

Information for Expectant Parents





EVERY BIRTH IS UNIQUE!

Dear Expectant Parents,

Every family experiences the birth of a child in an entirely unique way. During a pregnancy, you can inform yourself, develop your own ideas and make plans. Whatever the considerations, every birth remains a very unique experience that can never be planned in every detail. In the Mother-and- Baby Centre of the Sana Klinik Eutin, you will be cared for by an experienced team of midwives, gynaecologists, obstetricians and anaesthetists as well as nurses.

Because the Centre focuses on perinatal care, we offer you and your child comprehensive, multidisciplinary care for childbirth starting at the 32/0 week of pregnancy. For twin pregnancies, care begins at the 33/0 week of pregnancy.

In the event of an emergency, the team at the Mother-and- Baby Centre is available to support you **24 hours a day, seven days a week.**

For us, the family takes centre stage when under our care. Our Mother-and- Baby Centre lifts the traditional boundaries that exist between gynaecological and paediatric clinics. For example, even when requiring special care, a newborn remains with his mother whenever possible.

We look forward to meeting you!

Your Team at the Mother-and-Baby Centre Ostholstein.



SUPPORT DURING YOUR PREGNANCY

In the early stage of your pregnancy, your own gynaecologist will care for you. You can discuss in detail with your doctor about whether your pregnancy involves risk factors that necessitate a delivery in a clinic that specialises in perinatal care, such as the Sana Klinik Eutin.

If yours is a high-risk pregnancy, you are in good hands at the Mother-and- Baby Centre. If you have special medical considerations that are relevant to childbirth, such as a previous Caesarean delivery or gestational diabetes, we offer daily consultation hours for planning your birth. In our Mother-and- Baby Centre, mothers can choose to have medical screening for preventative care through prenatal diagnostics (DEGUM II) or prenatal consultation with an experienced newborn doctor (neonatologist). We always develop treatment plans during problem pregnancies in close collaboration with other specialists and with the paediatricians.

Even if you have no risk factors, the security of a paediatric hospital with an intensive care ward for newborns and premature infants offers many parents-to-be overall peace of mind. We introduce ourselves and our hospital during our information sessions that are held every month (dates are listed at this end of this pamphlet). You may bring up individual problems or risks at one of these sessions and arrange for appointments to pursue the issue.

We also recommend that all pregnant women seek a midwife as soon as possible.





MIDWIVES AT THE SANA KLINIK EUTIN

The Sana Klinik Eutin is open for any pregnant woman to deliver her baby – regardless of whether she will be cared for by a midwife associated with the hospital before or after the birth. You may even deliver your baby at any time without notification in advance.

Expectant women and their families have the option to choose one of two different types of midwife support for their delivery at the Sana Klinik Eutin: team competence or a solo practitioner. In order that an expectant mother gets the type of care she wishes, all midwives recommend that women register with the clinic early, in the first trimester of the pregnancy. All midwives working in the hospital offer expectant mothers and young parents support both before and after the birth, as well as classes, acupuncture and other services.

If you are uncertain which form of care is right for you and your family, you can contact different midwives by telephone or meet with them face-to-face. Our monthly evening information sessions (dates are listed at the end of this pamphlet) can also help. There are also other registered midwives in Ostholstein who work in practices outside of the Klinik Eutin who exclusively offer before and after care. The "Eutin Midwife

Team" is happy to help you find such contacts. All contact details and dates are listed at the end of this pamphlet or are available online.

The "Eutin Midwife Team"

The "Eutin Midwife Team" is an affiliation of staff midwives who work in the delivery room at the Eutin hospital, providing on-site care around the clock. They offer consultation hours for expectant mothers, perform CTG ultrasound checks and are the first point of contact for all pregnant women who come to the hospital. The team care is provided only for the duration of the care offered in the hospital: that is, shortly before, during and after the delivery. This balanced approach to care ensures that the birth support is provided as much as possible by a single midwife. You can register with the "Eutin Midwife Team" either through a member of the team or using the hospital call-back service.

Telephone: 04521 787 - 1020

Midwives in solo practices

Our midwives work either in solo or joint practices and offer 1:1 pre- and post-natal care for expectant mothers as well as support during the delivery itself. Our midwives are on-call starting at the 32nd week of pregnancy to provide support for pregnancy issues and in the delivery.



BOARDING

The Sana Klinik Eutin offers all expectant mothers who wish to stay close to the maternity hospital prior to the delivery the option of boarding. This goal of boarding is to ensure the safety of the mother and newborn and helps to reduce risks. There are no costs to the expectant mother – boarding is covered by her health insurance. The hospital liaises directly with the health insurer for this.

Boarding accommodations consist of an apartment in which you alone or together with a partner or up to two children can support yourself. If this apartment is already occupied, the mother-to-be can be accommodated in the hospital itself. Boarding is open to any expectant mother who, because of personal circumstances, is concerned that she will not be able to arrive at the hospital for an upcoming delivery. However, admission directly to the hospital is advised if serious complications arise during a pregnancy. Naturally, every woman hopes to spend the last hours before the birth of her baby in her own comfortable surroundings. For this reason,

we recommend you use the consultation with your midwife, attending gynaecologist or the hospital team to discuss whether and when boarding is an option.

An expectant mother who arrives at the hospital with symptoms can consult with the doctors and midwives to decide if admission to the hospital with close monitoring is useful and necessary, if she wishes to make use of boarding or if she should return home. Answers to frequently asked questions about boarding can be found on the Mother-and-Baby Centre website.

Registering for boarding

Registering for boarding takes place via the antenatal ward or Monday through Friday from 09:00 to 16:00 by telephoning:

Telephone 04521 787-1316 or
by sending an email to
info.oh@sana.de.

HOSPITAL BAG AND BASIC SUPPLIES

Checklists for the delivery, your stay at the hospital and the basic supplies for the baby can be found at the Eutin Mother-and-Baby Centre at: www.sana-oh.de

PREGNANCY RECORD BOOK

You will receive care from a number of different specialists during your pregnancy. You should always be prepared with all the important information and answers. Your pregnancy record book (typically, your attending gynaecologist will provide you with one) is an important tool to help with being prepared.



SIGNS THAT YOUR BABY IS ALMOST READY TO BE BORN

The initial stage of the childbirth generally starts with labour pains (contractions) that increase in strength and duration. This phase can last from several hours to multiple days. Some women experience a rupture of the membranes (her "water breaks") without feeling any real contractions.

It is best if you talk to your attending specialist or midwife in advance about what to do if your membranes rupture or if you have other specific issues. If you believe that you are in labour, contact your midwife or the labour ward. You can then discuss when you should arrive at the hospital. If you are unable to reach your midwife directly, another midwife in the labour ward at the Eutin Hospital will be happy to answer any questions or offer advice (Tel. 04521 787-1020).

In an emergency:

Call an ambulance by telephoning **112** and seek help.

PREPARING FOR YOUR DELIVERY IN THE KLINIK EUTIN

The labour ward at the Sana Klinik Eutin is staffed 24 hours a day, 7 days a week. You should contact your resident attending midwife before you leave your home. If you do not have a specific attending midwife, call 0 45 21 / 7 87 – 10 20 to contact the Eutin Midwife Team and announce your imminent arrival. Then our midwives can have everything ready for you.

If you arrive at the hospital **before 21:00** please enter via the main entrance. From the lobby, the labour ward is on the first floor on the right side of the building. You can use the stairs from the lobby.

If you arrive at the hospital **after 21:00**, access the building via the emergency entrance on the right side of the building.

Our staff will be ready to assist you with registering with the midwife on duty.

You may also go directly to the delivery ward where the nurses will take care of you or bring you to the labour ward. Wheelchairs are available for use both at the main entrance and in the emergency department.

When you arrive, the midwife will perform a preliminary examination and will discuss the next steps with you.

There is a **"Stork Parking" area** in front of the hospital for parents-to-be. This allows you to find the shortest route to the labour ward.



THE DELIVERY

We always offer a family-oriented, individualised assistance for your birth. Our obstetrics centre has four comfortable delivery rooms each equipped with a delivery bed, birthing tub, stools and cables. A separate relaxation tub and starry sky ceiling add to the tools to help you feel at ease. High-tech wireless CTG devices and central monitoring units let us keep a constant eye out for the safety of mother and baby. If Caesarean section becomes necessary during a delivery, the surgical unit of the ward is right next door for rapid access.

We following your every request when it comes to the delivery plan and birth companions are always welcome. You are also welcome to bring along your own relaxation music. We have a wide range of options for reducing the pain of the birth process and we can adapt these as needed to the personal needs of the expectant mother. Our midwives are trained in homeopathy and acupuncture. Epidural anaesthesia (PDA) is also possible 24 hours a day.

Vaginal deliveries of breech presentations and twins are also possible here at the centre.

For surgical deliveries, premature births or other special circumstances, a paediatrician is always at hand to quickly provide medical care for your baby. This ensures that a mother has physical contact with her newborn as fast as possible.





AFTER THE DELIVERY

The bond between a mother and baby develops already during a pregnancy and is further fostered after the delivery if a newborn remains with his mother. After your delivery, we therefore stress physical contact between you and your baby. You will be able to nurse your baby for the first time. The first examination of your baby (U1) takes place right in the delivery room.

If there are no special medical circumstances, you determine the length of your stay in hospital yourself – from a delivery on an outpatient basis to multiple days of care in the maternity ward. Typically, women stay at the hospital together with their baby for two to three days.

During this time, you have the opportunity to take a break after an exhausting birth before the time comes to return home.

Please note the information about registering your baby with the registry office, which you should have received from your midwife or in the maternity ward.

MATERNITY WARD

In the maternity ward, you will be cared for by an experienced team of nurses and paediatric nurses. On request, our physiotherapists offer postnatal exercise training. A separate room for breastfeeding provides comfortable chairs and breastfeeding pillows, as well as anything else a nursing mother might need. Our certified lactation consultants (IBCLC) and midwives are there to help. Accommodating the newborn in the mother's room, known as rooming-in, has been a successful practice at the Sana Klinik Eutin for many years. In the paediatric room, mothers who are still exhausted from the delivery can leave their infants in the care of experienced paediatric nurses. Even "late pre-terms" who are larger premature infants are cared for directly in the maternity ward so that the mother-baby bond can form. In some cases, however, a stay in our neonatal intensive care unit may be necessary.

Our family room allows new parents to spend the first days of their baby's life together and provide mutual support. All rooms are equipped with showers, a WC and television.

BABY PHOTOGRAPHY BABY GALLERY

A baby photographer comes in several times per week – you receive a portrait at no cost and may purchase additional photos if you wish. If you choose, your family can admire your new addition in the Baby Gallery on our website.

PAEDIATRIC CARE

Every day, one of our paediatricians visits the paediatric room in the maternity ward to perform the U2 examination of your newborn after the third day of life and answer any questions you may have.

In addition to screening newborns for congenital metabolic diseases, we carry out pulse oximetry screening to help detect heart defects early and the BERA hearing screening for all newborns; depending on indication, we also perform ultrasound exams of the hips, kidneys, brain or heart.





NEWBORNS – INTENSIVE CARE WARD

The newborn intensive care ward is a treatment unit with four fully equipped artificial respiration machines. A team of specially trained health care providers and paediatric nurses and lactation consultants work together with paediatricians to care for infants who were born too early or who are sick. Our neonatal specialists are also always on call. We work with a focus on care that fosters development.

A special feature of our ward are the rooming-in rooms. These rooms allow a mother to stay in a room together with their newborn who requires intensive care immediately after the birth.

We support the family through close integration into our care team.

After you are discharged from the hospital, you as new parents will be able to apply your newly acquired skills in caring for your newborn with confidence.



IMPORTANT TELEPHONE NUMBERS AND CONTACT DETAILS

Name	Telephone
<p>Labour Ward (24 hours)</p>	<p>Telephone 0 45 21 / 7 87 - 21 20</p>
<p>Midwives (24 hours) Midwife Team Leader: Heike Strohschänk</p>	<p>Telephone 0 45 21 / 7 87 - 10 20</p>
<p>Midwife Consultation Hours (Answering machine with call-back feature for appointments and non-urgent requests)</p>	<p>Telephone 0 45 21 / 7 87 - 10 20</p>
<p>Mother-and-Baby Centre Manager Head Physician Dr. Regine Hegerfeld Head Physician Dr. Katja Stenzel</p>	<p>Office Telephone 0 45 21 / 7 87 - 21 83 Fax 0 45 21 / 7 87 - 21 89</p>
<p>Centre for Newborns, Paediatric and Adolescent Medicine Head Physician Dr. Katja Stenzel</p>	<p>Office Telephone 0 45 21 / 7 87 -10 11 Fax 0 45 21 / 7 87 -10 39</p>
<p>Maternity Ward (24 hours) Head: Sr. Liane Stock</p> <p>Newborn Intensive Care Ward (24 hours) Head: Sr. Bianca Brüning</p>	<p>Telephone 0 45 21 / 7 87 -10 00</p> <p>Telephone 0 45 21 / 7 87 -10 50</p>

FREELANCE MIDWIVES AT THE SANA KLINIK EUTIN

Name	Course location	Telephone/Website
Eutin Midwife Team		www.eutiner-hebammen-team.de
Annalena Christensen	Bad Bramstedt	0176 621979999
Kathrin Fritz	Eutin-Braak	04521 778770
Christina Fürst Andrea Holst Rebecca Bernegger	Lübeck / Sierks- dorf / Eutin	04521 830992 04521 790529 0163 7689399
Angela Hoof Thea Himmel	Eutin	0162 7695555
Miriam Kamppari Ronja Sternberg	Eutin	0174 2186501
Heike Strohschänk	Schönberg / Preetz / Plön	0173 2470477
Freelance Resident Midwives		
Anja Hambach	Lütjenburg / Plön / Preetz	0171 2607079 www.Hebammenpraxis-Luetjenburg.de
Andrea Hammer-Kohlwes	Eutin	04521 798311 Deine.Hebamme.de
Katja Hartmann	Seedorf-Liethkaten	0174 8858448 www.Hebamme-Segeberg.de
Alicia Mazur	Neustadt/ Ahrensböck	01525 8587080 www.hebammenteam-die2.de

APPOINTMENTS AND CONSULTATION HOURS CONTACT INFORMATION

Evening information session for expectant parents

The evening information session for childbirth support is offered by midwives in conjunction with gynaecologists, paediatricians and staff from the maternity on the first Monday of every month or the second Monday of the month for holidays, always at 7.00 PM. Meeting place: the cafeteria at the Eutin Hospital. There is no need to register. Parking is free.

We are happy to receive feedback about our info sessions. Questions and suggestions can be sent by email to info.oh@sana.de.

Prenatal Diagnostics Consultations

• Dr. Michalis Georgiadis

by prior arrangement
Telephone 04521 7780-80

Birth Plan Consultations

• Bernhard Schwartau

Senior Consultant

Daily, by prior arrangement
9.30 AM – 1.30 PM
Telephone 04521 787-2120

Neonatology Consultations

• Dr. Harald Schlicht

Managing Senior Consultant

Daily, by prior arrangement
10.00 AM – 3.00 PM
Telephone 04521 787-1011

Midwife Consultations

The "Eutin Midwife Team" offers consultations by prior arrangement via telephone at 04521 787-1020 (answering machine with call-back feature). The other midwives arrange their own appointments and can be reached at the corresponding numbers provided.





For more information, please scan our QR code using your smartphone or tablet or visit us online at:

www.sana-oh.de

Sana Kliniken Ostholstein GmbH

Sana Klinik Eutin

Mother-and-Baby Centre Ostholstein

Hospitalstraße 22

23701 Eutin

Telephone 0 45 21 / 7 87 - 0

Fax 0 45 21 / 7 87 -18 09

info.oh@sana.de www.sana-oh.de