



## **PREGNANCY CARE IMPROVEMENTS AT REX HOSPITAL**

On September 1, 2016, Rex Hospital opened a new Emergency Department in the Women's Center dedicated exclusively for pregnant women. Rex Hospital has contracted with OB Hospitalist Group to provide on-site emergency physician availability 24 hours a day, 365 days a year. These board certified OB/GYN physicians provide high-quality care to patients throughout the hospital, and emergency care to those arriving in Labor and Delivery and our OB Emergency Department. Rex's goal is for you to have the same high-quality care experience in the OB Emergency as you would in the Main Emergency Department.

**What are the benefits to me?** Rex Hospital has not had the capability to provide emergency care when your Atrium or Wilkerson obstetrician is out of the hospital or attending to another patient. In the past "any available obstetrician in the hospital" would be paged to run to your room and try to help. With this new service you can be assured that a board certified obstetrician will be available to see you when you arrive at the hospital, or during an unexpected emergency when your Atrium or Wilkerson physician is not immediately available. In short, this is an added layer of safety and security for you and your baby.

**Will Atrium and Wilkerson still take care of me?** Absolutely! It is our full intention to attend to you during your hospital admission, labor, delivery, and postpartum. We are not asking the Hospitalists to provide any care management for you except on your initial arrival and in an unexpected emergent situation. We will be there during your labor and to deliver your baby.

**How does this change the Hospital evaluation/admission process?** Almost all patients who think they may be in labor, have their water broken, or have another pregnancy related concern will be evaluated in the new OB Emergency Department. This is the same location as the "triage" area of Labor and Delivery. It has been rebranded and there are now bright red signs directing you to *OB Emergency*. The Hospitalists are available and plan to see you in this setting and make an initial assessment. Our practices have asked the Hospitalists to provide your first assessment between the hours of 9 PM and 8 AM, or at other times when we are not immediately available to assess you. They will provide an initial evaluation and contact your doctor on-call to develop a care plan. We will take over your care at that time. If you do not need admission or further treatment it is possible that you may only see the Hospitalist physician before being discharged. For women who have scheduled inductions of labor, direct admissions to labor and delivery, or planned cesarean sections – all of your care will be managed by your regular doctor.

**How will the after-hours phone service change?** As always, during regular business hours please call our main number so that our nurse team can address your concern. If you have an urgent pregnancy concern after normal business hours or on the weekends, you may still call our main number and follow the phone prompts to be connected with the on-call physician. If you are having any symptoms or concerns that require immediate evaluation including but not limited to labor contractions, bleeding, leaking fluid, or decreased baby movements you should simply come directly to the OB Emergency Department at the Women's Center (if you are past 20 weeks pregnant). Because of our new capability to see you at all times, you no longer need to call the on-call obstetrician prior to being seen at the hospital! (Please remember that our ability to accurately diagnose you over the telephone is extremely limited, and therefore we have usually recommended in-person evaluation anyways.) If you are certain your symptoms do not need immediate evaluation please call Atrium or Wilkerson on the next business day and we will make arrangements for you to be evaluated in the office. A list of urgent and non-urgent conditions is provided on the other side of this flyer to help guide your decision making.

We are very excited about this new service Rex Hospital has created for expectant families. For most of our patients this will be a seamless and transparent transition. Thank you once again for allowing us to be involved in your pregnancy and delivery!

## Is It Labor?

Real pregnancy labor is experienced in many different ways. Our best advice is to presume labor happens when your contractions have accelerated to every 5 minutes, last for about a minute, and are of increasing intensity over the course of several hours. The only way to know for certain is for us to do a dilation exam of your cervix. We can't guess over the phone, so you'll most likely need to come to the office/Rex for an exam. After normal business hours, if you believe you are in labor then **come directly to the Rex OB Emergency in the Women's Center** for an evaluation (you do not need to call the on-call obstetrician). By the way, 'losing your mucous plug' doesn't predict if labor is coming soon; please do not call about your mucous plug!

## When Else to Come to the Hospital?

After regular business hours please consider coming directly to the Rex OB Emergency for an evaluation if you "aren't sure" what to do. If you are greater than 20 weeks go the Women's Center OB Emergency. Women less than 20 weeks along must go to the Rex Main ER. Here are some general guidelines to help you decide:

### Come To Rex OB Emergency

Decreased or no fetal movement after 24 weeks of pregnancy

Uterine contractions before 35 weeks: more than 6 every hour that do not improve with rest and aggressive drinking of fluids

Labor signs

Leaking fluid vaginally

Vaginal bleeding, heavier than a normal period

Severe or continuous headache

Fever over 102 degrees

Auto accidents and falls

### Wait Until Business Hours

Fever over 100.4, unexplained

Painful urination / UTI

Unexplained rash

Vaginal spotting of blood

Diarrhea, vomiting, or "Stomach Flu/Bug"

Cough & cold advice

Difficulty sleeping

Prescription refills

Appointment scheduling

## Expect Your Baby to Move!

After 28 weeks we expect regular and predictable movement from your baby. We recommend the "Count to 10" method for fetal kick counts. Identify the time of day your baby is most active. On a daily basis see how long it takes for your baby to make the first 10 movements during his/her active time. Most women will experience all ten movements within twenty minutes; but up to two hours is normal as well.

Using a smartphone app makes recording kick counts easy and efficient, and maintains a log. Many free or inexpensive apps are available. If you don't achieve 10 movements in two hours try walking around for a few minutes or drinking something cold and sweet. Try again for another hour.

Call the office or come to Rex OB Emergency:

- You felt less than ten kicks in two hours, at the time of the day when your baby is usually active.
- Your baby has not moved almost half of day – do not wait until the next day to call.
- Your baby has kicked less and less over the course of a few days, or if you feel too little activity overall.