the birth, your baby can stay in the suite with you or stay in the central nursery while you get some rest. The staff will teach you “kangaroo care”, a technique designed to help you bond with your baby. It’s skin-to-skin contact that leaves a lasting impression and strengthens the connection between you and your newborn.

How long should I plan to stay in the hospital?

The average length of stay in the maternity suite is 2 days (not including labor) for vaginal births and 3-4 days for a Cesarean section.

What services do you offer women who have high risk pregnancies?

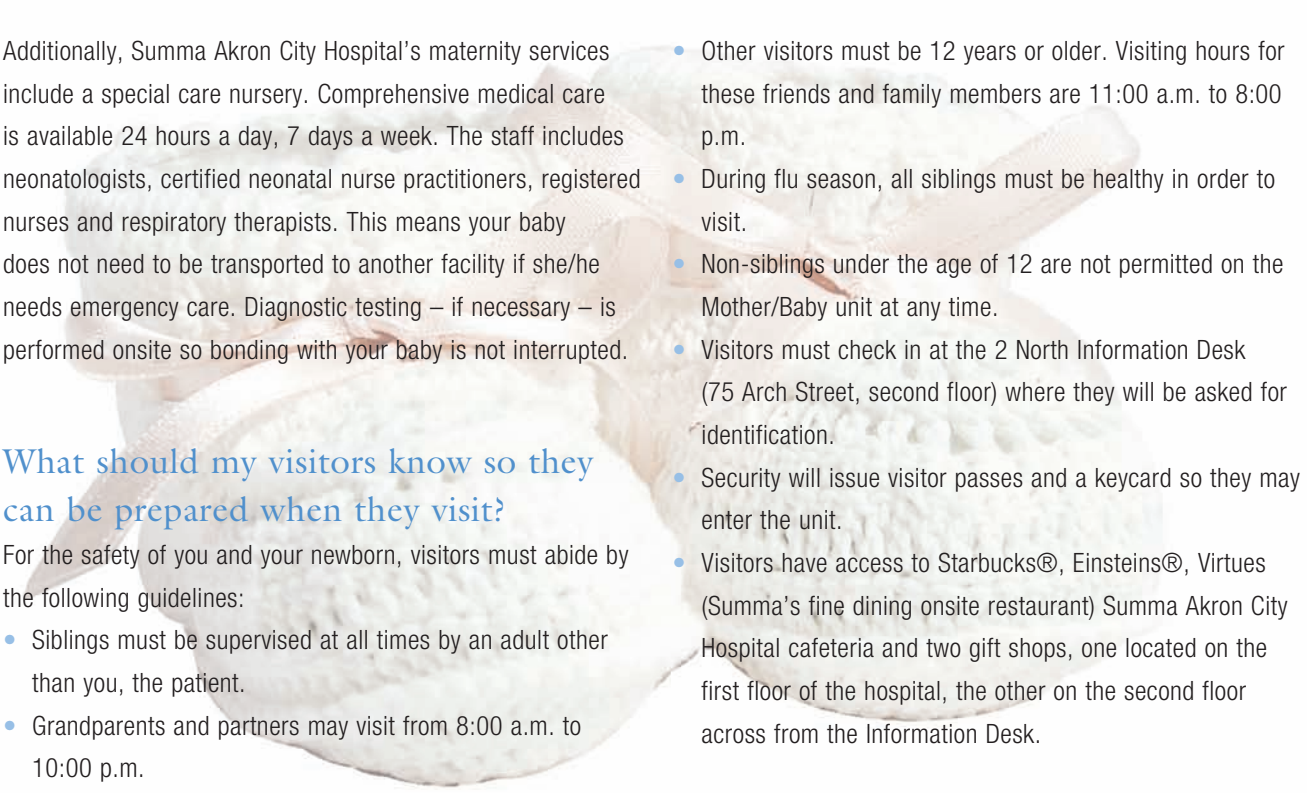
Women at high risk may experience one or more of the following during their pregnancy:

- Pre-term labor

- Premature rupture of membranes
- Multiple gestation
- History of pregnancy loss or stillbirths
- Vaginal bleeding
- High blood pressure
- Diabetes
- Cardiac disease
- Sickle cell anemia

Summa Akron City Hospital is one of the few hospitals in the region to offer a Level III Perinatal Center which addresses these medical conditions. This means Summa Akron City Hospital is licensed by the State of Ohio to deliver the highest level of complex medical care for mothers and newborns and has specially trained staff including doctors, nurses, clinical nurse specialists, dietitians, genetic counselors and social workers to address medical emergencies.





Additionally, Summa Akron City Hospital's maternity services include a special care nursery. Comprehensive medical care is available 24 hours a day, 7 days a week. The staff includes neonatologists, certified neonatal nurse practitioners, registered nurses and respiratory therapists. This means your baby does not need to be transported to another facility if she/he needs emergency care. Diagnostic testing – if necessary – is performed onsite so bonding with your baby is not interrupted.

What should my visitors know so they can be prepared when they visit?

For the safety of you and your newborn, visitors must abide by the following guidelines:

- Siblings must be supervised at all times by an adult other than you, the patient.
- Grandparents and partners may visit from 8:00 a.m. to 10:00 p.m.
- Other visitors must be 12 years or older. Visiting hours for these friends and family members are 11:00 a.m. to 8:00 p.m.
- During flu season, all siblings must be healthy in order to visit.
- Non-siblings under the age of 12 are not permitted on the Mother/Baby unit at any time.
- Visitors must check in at the 2 North Information Desk (75 Arch Street, second floor) where they will be asked for identification.
- Security will issue visitor passes and a keycard so they may enter the unit.
- Visitors have access to Starbucks®, Einsteins®, Virtues (Summa's fine dining onsite restaurant) Summa Akron City Hospital cafeteria and two gift shops, one located on the first floor of the hospital, the other on the second floor across from the Information Desk.

- Directions to Summa Akron City Hospital can be accessed online at summahealth.org by clicking on the “locations” menu.
- Summa Akron City Hospital’s address and main telephone number are 525 E. Market Street Akron, OH 44309 (330) 375-3000.

Do you offer Support Groups?

Yes. You can contact either group listed below, whenever you feel it is appropriate:

- Breastfeeding Support Group (330) 375-3493
- Postpartum Depression Support Group (800) 237-8662

More than 15% of women suffer from postpartum depression after giving birth. It’s important to recognize the symptoms and take appropriate action. Consider joining a support group. See a listing of places to call under each hospital’s description of services.

Who can I contact if I need information or help with breastfeeding?

You can contact a professional known as a lactation specialist. Summa Akron City Hospital offers this service on an outpatient basis. Please call (330) 375-4271 to schedule an appointment. Note - this is a fee-based service.

How can I get a copy of my baby’s birth certificate?

To obtain your baby’s official State of Ohio birth certificate, contact:

Akron Health Department Office of Vital Statistics

368 South Main Street

Akron, OH 44311

(330) 375-2976

Summa Barberton Hospital

Where can I get information before I have my baby?

Classes:

Summa Barberton Hospital offers the following free classes so you are well prepared before the birth of your baby:

- Free childbirth preparation classes include infant CPR and baby care.
- Childbirth refresher course for couples who already have children
- Classes for the new baby's sisters and brothers
- Lactation (breastfeeding) classes



Call (330) 615-3550 to register for a convenient class time for your schedule. For information on the topics covered in the series, visit our web site at summahealth.org/Barberton and click on Classes and Groups.

What should I know about the maternity services at Summa Barberton Hospital?

Summa Barberton Hospital's Great Expectations Maternity Unit includes ten private rooms where mothers can labor, deliver and recover. These are family-centered suites that allow you and your newborn to stay together. Additional services include:

- Birthing balls
- TV and radio
- DVD/VCR player
- Wi-fi internet access

Great Expectations is equipped to manage emergencies should they present themselves. Surgical suites and post-surgical rooms are located within the unit and are available 24 hours a day, 7 days a week. Neonatologists are on call 24/7, if needed.

After the birth, your baby can stay in the suite with you or stay in the central nursery while you get some rest. The staff will teach you “kangaroo care”, a technique designed to help you bond with your baby. It’s skin-to-skin contact that leaves a lasting impression and strengthens the connection between you and your newborn.

How long should I plan to stay in the hospital?

The average length of stay in the maternity suite is 2 days (not including labor) for vaginal births and 3-4 days for a Cesarean section.

What should my visitors know so they can be prepared when they come to visit me and my baby?

For the safety of your newborn and you, visitors must abide by the following guidelines:

- Husbands/partners may visit any time.
- Siblings must be supervised at all times by an adult other than the patient.
- Visiting hours: 10:00 a.m. to 8 p.m. for siblings and all other visitors. Due to safety concerns, siblings may not spend the night.





- Parking at Summa Barberton Hospital is available for a nominal fee in the parking deck on the campus. Valet parking is located at the main entrance of the hospital and is available Monday through Friday from 6:00 a.m. to 6:00 p.m.
- Directions to the hospital can be accessed online at summahealth.org by clicking on the “locations” menu.

Summa Barberton Hospital

155 Fifth Street NE
Barberton, OH 44203
(330) 615-3000

Who can I contact if I need information or help with breastfeeding?

Summa Barberton Hospital offers a professional known as a lactation specialist to answer questions or address concerns you may have regarding breastfeeding. This consultant is available Monday through Friday 7:00 a.m. to 3:00 p.m. Call (330) 615-3550 to schedule an appointment.

How can I get a copy of my baby’s birth certificate?

To obtain your baby’s official State of Ohio birth certificate contact:

Barberton Health District

571 W. Tuscarawas Ave.
Barberton, OH 44203
(330) 861-7157



Summa Health System is one of the largest integrated delivery systems in Ohio. Encompassing a network of hospitals, community health centers, a health plan, a physician-hospital organization, a multi-specialty physician organization, research and multiple foundations, Summa is nationally renowned for excellence in patient care and for exceptional approaches to healthcare delivery. For more information, visit summahealth.org.



summahealth.org
summahealth.org/barberton