

The Virginia Gasaway

WOMEN'S SERVICES DIRECTORY



OV/MCEORH
WHERE CARING IS A WAY OF LIFE.

OVMC & East Ohio Regional Hospital offers a full range of services for women at every stage of life. From tours for expectant parents to menopause counseling, we can help you get connected with the right resource at the right time. This directory is designed to provide you with easy access to dozens of services close to home. If you are not sure of what service might best meet your needs, please call **888-904-9244** for more information on Women's Services.

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Behavioral Health

The Center for Behavioral Health offers an intake line 24 hours a day, seven days a week. These healthcare professionals can provide immediate assessment and referral to licensed mental health care professionals, including psychiatrists, psychologists and social workers who meet the caller's individual needs. Crisis intervention services are also available. In addition, the Center houses a full-range of inpatient services for adults and child/adolescents who require inpatient psychiatric care. For information, please call **OVMC 304-234-8887**.

Bone Mineral Density (for Osteoporosis)

DEXA scans are used primarily to evaluate bone mineral density. DEXA is most often used to diagnose osteoporosis. Osteoporosis involves a gradual loss of calcium, as well as structural changes, causing the bones to become thinner, more fragile and more likely to break. OVMC/EORH can meet all your Bone Mineral Density needs. For more information please call **OVMC 304-234-8756 or EORH 740-633-4338**.

Breast Care

Certified breast navigators assist patients from the time a biopsy is recommended. If a cancer diagnosis is made, the navigators assist with coordination of care, education, and psychosocial support throughout treatment and into survivorship. For more information, please call **304-234-8309**.

Breast Health

Accredited by the National Accreditation Program for Breast Centers (NAPBC), OVMC's Center for Breast Care maintains quality breast care close to home. From screening through survivorship, patients benefit not only from the latest in medical technologies, but equally important, the hands-on caring support and knowledge shared by our team of highly skilled professionals. For more information please call **304-234-8309**.

Breastfeeding Services (see Lactation Services)

Cancer Center at OVMC

Accredited by the Commission on Cancer (CoC) as a Community Cancer Program and affiliated with The Ohio State University's James Cancer Network, the Cancer Center at OVMC provides quality cancer care close to home. Cancer screening programs including mammography, low-dose lung CT screening, colonoscopy and more are available at the center. If a cancer diagnosis is made, oncology nurse navigators assist patients through the journey of a cancer diagnosis. Treatments including, surgery, chemotherapy and radiation therapy are available to patients. Additional cancer services include genetic counseling, support groups, integrative therapies, pastoral care, nutritional counseling, onsite American Cancer Society Cancer Resource Center and much more. American Cancer Society programs offered at the cancer center include Look Good Feel Better and Reach to Recovery. For more information or to speak with our oncology nurse navigators, please call **304-234-1753 or 304-234-8309**.

Cardiovascular and Neurology Services

Early recognition of heart disease or abnormalities with the heart rate or rhythm. We provide the following services: EKG's, 3D ECHO, stress testing, holter monitoring, event monitoring and 24 hour blood pressure monitoring. We offer patients with chronic chest pain and congestive heart failure a treatment for relief of their symptoms by treatment with (ECP) External Counter Pulsation therapy. We also evaluate patients for proper blood flow through both the arteries and the veins. We provide early detection for strokes, blood clots and abdominal aneurysms. (Neurology testing measures and records the electrical activity of the brain to help diagnose epilepsy and other neurological disorders. We measure the electrical activity of the muscles and nerves for pain, numbness, or weakness in your arms or leg).. For more information about our Cardiac Services, please call **OVMC 304-234-8689 EORH 740-633-4215**.

Center for Sleep Disorders

As many as two in five Americans suffer from serious sleep disorders. Sleep disorders can interfere with the ability to fall asleep, maintain sleep or can cause excessive daytime sleepiness. Also, they may increase the risk of having brain and/or heart disease. The OVMC Sleep Center offers individuals testing and consultations to help individuals achieve more normal sleep patterns. The Center's specialized staff and certified sleep medicine physicians will help you evaluate your lifestyle and make the changes needed to achieve a healthy balance of activity, nutrition, spiritual fulfillment and rest. Call **304-234-1724** for more information.

Childbirth Education (see Parent Education)

Community Services Information

We are pleased to be able to provide assistance in locating the many valuable community services offered to the Ohio Valley residents. Information on accessing specialized services such as help for domestic violence, depression, sexual assault and referral for pregnancy counseling are available by calling our Women's Health Navigator at **1-304-234-8766** or **1-888-904-9244**.

Diabetes Education

Our Certified Diabetic Educator offers care to patients with diabetes, metabolic disorders, adrenal and lipid disorders and insulin pump therapy. Diabetes education for type II diabetes is offered at both locations. Other programs available include: Gestational Diabetes Self-Management Program, Nutritional Counseling, Insulin Pump therapy and Free Diabetes Support Groups. For more information please call **304-234-8755**.

Digestive Health

Digestive disorders affect more than 95 million Americans annually, and are therefore among the most common and serious affliction affecting individuals today. However, there are some digestive conditions that mainly affect women such as irritable bowel syndrome (IBS), among others. If you are one of the millions who suffer from a digestive disorder, treatment options are available at both OVMC & EORH. For more information please call **304-234-8046**.

Expectant Parent Tours (see Tours for Expectant Parents)

Fitness Center (Centretown)

CentreTown Fitness is our hospital based, full service fitness center which offers a large variety of cardiovascular and strength training equipment, an indoor running/walking track, various instructor led classes, personal training, and locker rooms equipped with whirlpools and saunas. A team of qualified and knowledgeable instructors is on staff to assist and answer any health or exercise questions. We take great pride in the quality and level of service that we give to our members as we strive to help you achieve a more healthy lifestyle!

For more information please call **304-234-6540**.

Genetic Counseling for Cancer

A nurse practitioner, with a certificate in cancer genetic education, offers genetic counseling to patients who meet the criteria for the service. She reviews the personal and family history of the patient and determines his/her risk for a genetic mutation that may increase that person's risk of cancer. If specific criteria is met, a blood sample is taken and sent away to be analyzed for genetic mutations. A follow-up appointment allows for indepth discussion of test results.

For more information please call **304-234-8610**.

Gynecology Care

Gynecologists are available at OVMC, EORH and off site campuses located in Wetzel County and Marshall County. Some Gynecologists are in private practice and some of our gynecologists are employed by the OVHS&E Corporation. Therefore, you have plenty of choices to meet your gynecological needs. Choosing a gynecologist is important and personal. Take time to visit several physicians to discuss their medical philosophy, personality and the style of their practice. We support our patients choice and are confident that this group of highly qualified and skilled gynecologists will meet your needs.

Gynecologic services provided include:

- Routine annual exams and pap smears
- Breast, ovarian and cervical cancer screening
- Adolescent gynecology
- Contraception counseling and management
- Abnormal bleeding treatment
- Abnormal pap smear treatment
- Infertility services
- Medical and surgical treatment of female incontinence
- Osteoporosis prevention and treatment
- Peri-menopause, menopause & post-menopause treatment
- Ablations for heavy periods
- Permanent birth control
- Abnormal pap smears/cervical dysplasia treatment (LEEP)
- Testing and treatment of sexually transmitted diseases
- HIV Testing
- Immunizations (HPV, Influenza, Tdap)

For a list of our physicians, please call **304-234-8766** or **888-904-9244**.

Interpreter Services

We work with the Leader in Interpreter Services called “DT Interpreting” who provide a team of dedicated professionals to help our clients bridge the communication gap of today’s diverse society. Together, our mission is to deliver intercultural, multilingual interpreting and translating services on demand, through the talent and expertise of trained professionals, using the latest technologies. Therefore, nationally certified interpreters are available 24/7/365 in order to give our patients immediate access to a network of more than 1000 qualified interpreters with special training in the interpretation of medical and general health care subjects in more than 180 languages. Response time is typically less than 20 seconds and service is available on demand. The DT professional team of translators is comprised of experienced native linguists of many different nationalities, with accreditations from some of the most prestigious linguistic institutions around the world, as well as American Translators Association (ATA). Please call **304-234-0123** or **740-633-1100** if you or someone you know needs to seek care with the use of interpreter services. These services are offered free of charge.

Lactation Services

Breastfeeding makes for a healthier mother and child, protects the environment and has been shown to reduce the cost of infant care. In addition, studies show that breastfeeding bolsters an infant's immune system, increases learning abilities and may even reduce obesity later in life. Many women choose breastfeeding in order to bond with their child and give them the best nutrition possible. But new mothers sometimes need a little extra help learning the techniques or conquering challenges of breastfeeding that may present. To meet these needs, Our Lactation Program offers a wide variety of services as well as International Board-Certified Lactation Consultants (IBCLC) and Certified Lactation Consultants (CLC) that comprise a team of expert Lactation Supporters and Lactation Educators. Our Lactation Consultants are also active leaders and members of the Ohio Valley Breastfeeding Coalition that has helped set the standard for Breastfeeding support and education for Ohio Valley Health Care Professionals, Community Agencies as well as the mothers and babies in our community.

Our Certified Lactation Consultants provide both inpatient and outpatient lactation support to mothers and their babies that include the following:

- Breastfeeding Classes
- Private Consultation
- Community Programs
- In-hospital Programs
- Support Group Meetings
- Outpatient clinic
- Warm-line for Phone support
- Assistance with acquisition and use of Breast Pumps and other Specialty Breastfeeding Supplies or equipment.
- Speaking engagements
- Continuing Education for Nurses and other Health Care Professionals

Consultation and support services are available by calling **304-234-8741** or **740-633-4294**.

Lung Screening Clinic

We provide patients with comprehensive lung care close to home. We offer patients who have risk factors for lung cancer a low dose CT screening. This has been shown to be the only proven method to detect lung cancer at an early and treatable state. This allows us to be able to promptly get results to the physicians who can then provide treatment early for improved patient outcomes. We are with you every step of the way from testing and diagnosis to treatment and rehabilitation. We are the only local hospital to be recognized as A Designated Cancer Screening Center of Excellence. For more information please call **740-633-4269**.

Obstetrics

The Obstetrical Service offered is one of a personal and family focused experience. Our service supports that each family deserves special attention and quality care as if they were our family. Our team of Professional obstetricians/gynecologists, nurses and lactation consultants work together to help each family achieve the birth experience they want while assuring safe and quality care. Beyond the nurturing birthing experience, The Obstetrical department also offers mothers a variety of maternity services including:

•**Parent Education Classes:** (See Parent Education)

•**Lactation Consultation Services:** (See Lactation Consultation)

•**Pampered Pregnancy Program:** (See Pampered Pregnancy Program)

•**Kangaroo Care:** This is a method of holding a baby that involves skin-to-skin contact. The baby, who is naked except for a diaper and a piece of cloth covering his or her back (either a receiving blanket or the parent's clothing), is placed in an upright position against a parent's bare chest. This snuggling of the infant inside the pouch of their parent's shirt, much like a kangaroo's pouch, led to the creation of the term "kangaroo care." We encourage kangaroo care for the babies by both mothers or fathers several times each day. The benefits of kangaroo care show that skin-to-skin holding stabilizes heart and respiratory rates, improves oxygen saturation rates, better regulates an infant's body temperature, and conserves a baby's calories. When a mother is kangarooing, the infant typically snuggles into the breast and falls asleep within a few minutes. The breasts themselves have been shown to change in temperature to accommodate a baby body's changing temperature needs. In other words, the breast can increase in temperature when the infant's body is cool and can decrease in temperature as the baby is warmed. The extra sleep that the infant gets snuggling with mom and the assistance in regulating body temperature helps the baby conserve energy and redirects calorie expenditures toward growth and weight gain. Being positioned on mom also helps to stabilize the infant's respiratory and heart rates. Finally, research has also shown that kangaroo care results in positive effects on brain development. Fathers can provide kangaroo care for their babies too. The different feel of the father's body will provide different stimulation to the baby. All of our moms are offered the opportunity to do Kangaroo Care with their infants for as long as they desire as much as they want. We have certified nurses in Kangaroo Care as well as a trained nursing staff to work with you and your family as you do Kangaroo Care with your baby.

•**The Golden Hour:** The Golden Hour is the first time that mom and dad spend together as a family. It is the time for first introductions. The "oohs and aahs," the counting of fingers and toes and trying to figure out hair and eye color. It is bonding time for mom, dad and baby that is a once in a lifetime event that needs to be celebrated. We want to tie the new family that first hour together uninterrupted, so they can get to know each other. We know family and friends want to meet the new baby, and we encourage everyone to welcome them, after the new family has this GOLDEN time alone. During this Golden Hour we promote Kangaroo Care which helps the family get to know each other in these first moments. This process is critical to the family bond, but is also critical in the baby's ongoing growth and development. This closeness is one of the best ways for parents to learn about the baby and begin the important process of bonding and connecting with the newborn. Let the nurse know if you do not want to participate in the Golden Hour.

•**Customized In-Hospital Photography Program:** Our Hospital and staff works with Mom365. This service creates ways to bond with moms and babies from the very beginning...giving families wonderful memories of their birth experience. This service includes. Customized in-hospital photography program that we are sure will meet your needs. A wide array of adorable portrait packages, birth announcements and keepsakes featuring baby's first professional portrait. A FREE Baby Portrait Page available to all moms – a simple, secure way for families to share the joy and let everybody "meet the baby" and or "the new family". The ability to post that photo on the web nursery for your friends and family to see. Photos can include the baby, siblings, parents, mom and dad. You tell us, and we will create the once in a lifetime memory for you. Portraits can be purchased through check, money order or Cash on Delivery. Ask your nurse for a Mom365 Brochure.

Our Women's Health Navigators are available to talk with you about any questions you might have about our Obstetrical Services and/or your stay at our Hospital. **304-234-8766 888-8904-9244**

Obstetricians

The Obstetricians who deliver in our facility include those in private practice as well as employed by the OVHS&E Corporation. Therefore, you have plenty of choices to meet your obstetrical needs. Choosing an obstetrician is important, and regular prenatal care is important to the health of your new baby. Take time to visit several physicians to discuss their medical philosophy, personality and the style of their practice. We support our patient's choice and are confident that this group of highly qualified and skilled obstetricians will meet your needs.

Obstetrical services provided include:

- Preconception counseling and testing
- Routine prenatal care
- Ultrasounds during pregnancy
- Antenatal Testing
- Vaginal Births
- Caesarean Births
- Vaginal Birth After Caesarean

For more information, please call **304-234-8766** or **888-904-9244**.

Osteoporosis Screening (see Bone Mineral Density)

Pain Medicine

The health care teams at OVMC/EORH can help you improve your quality of life by assisting you to manage, reduce or possibly eliminate your pain. Common chronic pain conditions associated with injuries or medical illnesses can be addressed. Talk with your doctor to see if you could benefit. To learn more please call **888-904-9244**.

Palliative Care

Palliative care is a specialized medical care for people living with serious illness such as cancer, cardiac disease such as congestive heart failure or chronic obstructive pulmonary disease, kidney failure, Alzheimer's, Parkinson's, ALS and many, many more. It is a growing trend in the medical community, as palliative care sees the person beyond the disease and focuses on providing relief from the symptoms and stress of serious illness regardless of the disease you or your family member may be dealing with. The goal is to improve the quality of life for both the patient and the family. Palliative care is provided by a team of palliative care doctors, nurses, and other specialists who work together with a patient's other doctors to provide an extra layer of support that can help patients and families with a wide range of issues. Some of the issues may include things such as pain, depression, anxiety, fatigue, shortness of breath, nausea, loss of appetite, difficulty sleeping etc. This type of help and support can help patients gain strength with activities of daily living, improve their ability to tolerate medical treatments and gives them more control over their medical care. Palliative care teams can also benefit families or caretakers of patients with serious illness. Palliative Care is appropriate at any age and at any stage of a serious illness and can also be provided along with curative treatment. Call us to see how we can help you or your family member. **304-234-8766** or **888-904-9244**

Pampered Pregnancy Program

The pampered pregnancy program is proud to provide you with unique services and amenities. This program was designed to create personal, family-centered birth experience which emphasizes mother and baby wellness and education as well as family autonomy. Throughout your Pampered Pregnancy experience, we will serve as your navigator and advocate for patient education and quality care. This program is designed to assist you and your family in making informed decisions regarding your birth experience and offers a wide variety of services and amenities that are not seen in a traditional hospital setting.

Some features of our pampered pregnancy program include:

- Opportunity for private consultations with our Pampered Pregnancy Coach (Women's Health Navigator) to help navigate and coordinate all aspects of your pregnancy and childbirth experience
- A wide variety of prenatal, childbirth and postpartum classes
- Informative newsletter providing tips on pregnancy, preparing for a new baby and labor/delivery
- Fully equipped labor, delivery and recovery suites
- A family-centered care nursing model, with the same nurse caring for you and your baby All private rooms for you and your family's private time with your new baby
- A Level II nursery with experienced staff and physicians to take care of your baby's special needs
- 24 hour access to Obstetrical or Nursery Nurse via phone
- Education: We provide you the resources so you don't have to search for them.
- Love high tech: Try text4baby! Rather have the book, No problem! We give you the book, plus we provide a newsletter to keep you updated on all the changes in your baby's first year.

Other amenities include: These items may be purchased in advance or during the hospital stay. They also make a great shower gift or special gift for the mother who has everything or could use a little TLC.

Packages can be designed to help make your childbirth even more memorable. Packages can include:

- Massage
- Manicure
- Pedicure
- Candlelit dinner
- Happy, Happy Birthday Baby! party.

Spa services provided by West Spa of Oglebay.

For more information please call **304-234-8766** or **888-904-9244**

Parent Education

We offer parent education programs. These programs incorporate a family centered care philosophy to offer a wide range of programming for the entire family.

Classes include:

•**Prepared Childbirth Education:** (Choose traditional classroom setting or ONLINE classes)
This course is designed to assist expectant couples through the transition into parenthood while supporting them to become effective and knowledgeable parents, beginning with Prepared Childbirth Education. This is a weekend course that consists of 1 (one) 6 (six) hour class, designed with the busy family in mind. This course covers exercise, relaxation as well as breathing techniques that will help assist the family through the labor process. This course also provides a basic knowledge of maternal and newborn changes throughout this process that will provide the couple with an educated background that will assist them with decision-making suitable for themselves and their families. This family-centered course is open to all expectant clients in the community. This course is taught by maternity nurses employed by this facility instructed in prepared childbirth education. This is a six hour course offered quarterly on the 1st Saturday of the month at East Ohio Regional Hospital in February, June, August and October from 9am to 3pm and is open to all expectant families in our community, and it is offered the 1st Sunday of the month in February, April, June, August, October and December from 12pm to 6pm. You may register online, by phone, by mail or in person in the Women's Health Navigator's Office.

•**ONLINE Childbirth Education Course:** Learn at your own pace in the privacy of your own home. This course is a comprehensive course that allows you to see what you read. This easy to use course includes more than 50 video clips that show real life examples of the subjects you are reading about. You can watch breathing, relaxation techniques, helpful labor positions, animation of the stages of labor, four complete birth stories and much more! In addition to the wonderful video with accompanying guide. You have access to a variety of helpful printouts, such as a birth planning page and a checklist of things to pack for the hospital, are also referenced in the guide and are available on PDF files. To complete the online class, stop in the obstetrical unit or the women's navigator's office to "purchase" the online course. The course book costs \$5.00 and gives you access to the course and the website for six months. Some families use this course in addition to the Prepared Childbirth Course.

•**Infant and Child CPR:** The best way to learn how to administer cardiopulmonary resuscitation (CPR) is to take a class taught by a certified instructor. Our certified instructors use a child-size mannequin to demonstrate how to perform every aspect of the technique, from how far back to tilt the head to how hard to strike a child's back if he's choking. It's better to attend a class in person than to try learning from a book or website (although it's useful to have those materials available to refresh your memory). Practicing each step of CPR with an experienced instructor helps you learn proper technique and remember what you've learned, so you'll feel prepared in the event of an emergency. In our CPR Class you'll learn techniques for handling a life-threatening emergency – if a child is choking or isn't moving or breathing because of a fall or a near drowning, for example. You'll also learn accident prevention and child proofing measures. The techniques are different for babies and older children, so it's important to learn both. For those who can't attend a CPR course, the American Red Cross online store offers books and DVDs on emergency preparedness. You can find resources on how to prevent, recognize, and treat cardiac, breathing, and first aid emergencies, what emergency supplies to keep on hand, and how to develop a disaster plan

Parent Education (continued)

•**Breastfeeding:** Learn what to expect when breastfeeding your baby in the early weeks. Learn tips and tricks to aid in proper positioning. Recognize signs to show that the baby is getting ready to eat. Breastfeeding is the natural and expected way to feed your newborn. Learn what is normal and how to determine facts from myths. This breastfeeding course is taught by Lactation Consultants who are training to work with women and their babies who are breastfeeding. Other family members are welcome. Bring Dad or bring your mother or a friend . These persons can learn about breastfeeding, and also they can learn to support you while you are breastfeeding. Courses are offered on the 2nd Tuesday in January, March, May, July, September, and November from 7pm to 9pm. You may register online, by phone, by mail or in person in the Women's Health Navigator's Office.

•**Sibling Class:** Family centered care is the basic philosophy of our Obstetrical Unit. This philosophy lead to the development of "Family Night" which and prenatal education concept that includes the entire family in prenatal education. The goal of this course is to support, teach and facilitate communication between the extended family in a supportive environment recognizing that birth is a normal physiologic event with emotional, social and physical stress and change for the entire family. This course is unique in that it contains two separate courses. It provides a sibling preparation course and a grand parenting course. Both are separate and unique and focus on the special needs of that particular family group. However, this course also provides an overlapping course content so the entire family may identify birth as a family centered celebration affecting them as a whole. This course can be attended individually (siblings only) or (grandparents only) or as a whole. It is also noted, that any family member supporting the family in pregnancy is welcomed to family night. This is a two hour course offered quarterly on the 2nd Monday of the month in February, June, August and October from 6pm to 8pm and is open to all expectant families in our community. You may register online, by phone, by mail or in person in the Women's Health Navigator's Office.

•**Mother-Baby Class:** This mother-baby class is entitled: "the start of a family". This course was designed to include the family in preparing for the discharge for the mom and baby to home after delivery of the new baby. We recognize that caring for oneself and the newborn after discharge is an emotional and physical stress. Providing the family with the basic knowledge about home care will alleviate some of their fears and anxieties, thus decreasing their stress level. By decreasing the level of stress, we as childbirth educators believe that we can create a positive and gratifying home experience for the new family. This family centered course is open to all expectant clients in the community. This is a two hour course offered quarterly on the 2nd Monday of the month in January, April, July and October from 7pm to 9pm and is open to all expectant families in our community. You may register online, by phone, by mail or in person in the Women's Health Navigator's Office.

•**Anesthesia Consultation:** Our anesthesiologists are available 24-hours a day to ensure you have access to anesthesia during labor or should an emergency C-section become necessary. Our anesthesiologists can provide you with effective pain relief that is safe for you and your baby while you remain awake. The anesthesia department would like the opportunity to meet with you prior to the day of your delivery. This is your opportunity to discuss anesthesia options for your birth experience. They will discuss the risks and benefits of all options so that you can make the best decision for you and your baby. This option is available by appointment, ideally 30-34 weeks into your pregnancy. For more information call the Women's Health Navigator

Parent Education (continued)

•**Early Pregnancy Class:** The “Making of a Family” is an prenatal preparation course designed to help the family establish a regular prenatal care routine that will be vital to both the mother and baby’s health. This course was designed to alleviate fears and anxieties of the pregnancy as well as to help the family understand the complex development of pregnancy, prenatal screening, nutritional demands and educational needs during pregnancy. This course is open to all expectant clients and their families served by this facility in the community in their first and second trimesters of pregnancy and have had at least one scheduled prenatal appointment with their physician. Courses are offered on the 2nd Tuesday in January, March, May, July, September, and November from 4pm to 6pm. You may register online, by phone, by mail or in person in the Women’s Health Navigator’s Office.

• **Grandparent Class:** Family centered care is the basic philosophy of our Obstetrical Unit. This philosophy lead to the development of “Family Night” which and prenatal education concept that includes the entire family in prenatal education. The goal of this course is to support, teach and facilitate communication between the extended family in a supportive environment recognizing that birth is a normal physiologic event with emotional, social and physical stress and change for the entire family. This course is unique in that it contains two separate courses. It provides a sibling preparation course and a grandparenting course. Both are separate and unique and focus on the special needs of that particular family group. However, this course also provides an overlapping course content so the entire family may identify birth as a family centered celebration affecting them as a whole. This course can be attended individually (siblings only) or (grandparents only) or as a whole. It is also noted, that any family member supporting the family in pregnancy is welcomed to family night. This is a two hour course offered quarterly on the 2nd Monday of the month in February, June, August and October from 6pm to 8pm and is open to all expectant families in our community. You may register online, by phone, by mail or in person in the Women’s Health Navigator’s Office.

•**Car Seat Education and Checking Station:** With 4 out of 5 Child Safety Seats being used incorrectly, it is important to have your child’s Car Seat inspected by a certified technician. We offer Car Seat Fitting appointments for patient families as well as for the immediate community at our East Ohio Regional Hospital Location.

Certified technicians offer the following assistance to parents and caregivers:

1. Ensure that their child’s Car Seat has not been recalled
2. Advise on how to choose an age, height and weight appropriate Car Seat
3. Instruct and demonstrate how to install and use the appropriate Car Seat in the vehicle
4. Instruct and demonstrate how to correctly place a child in the appropriate Car Seat
5. Answer any questions parents or caregivers may have regarding Child Passenger Safety.

To have your car seat fitted, make a Car Seat Fitting Station Appointment. Each Car Seat Fitting appointment is 45 min long. Bring your Car Seat, any accessories and attachments that came with it, the car seat instructions/manual, your vehicle owner's manual and, and if possible, the child who will be using the seat. Please make sure that the back of your car is clear (vehicle seat & floorboard) so that our technicians have enough space to work and instruct you on the installation of your child’s Car Seat. Expectant parents should have the Car Seat checked at least one month before the baby is due.

Parent Education (continued)

C-Section Class: This class was designed to focus on the Cesarean Birth as a form of birth rather than a surgical procedure: it is designed to alleviate fears and anxieties of the family in regard to the procedure, as well as, prepare them for the birth of their child. Call to schedule an appointment.

Private Childbirth Education: Your schedule can't fit our schedule, then let us fit your schedule. All of our childbirth education courses are available by appointment at a time that can meet you and your family's needs. Don't miss out on a thing!

For more information on our education programs, please call **888-904-9244**.

Pastoral Care

Pastoral support is available at the OVMC and EORH locations. Our pastoral support professionals bring all the resources of spiritual and pastoral care to help you cope with what is going on in your life. We can provide assistance 24 hours a day, seven days a week. If you are in the hospital, ask your nurse or call the operator and ask for the chaplain on call. In addition, we stand ready to assist clergy or pastoral visitors coming to visit their congregants. Call **888-904-9244** for more information.

Pelvic Health

Women who suffer from a gynecological problem that requires surgery, have an option with minimally invasive laparoscopic surgery. Compared to traditional surgery, minimally invasive surgery requires just a few small incisions, each one smaller than a dime. The benefits are less discomfort, minimal scarring and only a few days of recovery- rather than the typical weeks of recovery needed in the past. This allows you to return to your daily activities faster than ever before. Talk to your doctor about laparoscopic surgical options. Please call **888-904-9244** for more information.

Postpartum Depression

As many as three out of four women experience a mild bout of depression in the days following the birth of their babies. Doctors refer to these feelings as the "baby blues." Typically, baby blues last only a week or so. Feelings that linger longer could be the beginning of a more serious condition called postpartum depression, which often goes untreated. Mothers with PPD feel the same anxiety, confusion and sadness as mothers with the "baby blues." However, PPD hits them much stronger, making them unable to complete daily tasks, and can last up to one year.

You might suffer from PPD if you:

- Feel restless or irritable • Overeat and gain weight
- Feel sad and depressed or cry a lot • Have trouble focusing, remembering or making decisions
- Worry excessively about the baby • Have headaches, chest pains, heart
- Feel worthless and guilty palpitations, numbness or hyperventilation
- Are afraid of hurting the baby or yourself • Can't sleep or are very tired
- Have no interest in activities, including sex • Can't eat and lose weight

If you show any of these signs, contact your doctor immediately. OVMC's Behavioral Health Center is another good option for mothers who aren't sure if they have PPD. One call to the Women's Health Navigator can put new mothers in touch with a skilled clinician who can help them work through this depression. Please call **888-904-0244** for more information.

Premier Health for Seniors (OPALS)

OPALS (Older Persons with Active Lifestyles) are residents of the Ohio Valley 55 years and older who are active and want to remain active. This organization is designed to help you maintain your vitality and healthy lifestyle. The goal is to provide education and experiences that promote a healthy lifestyle for Ohio Valley residents. Members enjoy a wide range of benefits including: free parking, educational programs, free exercise classes, organized day and multi-day trips, social activities, discounts at the hospital gift shop and cafeteria and subscriptions to our quarterly newsletter. Membership is Free. If you are interested in joining one of the exercise classes: Call the OPALS office and a participation packet will be sent to you. Once you have completed the health information forms, return them to the OPALS office and arrange a time to schedule class. Exercise classes are located at CenterTown Fitness in the morning hours and in the afternoon at East Ohio Regional Hospital Ruth Brant McGuire Room. For more information or to join please call 1(304)234-8643 or 1 (800) 531-OPAL.

304-234-8643 or 1-800-531-OPAL

Rehabilitation and Sports Medicine

OVMC/EORH Rehabilitation and Sports Medicine offers Five convenient outpatient comprehensive rehabilitation centers. Through a goal-oriented team approach that crosses medical disciplines, we address the physical, emotional, cognitive, spiritual and psychological needs of individuals who have experienced an injury or disease limiting their ability to re-integrate into their environment.

OVMC/EORH Rehabilitation and Sports Medicine offers:

- Adolescent/Pediatric Rehabilitation
- Spine Rehabilitation
- Orthopedic Rehabilitation
- Neurological Rehabilitation
- Hand Therapy
- Massage Therapy
- Dry Needling
- Aquatic Therapy
- Work Conditioning
- Functional Capacity Evaluations
- Vestibular Therapy
- Lymphedema Therapy
- Sports Medicine

Locations and Contact:

Elm Grove 304-242-6580

Bridgeport 740-650-2003

EORH 740-633-4386

East Ohio Medical Complex In St. Clairsville 740-695-2364

Safe Sitter Program

OVMC and EORH is pleased to offer the Safe Sitter Program – a nationally organized program for girls as well as boys ages 11 to 13 that teaches young teenagers how to handle emergencies when caring for young children. Participants learn:

• Pediatric Basic Life Support • Accident Prevention • Basic Childcare for Different Age Groups

Safe Sitter is offered on the East Ohio Regional Hospital and Ohio Valley Medical Center Campuses. **Call 888-904-9244** for more information.

Sibling Classes (see Parent Education)

Smoking Cessation Program

One on One assistance personalized and planned just for your needs. We will help you with the physical & mental urges. We will assist you in finding the best method of quitting that is right for you. We will teach you the proper coping skills you need to succeed. We will help you put your quitting plan into action so you can succeed for life. For more information please call **304-234-8897** or **740-633-4382**.

Speakers for Community Groups

OVMC/EORH healthcare professionals are available to speak to community groups on many women's health issues. To arrange a speaking engagement, contact our Women's Health Navigator . For more information please call **304-234-8766** or **888-904-9244**.

Tours for Expectant Parents

Learning more about what to expect when you're expecting can take some of the stress out of having a baby. That's why we offer a variety of services to help you feel comfortable with your decision as choosing us as your Maternity Service provider. Therefore, we encourage tours of the Mother Baby Unit our Labor and Delivery rooms and Nursery. For more information, please call **OVMC 304-234-8339** or **EORH 740-633-4543**.

Volunteer Program

It takes special people to give freely of their valuable time and talents to help others. Every day of the year, volunteers of all ages and backgrounds contribute their time and skills to make life better for our patients, visitors, staff and community. Through meaningful activities, our volunteers help further the objectives of the hospital and provide the best possible support and comfort for our patients, their families and visitors which contributes to the healing environment. Our volunteers also benefit by learning new skills, making new friends and taking pleasure in knowing they are helping others. Being a volunteer can enrich your life. The Volunteer Services Department needs and welcomes energetic volunteers of all ages and skills on all of our campuses. There are a variety of volunteer roles to fit individual time schedules, abilities and interests. Volunteers may work directly with patients or choose work behind the scenes. Our volunteers can also enjoy additional benefits like free parking, discounts in the cafeteria and gift shops, recognition events and many other activities.. You must be at least 14 years old to volunteer. For more information on volunteer opportunities, please call **304-234-8645**.

Women's Imaging

At OVMC/EORH we recognize a woman's many unique imaging needs. Your body calls for special services like mammograms or breast ultrasound for breast cancer screening. Ultrasound for the health of you and your unborn child and DEXA Scan for the prevention for Osteoporosis. As a woman you are not only responsible for your own health but, especially if you are a wife and mother, you likely oversee your family's health as well. Make you and your family's imaging experience as comfortable and stress-free as possible by choosing a diagnostic service at any of our convenient locations.

For more information, please call 888-904-9244.

Our Premier Centers of Excellence

We are pleased to be recognized as a premier center of excellence in the following areas:

Orthopedics - Joint Center of Excellence for Hip & Knee Replacement by the Joint Commission

Lung Center – Screening Center of Excellence by the Lung Cancer Alliance

For more information, please call 888-904-9244.

Free Community Education

Cancer 101 – Monthly Cancer Education program beginning in September for one full year. Offered at Noon and 7 pm on various days. Check our online calendar for an up to date schedule.

Pink Power Night – Monthly on the first Tuesday – 6-8 pm. Variety of topics to keep women healthy presented by leading health experts! Includes a vendor fair, door prizes and refreshments.

For more information, please call 888-904-9244.