

Rooming In

We encourage mothers and their partners to stay with baby in the room. This will help ease the transition to day/night routines and will help you to start adapting to your baby's feeding cues

Breastfeeding

We assist new mothers with breastfeeding; positioning, frequency, latching, etc.

We will provide teaching, as to how many wet diapers your baby should have in 24 hours, which is a sign that they are getting enough milk.

Cultural/Traditional Supports

Our patients are offered the opportunity to bring their placenta home after delivery.

Nurses will work together with Doula's during the labour process.

We offer RM 210 (2nd floor) as a place to practice smudging/singing and drumming. In the early stages of labour.

More information can be given at Fort Frances Health Unit, Gizhewaadiziwin Health Access Centre and Tribal Health,

There are many minor neonatal issues that can be managed locally, but occasionally even term newborns require transfer to Thunder Bay Regional Health Sciences Centre or Winnipeg

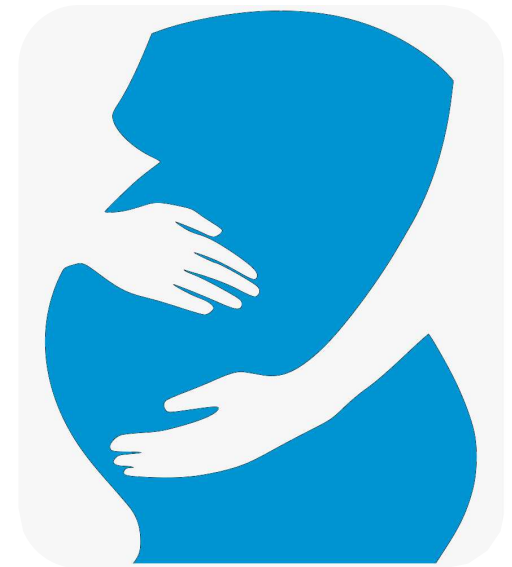


**LA VERENDRYE
GENERAL HOSPITAL
RIVERSIDE HEALTH CARE**

110 Victoria Avenue
Fort Frances, ON

Phone: 807-274-3261
Fax: 807-274-2898
www.riversidehealthcare.ca

PREGNANCY AND BIRTH



**LA VERENDRYE
GENERAL HOSPITAL
IN FORT FRANCES**



Term Labour

Every effort is made to make the labour experience safe and as comfortable as possible.

A woman in Active labour is admitted to a 'Labour & Delivery, Postpartum room.

The usual definition for 'Active Labour' is regular contractions with progressive change in the cervix and cervical dilation of at least 4cm.

1:1 nursing care is provided in active labour.

We encouraged one or more labour support people, unless we are in a pandemic state, but please remember that there are other patients on the ward. We ask that support people stay confined to the Labour room. We retain the right to ask excessive numbers to wait elsewhere.

It is permissible to have music, essential oils, personal pillows, balls, traditional medicines, or other comfort measures that have been approved by the care team.

Ambulation, eating, and drinking are encouraged.

IV access is recommended for administration of pain medications and fluids, if necessary.

Monitoring of your baby's heart beat and movement will be performed according to current guidelines.

Pre-Term Labour

Pregnancies less than 36 weeks will be transferred to Thunder Bay Regional Hospital or Winnipeg HSC, depending on gestational age. If the baby is delivered in Fort Frances, transfer may occur following birth depending on how the baby is doing.

Caesarean Sections

C-sections are available at LVGH, should the need for one arise. If you require a C-section, you should expect to stay in the hospital an extra day.

Pain Management

Options for pain control are laughing gas, intravenous medications (i.e., Fentanyl), or an epidural. Your nurse or Physician will assist you in choosing the most suitable method for your pain management, which will depend on what stage of labour you are in.

Delayed Cord Clamping

Delaying cord clamping (>30 sec.) allows blood flow to continue from the placenta to the newborn baby after delivery.

We perform delayed cord clamping routinely during vaginal births and C-sections.

Skin to Skin

We encourage mothers and their partners to have direct contact with baby right after delivery. The baby will be placed on the bare chest of the mother or partner for up to one hour. This releases hormones that relieve stress and stabilize the baby's temperature, breathing, heart rate, blood sugars and promotes bonding time.

Postpartum Care

We teach mothers how to properly care for themselves following the birth of their baby. This will include instructions on activity, diet, hygiene, sleep, etc.

Your nurse will also help you with your baby's first bath, to ensure a comfort level.