



GREY BRUCE HEALTH NETWORK

EVIDENCE-BASED CARE PROGRAM

PREGNANCY & BIRTH

PATIENT PATHWAY

PROCESS	PRE-ADMISSION CLINIC
PATIENT OUTCOME INDICATORS	Birth is an exciting time. For most women, pregnancy will progress smoothly. We welcome your questions and will work with you to develop/review your birth plan.
ASSESSMENT	Information about your health history will be written down. This information will help the health care team to know you better and plan your care. Public Health screening forms will be started to connect you with community services/resources that may help you meet your needs while pregnant, and after you have had your baby.
TESTS	
MEDICATIONS	Any medications you have been taking will be reviewed. Medications that may be used in labour will be discussed.
TREATMENTS	
NUTRITION	A high fiber, well balanced diet is recommended while you are pregnant and after the baby is born. If you have any questions or special dietary needs, please ask to see a Dietitian.
ACTIVITY	
EDUCATION	Information will be provided about: <ul style="list-style-type: none"> - What is preterm labour - When to come to hospital - What to bring - Comfort measures during labour - Birthing unit tour or sibling tour can be booked
DISCHARGE PLANNING	We encourage you to start planning now for your discharge home from the hospital after the birth of your baby. For a normal birth, you can expect to go home on the second day unless you choose to go home earlier.

PROCESS	LABOUR
PATIENT OUTCOME INDICATORS	While you are in labour the nurses in the birthing area will work with you and your support person(s) to help you achieve a healthy, normal birth.
ASSESSMENT	Your birth plan will be reviewed during your labour by the nurses caring for you. You and your baby are checked throughout labour to see how you are both coping. Your nurse will keep you informed of your progress.
TESTS	You may have blood work taken during labour.
MEDICATIONS	Your nurse will discuss the medications available to assist with labour discomfort.
TREATMENTS	Your baby's heart rate will be listened to by your nurse. You may need an intravenous (IV) to provide medication.
NUTRITION	While in active labour, you will be encouraged to take clear fluids only.
ACTIVITY	Walking, rocking, standing, sitting and other positions are encouraged throughout labour.
EDUCATION	If you or your support person(s) have any questions during labour, please ask your nurse, midwife or doctor.
DISCHARGE PLANNING	

PROCESS	BIRTH - FIRST 2 HOURS
PATIENT OUTCOME INDICATORS	The immediate postpartum period is a joyful celebration for the family. Mom and baby remain as a unit and your baby will room-in with you. Skin-to-skin contact between you and your baby is encouraged. Breastfeeding is started in the first hour postpartum.
ASSESSMENT	At birth, your baby may be checked while you are cuddling. Baby checks include colour, breathing, temperature, heart rate and weight. Your checks include blood pressure, pulse, temperature, stitches is you have any, vaginal bleeding, uterus, your bottom and your ability to pass urine.
TESTS	
MEDICATIONS	
TREATMENTS	Your nurse may help you up to have a shower or bath at your bedside. You may be assisted with breastfeeding and the care of your bottom.
NUTRITION	A high fiber diet is offered to you. You are welcome to bring in a celebration picnic for yourself and your support person (no alcohol please).
ACTIVITY	A nurse will assist you the first couple of times you are out of bed.
EDUCATION	Help with handling and holding your baby is available, if needed. If you are going to be breastfeeding your baby, your nurse will help you position your baby at the breast.
DISCHARGE PLANNING	

PROCESS	2 - 48 HOURS
PATIENT OUTCOME INDICATORS	Your nurse will assess both you and your baby's health, nutrition, physical and emotional well-being and individual needs.
ASSESSMENT	We will assess your nipples/breasts for discomfort, your pain level and offer you pain relief meds, that you are able to pass urine, your heart rate, breathing, temperature, stitches if you have any, vaginal flow and uterus firmness.
TESTS	Your baby will have some blood work done. This can be done in your presence if you would like.
MEDICATIONS	As a routine, your baby will receive Vitamin K to help with blood clotting and eye ointment to reduce eye infections. The doctor will talk with you about taking any medication you were on before labour.
TREATMENTS	We will help you learn how to care for your bottom following labour. If you would like, we will help you bathe yourself.
NUTRITION	Please ask your nurse for assistance regarding feeding.
ACTIVITY	A balance between rest and activity is encouraged.
EDUCATION	Safe sleeping positions for your baby will be reviewed with you. We will discuss circumcision choices with you if applicable. A baby bath demonstration is available to show you how to bathe your baby. We will continue to review your information booklets with you.
DISCHARGE PLANNING	Ensure you have a car seat properly installed in your car before you go home. Please review how to put your baby properly in the seat prior to admission. Please read information given in "Let's Grow a Healthy Baby" regarding car seats.

PROCESS	DISCHARGE CRITERIA - MOTHER
PATIENT OUTCOME INDICATORS	When you have met the criteria below, you should be ready for discharge.
ASSESSMENT	You should have normal respirations, temperature and blood pressure. Your uterine tone and bleeding should be within normal limits. You are able to care for yourself and your baby.
TESTS	
MEDICATIONS	The doctors will review with you any medications you may have been on before or during pregnancy. Please discuss methods of birth control with your Doctor.
TREATMENTS	You should be able to care for your stitches to avoid any problems.
NUTRITION	
ACTIVITY	You should be able to move around independently before being discharged.
EDUCATION	You are able to complete baby care. You are aware of possible mood changes, and will seek assistance if you are unable to complete personal and baby care.
DISCHARGE PLANNING	You will be made aware of the community-based resources available to you after discharge.

PROCESS	DISCHARGE CRITERIA - BABY
PATIENT OUTCOME INDICATORS	When your baby has met the criteria below, your baby should be ready for discharge.
ASSESSMENT	Your baby should have passed the meconium (first stool) and passed urine. Some weight loss is normal, but his or her weight should be within 10% of birth weight. He/she should have normal colouring, normal breathing, temperature and blood pressure.
TESTS	The test for Ontario Newborn Screening Blood Work should have been done in hospital or will be done at home by your midwife if you have one. If your baby goes home before 24 hours of age, they will need to have another test done in 5 days. You will receive a letter about this.
MEDICATIONS	Breastfeeding newborns require a Vitamin D supplement daily. Your doctor will review this with you.
TREATMENTS	
NUTRITION	Your baby should be feeding well.
ACTIVITY	You should have the baby's car seat properly installed in your car before going home.
EDUCATION	
DISCHARGE PLANNING	All necessary forms, such as the health card registration and public health forms, need to be filled out before discharge.