Welcome!

Thank you for choosing Summa Health as your healthcare provider for your labor and delivery. We believe every birth is special. Our goal is to provide the comfort, convenience and peace of mind you expect from one of the region’s safest places to give birth. 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 us 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. Patients gave us 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.

From natural childbirth to an epidural for pain management, C-sections to hydrotherapy, we work with you to make your labor and delivery safe and comfortable as your baby is born. We feel privileged to be a part of one of the most exciting events in your life— the arrival of your child.

Still need a provider? Summa Health offers a plethora of obstetricians/gynecologists and family medicine physicians to choose from. Visit summahealth.org/physicians and search by the specialty you need.

On average, 4,000 babies are born in Summa hospitals each year.
Preparing for Your Hospital Visit

Awards

Proud to be “Baby-Friendly®”

In 2015, Summa Health System—Akron Campus earned the prestigious Baby-Friendly® designation. As the first hospital in the Akron-Canton area and one of just nine throughout the state of Ohio that holds Baby-Friendly® status, we deliver on our pledge to support a healthy beginning for mothers and babies by providing the best possible breastfeeding support for new moms and their infants.

In addition, thanks to the commitment of our nurses, we have achieved Magnet® status at Summa Health System—Akron Campus. Magnet® status is considered the “gold standard” of care, and only seven percent of hospitals nationwide achieve this credentialing.

Summa Health 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 5,000 other healthcare leaders across the country about their best practices.

Finally, we received a monetary award from American Excess Insurance Exchange (AEX) for the Centering Pregnancy for the Opiate Addicted Pregnant Woman initiative taking place within the hospital system. The Centering® Group Care (CCG) Program at Summa Health offers an appointment option for women, with dedicated classes for pregnant women battling addiction. This high-risk group visit model assists opiate-addicted pregnant women to ensure a healthy baby and reduce the admissions and length of stay in the Neonatal Intensive Care Unit (NICU).

Preparing for Your Hospital Visit

Pack Your Bags

Please pack two bags: one for use during labor and delivery – the other for use after your baby is born.

Your “Labor and Delivery Bag” should include:
• Your health insurance card
• Your birth preferences form (visit summahealth.org/birthpreferences to complete one)
• Two bed pillows
• A robe, slippers and socks
• Relaxation music
• 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

Finally, please leave valuable items (jewelry, more than $10.00 in cash, credit cards) at home. Summa Health and its staff are not responsible for safeguarding your personal belongings.

Your “After Baby is Born Bag” should include:
• Two to three nightgowns
• Going home clothes for you, including comfortable underwear, and for the baby
• Toiletries for you and your support person
• Nursing bras
• Baby book

Please leave valuable items (jewelry, more than $10.00 in cash, credit cards) at home.

Women’s Institute
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.

For a current list of our network of family doctors, visit summahealth.org, click on “Find a Doctor” and search by specialty “Family Medicine.”

Services Offered

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

Hydrotherapy
With hydrotherapy, 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 and contractions are monitored.

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.

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 time
- Increase understanding of the labor process
- Maximize comfort

For more information about doulas practicing in your community, contact 800.237.8662.

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.

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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 time
- Increase understanding of the labor process
- Maximize comfort

For more information about doulas practicing in your community, contact 800.237.8662.
Skin-to-Skin
You are encouraged to cuddle skin-to-skin with your newborn especially during the first hour after birth. 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 will show you specific techniques to successfully connect with your newborn. Skin-to-skin care has been 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 infections.

Rooming In
For healthy moms and babies, we support Baby-Friendly® hospital practices which recommend families have the baby “room in” at least 23 hours each day instead of spending long hours in a nursery setting. This means that except for medical procedures, your baby can stay with you around the clock. Nurses can provide babies baths, vital signs, assessments and other nursing procedures in your room. This is a great way for parents to participate in baby’s care. Another advantage to rooming in is that you will learn about your baby and especially the signs of hunger and how to breastfeed while we’re here to help, support and offer information.

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

Safe Sleep
We are committed to the prevention of Sudden Infant Death Syndrome (SIDS) by implementing safe sleep practices for our newborns. Babies sleep alone, in their bassinets without excess bedding.

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.

Lactation (Breastfeeding) Services
According to the American Academy of Pediatrics, breast milk remains the best nutrition for infants. Babies fed breast milk have less ear infections, allergies and reduced risk of lifetime obesity and diabetes. Breast milk has the perfect combination of nutrients for a human baby. All Summa’s obstetric nursing staff is specially trained to provide you breastfeeding support during your hospital stay. We also offer lactation consultants, breastfeeding classes and support groups for new moms to provide additional support if any concerns arise. Please see specific contact information on the Important Phone Numbers page.

Babies fed breast milk have fewer ear infections, allergies and reduced risk of lifetime obesity and diabetes.
Baby’s First Photo
With your permission, photos of your newborn will be taken by a professional photographer 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 our Akron Campus.)

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.

Postpartum Depression Support Services
More than 15% of women suffer from postpartum depression after giving birth. It’s important to recognize the symptoms and take appropriate action. Summa offers this service to help mothers find their way through their feelings, fears and concerns via counseling from a behavioral health specialist. If you have questions about our postpartum support services or need help finding other behavioral health services in your area, please feel free to contact us at 800.237.8662.

For immediate assistance, you can contact the National Postpartum Depression hotline, 24 hours a day/7 days a week: 800.PPD.MOMS (800.773.6667).

Where to Get More Information
Visit summahealth.org/mybaby for information and schedules regarding:
• Community programming
• Childbirth education classes
• Support groups

15% of women suffer from postpartum depression after giving birth. It’s important to recognize the symptoms and take appropriate action.
Summa Health System – Akron Campus

Classes
To prepare for the birth of your child, Summa Health offers the following classes:
• Childbirth preparation for first time couples
• New grandparents class
• Baby care class
• Daddy boot camp class
• Lactation (breastfeeding) classes
• Infant safety class which includes CPR

Most classes are offered at our Corporate Office, 1077 Gorge Blvd, Akron. For class times or locations, please visit summahealth.org/classes or call 800.237.8662.

We offer you one of 17 private birthing suites which include showers and sleep sofas for fathers/partners. Each room also is equipped to provide intensive care should it be necessary.

Additional services include:
• Birthing balls
• Hydrotherapy
• Midwifery
• TV/DVD player
• Wi-Fi internet access

After the birth, you and your baby can enjoy your stay in one of our 36 private post-partum rooms featuring ceramic-tiled in-suite showers, a convertible sofa/bed for your support person and a soothing, spa-like decor.

How long should I plan to stay in the hospital?
The average length of stay in the maternity suite is two days (not including labor) for vaginal births and three days for a Cesarean section.

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:

Visiting Hours
• 5 a.m. to 10 p.m. No age restriction for visitors.

Quiet Time
• From 2 p.m. to 4 p.m. everyday, quiet time is an opportunity to bond with baby and rest for upcoming night feedings.
• Visitors are encouraged to honor this special time by visiting before or after quiet time.

Siblings
• Siblings must be supervised at all times by an adult other than you, the patient.
• During flu season, all siblings must be healthy in order to visit. Additional visitation restrictions may be implemented if required by the Akron Health Department during high influenza outbreaks.

Visitor Sign In
• Visitors must check in at the H information desk (H Tower, 2nd floor) where they will be asked for identification.
• Security will issue visitor passes and a keycard so they may enter the unit. If the guard is making rounds on the unit and not present at the desk, there will be a sign instructing your visitors to await his or her return.

Parking
We recommend parking in the Adolph deck at 25 N. Adolph Street. Park on the 1st floor in the designated areas closest to the bridge. Take the bridge across to the elevator and up to the 2nd floor. After hours (10 p.m. to 5 a.m.), the bridge doors will be locked, however there is a phone to the right of the doors that you can use to call security. Security will then buzz you in and direct you to the unit. There is a fee for parking, which is waived on the day of patient discharge. You can also purchase a 3 or 7-day pass for a lower rate. Valet parking will be available from 5:30 a.m. to 10 p.m. each day.

Dining Options
Visitors have access to Freshëns®, Starbucks®, Subway®, Virtues (Summa Health’s fine dining onsite restaurant), the hospital cafeteria and the gift shop, on the first floor of the hospital. A small kitchenette is located on the unit containing clear liquids for patients during labor as well as coffee and tea for visitors.

Directions to the hospital can be accessed online at summahealth.org by clicking on the Locations menu.
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 Health System – Akron Campus is one of the few hospitals in the region to offer a Level III Perinatal Center which addresses these medical conditions. This means we are licensed by the State of Ohio to deliver the highest level of complex medical care for mothers and newborns and have specially trained staff including doctors, nurses, clinical nurse specialists, dietitians, genetic counselors and social workers to address medical emergencies.

For women with high-risk clinical conditions, we have ICU units and adult medical specialists available for consult to support our obstetric providers. Also located within the hospital is our special care nursery, Akron Children’s Hospital Intensive Care Unit. Comprehensive medical care is available 24 hours a day, seven days a week. The staff includes neonatologists, certified neonatal nurse practitioners, registered nurses and respiratory therapists.

Akron Campus is one of the few hospitals to offer a Level III Perinatal Center which addresses high-risk pregnancy medical conditions.

Summa Health offers the largest midwifery team in the region. This team is available any time, day or night for your delivery.

24/7 Midwifery

Bringing your baby into the world, while a momentous occasion, is not easily planned. Many women choose to have a certified nurse midwife deliver their baby, and Summa Health offers the largest midwifery team in the region. This team is available any time, day or night for your delivery.

The Summa Partner Program*

This program allows eligible patients with out-of-network benefits to receive their healthcare services at the Akron Campus even if Summa Health 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 234.312.5797.

*Summa Health 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.

Summa Health offers the largest midwifery team in the region. This team is available any time, day or night for your delivery.
Centering Pregnancy Program

Since many expectant women have barriers to prenatal education and support, the Centering® Group Care (CGC) Program offers an appointment option. Care, education and support are provided in a group setting facilitated by a care provider. Groups of 8 to 12 women whose babies are due during the same month come together for care, learning and community building through a total of 10 sessions. Group members learn goal setting, proper exercises and nutrition, relaxation and breastfeeding tips and more. Dedicated Centering® classes are available to pregnant women battling addiction. There is no additional cost for CGC.

Breastfeeding Mothers Group

In this group, Summa Health’s childbirth educators and certified lactation consultants discuss your questions and concerns about breastfeeding your baby. In addition, the support group gives you the opportunity to interact with other breastfeeding mothers to share your concerns, ideas and successes, as well as the opportunity to weigh your baby to further evaluate his/her progress.

Breastfeeding Mothers Group
Summa Health System – Akron Campus
Mondays, 12:30 - 1:30 p.m.
Summa Health East Pavilion
75 Arch St, Suite B-3 (basement)

Women’s Institute
Summa Health System – Akron Campus
Summa Health System – Barberton Campus

Where can I get information before I have my baby?

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

- Childbirth preparation for first time couples
- New parents class
- Baby care class
- Daddy boot camp class
- Lactation (breastfeeding) classes
- Infant safety class which includes CPR

Most classes are offered at our Corporate Office, 1077 Gorge Blvd, Akron. For class times or locations, please visit summahealth.org/classes or call 800.237.8662.

What should I know about the maternity services at Summa’s Barberton Campus?

Our Barberton hospital’s 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 and include ceramic-tiled in-suite showers and a convertible sofa/bed for fathers/partners. Additional services include:

- Birthing balls
- Hydrotherapy
- Midwifery
- Radio/CD and TV/DVD player
- Wi-Fi internet access

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

After the birth, your baby is able to stay in your private suite 24 hours a day. The staff will teach you skin-to-skin, a technique designed to help you bond with your baby 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 two days (not including labor) for vaginal births and three days for a Cesarean section.

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: Siblings must be supervised at all times by an adult other than the patient.
- During flu season, all siblings must be healthy in order to visit. Additional visitation restrictions may be implemented if required by the Akron Health Department during high influenza outbreaks.

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Visiting Hours
- 5 a.m. to 10 p.m.
- No age restriction for visitors.

Siblings
- Siblings must be supervised at all times by an adult other than the patient.
- During flu season, all siblings must be healthy in order to visit. Additional visitation restrictions may be implemented if required by the Akron Health Department during high influenza outbreaks.

Breastfeeding Mothers Group
Summa Health System – Barberton Campus
Thursdays, 1 – 3 p.m.
201 Fifth St, NE, Suite 13 (located next to the medical building)
Free parking available in parking deck next to the medical building across the street from the hospital.

Parking
Parking 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 a.m. to 6 p.m.

Directions to the hospital can be accessed online at summahealth.org by clicking on the Locations menu.

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Our Barberton hospital’s 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 and include ceramic-tiled in-suite showers and a convertible sofa/bed for fathers/partners. Additional services include:

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- Midwifery
- Radio/CD and TV/DVD player
- Wi-Fi internet access

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

After the birth, your baby is able to stay in your private suite 24 hours a day. The staff will teach you skin-to-skin, a technique designed to help you bond with your baby that leaves a lasting impression and strengthens the connection between you and your newborn.

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Summa Health System – Barberton Campus
Thursdays, 1 – 3 p.m.
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Free parking available in parking deck next to the medical building across the street from the hospital.

Parking
Parking 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 a.m. to 6 p.m.

Directions to the hospital can be accessed online at summahealth.org by clicking on the Locations menu.
Important Phone Numbers
The resources you need to plan for your special delivery are listed below.

Summa Health System – Akron Campus

Billing Information ........................................ 330.375.2746
Birthing Center Tour .................................. 800.237.8662
Childbirth Education Registration ............... 800.237.8662
Gift and Plant Place ................................... 330.375.3239
Lactation Center Information ..................... 330.375.4271
Maternity Information ............................... 330.375.3491
Parking/Valet ........................................... 330.375.3295
Partner Program ....................................... 234.312.5797
Patient Information .................................... 330.375.3131
Physician Referral ..................................... 330.379.5111
Registration .............................................. 330.375.3606

Admitting ...................................................... 330.615.3236
Billing Information ...................................... 330.615.3000
Central Scheduling ..................................... 234.312.5615
Childbirth Education Registration ............. 800.237.8662
Gift Shop ................................................... 330.615.4057
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 .............................................. 234.312.5616

Other Important Telephone Numbers
Summit County Public Health, Office of Vital Statistics ....................... 330.812.3845
Social Security Administration ..................... 800.772.1213
Summit County Child Support Office .......... 330.643.2765
Wayne County Child Support Office ............. 330.287.5600
National Postpartum Depression Hotline ..... 800.PPD.MOMS
Social Security Administration ..................... 800.772.1213
Wayne County Child Support Office ............. 330.287.5600
National Postpartum Depression Hotline ..... 800.PPD.MOMS
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 at 330.643.2765.

**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 acknowledgment 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 acknowledgment 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/Barberton**
Summit County Public Health Office of Vital Statistics
1867 W. Market St
Akron, OH 44313
330.812.3845

**Summit County Health Department**
1100 Graham Road Circle
Stow, OH 44224
330.923.4891

**Women’s Institute**

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**Other Important Information**

**How can I get a copy of my baby’s birth certificate?**
To obtain your baby’s official State of Ohio birth certificate, contact:

Summit County Public Health Office of Vital Statistics
1867 W Market St
Akron, OH 44313
330.812.3845

**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 two legal parents because:
• Without two 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.

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**To do**

**Women's Institute**

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**Important Information**
Summa Health is one of the largest integrated healthcare 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 the Summa Health Foundation, Summa is nationally renowned for excellence in patient care and for exceptional approaches to healthcare delivery.

Visit summahealth.org/mybaby for complete information.