

# KNOWING *you*



HAND IN HAND FOR YOUR HEALTH

## BRINGING SPECIAL DELIVERIES TO YOU

For many years, the staff of Berlin Memorial Hospital's Family Birth Center has been bringing life into the world. Every year, approximately 225 births take place within the caring walls of Community Health Network's birthing suites.

Helping to bring that life into the world are the 11 family physicians, one obstetrician and 17 nursing staff members that make up the Family Birth Center team. The work of this team, combined with Family Birth Center features such as an infant security system,

whirlpool tub, newborn Internet photos and state-of-the-art equipment, earn them patient satisfaction ratings that consistently rank above 90 percent.

Pam Mork,  
Clinical  
Manager of the

Family Birth Center, says the high ratings are a direct reflection of the quality staff. "The doctors and nurses who work in the Family Birth Center are all extremely skilled with extensive training," she says. "The resources are certainly important, but it's how the staff uses them to create a warm and caring environment that impacts the patient the most."

In fact, the goal for every birth is to assist patients in fulfilling their birth plans and exceed their expectations of high quality, professional and family-centered care.

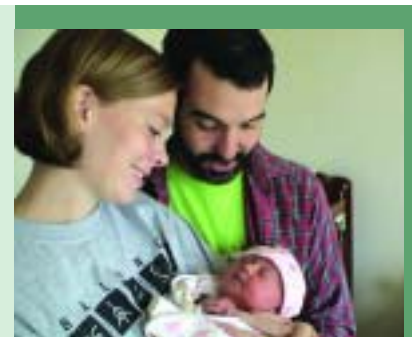
As you'll see in this issue of *Knowing You*, that goal is met in a number of different ways in serving pregnant mothers, newborns and their families.



*Family Birth Center nursing staff members.*

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## FAMILY PHYSICIANS OFFER CONTINUITY OF CARE



*Dr. Jean Bruce delivered her granddaughter at Berlin Memorial Hospital, and takes a moment to welcome her into the world!*

care is probably the biggest benefit to having a family physician provide obstetric care. “In some cases, we may have been caring for a newly-pregnant mom since she was a teenager,” says Dr. Bruce, Chair of CHN’s Obstetrics Patient Care Council. “We already know her as a person and her medical history. That can be very comforting for a patient.”

And once the baby is born, a family’s healthcare needs can be taken care of all at one place. “At the baby’s one-week check-up, I

In what parents and grandparents sometimes refer to as the “good old days,” physicians were part of a community that cared for all of a patient’s healthcare needs. A town’s doctor handled everything from delivering babies, to caring for broken bones, to managing sickness.

That type of physician still exists today in the form of family physicians who act as healthcare generalists caring for patients of all ages with many types of health concerns. In this area, women are fortunate to have a number of family physicians who specialize in pregnancy and delivering babies.

According to Family Physician Jean Bruce, MD, continuity of

**“Many women and their families truly appreciate being able to deliver their babies so close to home.”**

Dr. Jean Bruce  
CHN Obstetrics Patient Care Council  
Chairperson

can talk to the mother about how each of them is doing,” says Dr. Bruce. “We’ll address any issues with baby and then I talk to her about how she’s doing as a mom and as a woman.”

Eleven family physicians deliver babies at CHN’s Family Birth

### Neonatal Intensive Care Unit Partners

**Theda Clark Medical Center  
Children's Hospital of  
Wisconsin Fox Valley**  
Neenah

**St. Elizabeth Hospital**  
Appleton

**Meriter Hospital**  
Madison

Center. They partner with local Obstetrician Patrick Bruno, MD; three different neonatal departments in the Fox Valley and Madison and visiting specialist Pediatrician Jeremy Gardner, MD. “Because of the number of deliveries we do here, we’re all very well trained in obstetrics,” says Dr. Bruce. “But when we need assistance, we have specialists with whom we work on a regular basis.”

Dr. Bruce says having a birthing center the caliber of CHN’s is a great benefit to area women. “Many women and their families truly appreciate being able to deliver their babies so close to home,” says Dr.

Bruce. “The partnership between the family physicians, specialists, and hospital staff offers women a whole spectrum of services throughout pregnancy, delivery and newborn care.”

## THIRD TIME’S THE CHARM



*Mark and Shaunda Jennings with new daughter Olivia, born October 25, 2004. Welcoming their new sister are big brothers Garrett (left) and Tyler.*

Physician Shawn Ekstrom, MD, her mind was made up. “I just loved the small-town feel that was present in every interaction,” says Jennings.

Shaunda Jennings admits she was hesitant about delivering her third child at a community hospital after experiencing the birth of her first two children at large hospitals in Toledo, Ohio. But she kept hearing good things about the Family Birth Center at Berlin Memorial Hospital, and after meeting with Family

The more familiar she became with Dr. Ekstrom and the Family Birth Center, the more she knew it was a good fit. “The room in Toledo where I delivered my second child was very large and brand new, but that didn’t necessarily make me feel comfortable.” Jennings

remembers. “I felt very separated from the nursing staff.”

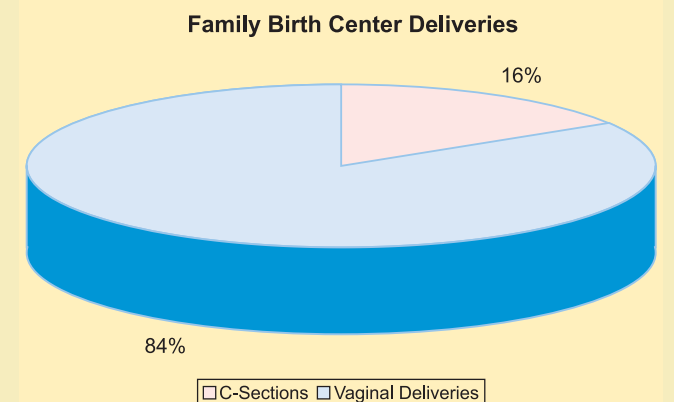
In contrast Jennings can’t say enough good things about the nursing care at Berlin Memorial Hospital. “The nurses were there for me whenever I needed them,” she says. “They helped to make it a very personal experience.”

Even her other children were pampered by the nursing staff. After a quick visit to see mom and baby before school one morning, a nurse took a Polaroid photo for Jennings’ 1st-grade son to take to school. “Those extra touches mean so much to the mom and family,” says Jennings.

Jennings, her husband Mark and newborn daughter Olivia returned home to Ripon after two nights in the care of the nurses of the Family Birth Center. “It was two days of being pampered,” she says. “I would have loved to stay a little longer.”

## FACTS IN THE STATS: C-SECTION VS. VAGINAL BIRTHS AT BMH

**The Cesarean Section rate at CHN’s Family Birth Center (16%) is well below the national average for hospitals (26%). In addition, the Family Birth Center is nearing the goal of a 15.5% c-section rate by the year 2010 set by the US Department of Health and Human Services. Vaginal deliveries are generally preferred over C-sections because of the risk of uterine infections, blood loss and prolonged hospitalizations associated with C-sections.**



## THE PERSONAL SIDE OF SERVICE

### Craig Batley, DO

Family Medicine  
Associated Family  
Physicians, Berlin

**Years delivering babies:** 4

**Birthing philosophy:** I like to provide careful, attentive and compassionate care to every mother's birthing experience. I work hard to provide the best care using the most up-to-date modalities to ensure the best possible outcomes for each mother and child.

**Why do you continue to deliver babies?** I enjoy delivering babies as the prenatal care allows me to focus on getting to know each family well in advance before I assume care for the family. With every delivery, I continue to enjoy participating and being a small part of each family's new addition to the world. Even after more than 300 deliveries that feeling never seems to fade.

**What's the most amazing thing that's happened to you as part of a delivery experience?** Two of the most amazing experiences were being intimately involved in the prenatal care as well as participation in the delivery and care of the Wichita, Kansas Sextuplets. In addition, my experience with the birth of our first biologic child, Conner, was equally amazing.

### Todd Bradshaw, MD

Family Medicine  
Associated Family  
Physicians, Berlin

**Years delivering babies:** 12

**Birthing philosophy:** To offer all available options and therapies to make the pregnancy and delivery a special and memorable one.



### Jean Bruce, MD

Family Medicine  
Associated Family  
Physicians, Berlin &  
Wautoma

**Years delivering babies:** 18

**Birthing philosophy:** For most births, we doctors and nurses serve as privileged attendants gently encouraging the woman and her birthing partner to find what works best for them during labor and delivery. The birthing experience belongs to women, not to the medical community. Pregnancy and giving birth are not medical conditions. Those of us attending women during pregnancy, labor and birth do need to always be on the watch for anything that might cause the woman or baby to develop trouble and then do what is necessary and in our power to keep mother and baby healthy.

**Why do you continue to deliver babies?** It is an incredible experience to be part of helping a new little being to emerge into and take its first breath in the world. There is nothing like it.

**What's the most amazing thing that's happened to you as part of a delivery experience?** Every delivery is an amazing experience, but to have my daughters ask me to deliver their babies and then to have actually delivered four of my grandchildren was incredible.

### Patrick Bruno, MD

Ob/Gyn  
Women's Medical  
Services - Berlin, Ripon  
& Wild Rose

**Years delivering babies:** 15

**Birthing philosophy:** To provide care and comfort in a safe environment.



**Why do you continue to deliver babies?** I continue because of the bonding with mom and dad and vicariously reliving the wonder of pregnancy and coming forth of new life. I missed the interaction with expectant families when stepping away from obstetrics for a short while.

### David Budde, DO

Family Medicine  
Associated Family  
Physicians, Berlin

**Years delivering babies:** 4

**Birthing philosophy:** I acknowledge that child birth is a natural process and a memorable event for all families. Every baby's birth is unique and so are the needs of the parents. Incorporating the most up-to-date medical knowledge and skills helps ensure the safety of the pregnancy and the best possible outcome.

**Why do you continue to deliver babies?** As a family physician delivering babies, I have the opportunity to be involved in caring for entire families from birth forward. Delivering babies continues to be one of the most rewarding aspects of my profession.

**What's the most amazing thing that's happened to you as part of a delivery experience?** As a second-year resident, on a particularly busy labor and delivery night in Colorado, I had 10 amazing experiences. Ten deliveries in a 13-hour period of time, including one in the hallway by a woman they were bringing from the ER and one in the anesthesiologist call room because we ran out of delivery beds! All were healthy babies.



### Shawn Ekstrom, MD

Family Medicine  
Associated Family  
Physicians, Berlin

**Years delivering babies:** 10

**Birthing philosophy:** Having a baby should be a joyous occasion. For each couple that definition is different. Accommodating each couple so they have the experience they desire is important.

**Why do you continue to deliver babies?** Family practice encompasses caring for patients of all ages. Delivering babies is the renewal of life. It's a happy and memorable experience in a patient's life and it is an honor to share that with them.

**What's the most amazing thing that's happened to you as part of a delivery experience?** I think that every delivery is amazing. Seeing the tears of joy by the mothers, grandparents, often times, staff and especially fathers is so heart warming. My own delivery of my son at Berlin Memorial Hospital by our wonderful staff and Dr. Bruce was the most comfortable of my four deliveries.

### Renee Murphy, MD

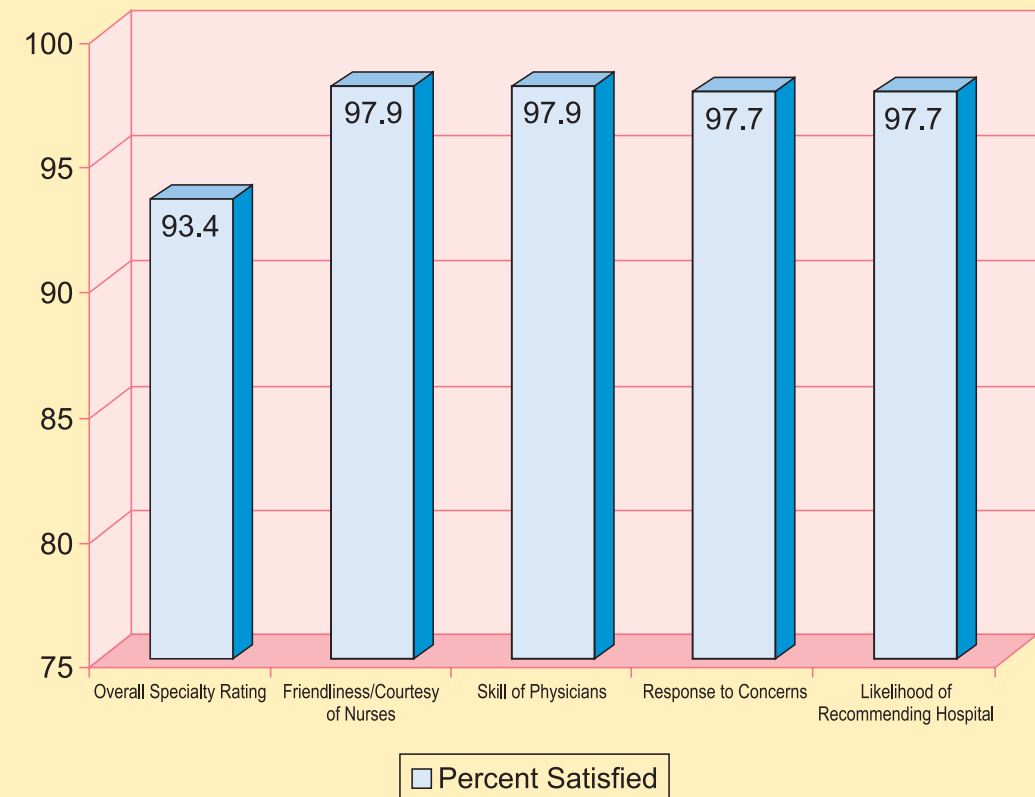
Family Medicine  
Associated Family  
Physicians, Wautoma

**Years delivering babies:** 11

**Birthing philosophy:** I like to enable the birthing experience to be as natural as possible, in other words, using interventions only when necessary. I do believe in pain medications. I also like to be there with, and for, my patients when they are in labor rather than just being present for the delivery.



Family Birth Center Satisfaction, 2003



### Why do you continue to deliver babies?

There is nothing more exciting than bringing new life into the world and into his/her parent's arms.

**What's the most amazing thing that's happened to you as part of a delivery experience?** I was doing a tub delivery with a patient and had to actually get in the tub with the patient to deliver the baby. I became part of the delivery, not just the deliverer!

### Paul Nelsen, MD

Family Medicine  
Family Healthcare,  
Ripon

**Years delivering babies:** 29

**Birthing philosophy:** Integration of up-to-date science and technology with the natural process of labor and delivery.



### Michael Shattuck, MD

Family Medicine  
Associated Family  
Physicians, Wautoma

**Years delivering babies:** 20

**Birthing philosophy:** Childbirth is a natural process, but it needs to be monitored for abnormal progress or presentation. I feel the process should be allowed to occur naturally with intervention only when necessary.

**Why do you continue to deliver babies?** Assisting a woman in child birth is a satisfying experience.

**What's the most amazing thing that's happened to you as part of a delivery experience?** Every birth is amazing to me. I can remember one mother delivering a healthy daughter late in the night and then finding out that her grandmother came into the hospital and passed away about the same time as her daughter was born.



## CLASSES OFFERED AT BMH FAMILY BIRTH CENTER

### Prepared Childbirth Education:

Classes designed to teach the expectant mother and her “coach” techniques to be used during the labor and birth experience.

Four-Week Session

**Fee:**  
\$40

**Time:**  
7:00 - 9:00 p.m.

**2005 Dates:**  
Mondays  
January 3, 10, 17, 24  
March 7, 14, 21, 28  
May 2, 9, 16, 23  
July 11, 18, 25, August 1  
September 12, 19, 26, October 3  
November 7, 14, 21, 28

### Newborn Cares Class:

Prepare yourself for parenting your newborn. A class designed to teach normal newborn cares and what to expect from birth to discharge.

One Session

**Fee:**  
\$10

**Time:**  
7:00 - 9:00 p.m.

**2005 Dates:**  
Mondays  
January 31  
April 4  
June 6  
August 8  
October 10  
December 5

### Breastfeeding Instruction:

A class to introduce and reinforce breastfeeding techniques for the new mother and baby.

One Session

**Fee:**  
\$10

**Time:**  
7:00 - 9:00 p.m.

**2005 Dates:**  
Monday  
February 7  
April 11  
June 13  
August 15  
October 17  
December 12

Call the Family Birth Center, 920-361-5521, to register for classes.

## EXPLORING COMFORT MEASURES IMPORTANT PART OF PREPARING FOR DELIVERY

As many women who've experienced a pregnancy will explain, it seems the minute you announce you're expecting a baby, you begin to hear labor and delivery stories from friends, family and sometimes even perfect strangers. Although the stories may get tiresome, hearing the experiences of others can be a useful way to gather ideas about your preferred birth experience.

Berlin Memorial Hospital Clinical Manager of the Family Birth Center Pam Mork, RN, says it's important to think through your preferred birthing experience, especially pain management techniques. “Women should try to educate themselves as much as possible about comfort measures,” says Mork. “We have many options available to our patients that should be discussed with their physician.”

Some of the natural comfort measures available at Berlin Memorial Hospital's Family Birth Center include breathing techniques, massage, hypnosis, use of a birthing ball and imagery.

One comfort method that's gaining popularity is hydrotherapy. Hydrotherapy offers women the opportunity to labor in the Center's Jacuzzi tub. Slipping into a tub during the difficult labor process can be very relaxing because of the calming effect of water.

And at Berlin Memorial Hospital and just a few other healthcare facilities in the state,

*The whirlpool room is located in the labor and delivery area and provides a relaxing atmosphere for labor and for waterbirthing.*



the process has gone one step further-deliveries can occur in the tub as well.

If the laboring mother decides medications are needed, the Family Birth Center can administer a number of different anesthetics during childbirth. Pain medication available includes:

### Narcotics:

Given as an injection or intravenously, narcotics can help reduce the pain of labor, but won't eliminate the pain entirely.

### Local Anesthesia:

A series of local injections that are designed to numb a small, focused area. They are commonly used for the placement of sutures if needed.

### Regional Anesthesia:

Administered in the vaginal area, regional anesthetics block or alter nerve impulses that transmit pain.

### Epidural Anesthesia:

A local anesthetic mixture that is injected in the lower back. It provides a significant amount of relief from the discomforts of labor. You may feel numb and need assistance moving during delivery.

### Intrathecal Anesthesia:

Similar to an epidural, but its effects are felt much faster because the medication is injected into the fluid-filled sac surrounding the nerve pathways. The majority of patients maintain the ability to move during, and assist with, the birth experience.

Mork says because of the number of comfort measures available, it's very important to think through your options before you arrive at the hospital. “Talk it over with your physician and make sure you both understand your birthing plan,” recommends Mork. “Once at the hospital, things can get going pretty fast and furious, so it's important to be on the same page with your physician and nurses.”



*Dr. Patrick Bruno is the OB/GYN for Women's Medical Services at Community Health Network. At left, Dr. Bruno visits with one of his expecting patients, Nicole Frank of Montello, who is due March 18th, 2005.*

*Dr. Bruno's philosophy is based on his core values - honesty, dignity, respect and integrity. Understanding the unique medical needs of women, he approaches his patients with an appreciation for their overall physical, social, and emotional health. Recognizing the value of prevention and education, Dr. Bruno presents information on a personal level - empowering his patients to make sound decisions that promote a lifetime of health and wellness.*

*Dr. Bruno sees patients at CHN Women's Medical Services, suite 1400 in Berlin; CHN Family Healthcare in Ripon; and at Wild Rose Community Memorial Hospital. Feel free to call Dr. Bruno's office, 920-361-5737 for more information.*

# TWINS DELIVERED AT BERLIN MEMORIAL HOSPITAL

## "TWICE AS NICE!"



It wasn't until Carissa Fritz went in for an ultrasound when she was 12-weeks pregnant that she and her husband Jeremy received some surprising news—Carissa was carrying twins! But that news didn't change their plans to deliver at Berlin Memorial Hospital.

Once twins were discovered they discussed the situation with Carissa's Family Physician Shawn Ekstrom, MD. Dr. Ekstrom explained that everything could move ahead as planned as long as Carissa carried the babies near-term. If not, a plan was in place for the family to deliver at Theda Clark Medical Center in Neenah.

*Jeremy and Carissa Fritz with twins Kaden and Kara born December 13, 2003.*

"We didn't have any doubts about delivering in Berlin," says Carissa, a life-long resident and Berlin High School teacher. "It's what we wanted from the beginning and twins didn't change that."

With Dr. Ekstrom closely watching Carissa and the babies, she ordered bedrest when Carissa started premature contractions. At week 36, Dr. Ekstrom started the delivery process by breaking Carissa's water. After laboring for more than 12 hours at the Family Birth Center, a c-section was needed because one of the twins was positioned incorrectly.

Once Carissa arrived at the hospital she says she knew she was in good hands. "I knew I had a lot of people looking out for me," she remembers. "The doctors and nurses were people that I knew and I was comfortable with. Even with the c-section, the delivery turned out just the way I envisioned it."

Jeremy, also a Berlin School District teacher, had that same

sense of comfort. "I really felt a part of things," he says. "I think a lot of that had to do with me being able to go to all the appointments. I couldn't have done that if we chose a different hospital."

And both of them would agree having their families involved was an added benefit that everyone truly appreciated. "Our families were with us through the whole experience," says Carissa. "It was wonderful that we were able to enjoy the twins' arrival as a family."

### KNOWING you

**Community Health Network**  
225 Memorial Drive, Berlin, WI 54923  
920-361-1313  
[www.communityhealthnetwork.org](http://www.communityhealthnetwork.org)

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Pictured on front: the Bruce-DeMuri Family

For comments or questions regarding this newsletter, please call the Community Relations Department at 920-361-5480.



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