

Welcome to the World!



Alaska Native Medical Center *A Guide to Obstetrics and Maternity Services*

A Culture of Caring

Congratulations! Having a baby is an exciting experience and we will do everything possible to make it enjoyable and memorable. The Alaska Native Medical Center (ANMC) works to provide services that best meet the needs of Alaska Native and American Indian families. Today, we are honored to serve as a trusted health partner for you and your baby.

Thank you for choosing ANMC for your obstetrics and maternity care.

You're in Good Hands

At ANMC, the care team specializes in caring for expectant and new mothers, and their babies. Your team includes board-certified OB/GYN physicians, certified nurse-midwives, pediatricians, anesthesia providers, registered nurses, pharmacists, dietitians, social workers, behavioral health consultants, discharge care coordinators, obstetrical technicians, certified personal service assistants and support staff.

Members of your team are experts in their field, in terms of medical expertise and their genuine devotion to the well-being of women and children. Your team is committed to ensuring you and your baby are provided the best possible care.

Prenatal Care

If you think you are pregnant, call your primary care provider and make an appointment for a pregnancy test. If you are pregnant, you will have the opportunity to discuss questions and concerns with your care team and receive prenatal vitamins and folic acid. These important dietary supplements will help ensure your baby gets the nutrients he or she needs for a healthy start. Your first official prenatal appointment will also be scheduled at this time. The first appointment will take about an hour, and each prenatal checkup after that will take about 30 minutes.

If you aren't pregnant but think you are ready to be pregnant, or you are trying to get pregnant, talk to your primary care provider about starting prenatal vitamins. It is also recommended that you stop using any drugs, alcohol and tobacco.

Prenatal Health Classes

The Southcentral Foundation (SCF) Health Education Department is staffed by exercise specialists, lactation specialists, childbirth educators, general health educators and support staff. This group works in partnership with you and your care team to provide access to a variety of classes, including prenatal exercise, prenatal education, childbirth and parenting, as well as baby food demonstrations, mom and baby play groups, and more. For more information and class schedules for Anchorage and the Mat-Su Valley, visit www.scf.cc/services/healthed.ak or call (907) 729-2689.

High-Risk Pregnancy Care

Once in a while, a pregnancy may take an unplanned turn and require more than routine prenatal care. ANMC's Maternal-Fetal Medicine Clinic has a diversified staff and the resources to manage the most complicated pregnancies. Whether you're expecting more than one baby, experiencing premature labor, or need care for other pregnancy-related conditions, our team will be there for you.

Maternal-fetal medicine physicians are board certified and have advanced knowledge of the obstetrical, medical, genetic and surgical complications of pregnancy and their effects on both the mother and fetus.

ANMC now has 3-D ultrasound capability, the best ultrasound technology in Alaska. These ultrasounds are used to help identify potential health issues more accurately and earlier in pregnancies. If you have a high-risk pregnancy, this technology will allow you and your provider to create the best possible plan of care.

Nutaqsiivik Nurse Family Partnership

Nutaqsiivik Nurse Family Partnership provides education and supportive home-visiting nurse care for families, mothers and infants. Care begins before women are 28 weeks pregnant and can continue until baby is 2 years old. The Nutaqsiivik program assists eligible Alaska Native and American Indian families in maintaining healthy lifestyles through early intervention and education. It provides improved access to the support and services needed to decrease the risks of pregnancy complications, create safe home environments, and to strengthen families so they can move toward self-reliance.

For more information, talk to your provider, visit www.scf.cc/services/nutaqsiivik.ak or call Nutaqsiivik Nurse Family Partnership at (907) 729-2490. This program office is open 8 a.m.-5 p.m., Monday-Friday.



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OB Triage

If you have a concern about your pregnancy after clinic hours and are not yet 20 weeks pregnant, you should go to the ANMC Emergency Department.

If you have a concern about your pregnancy and are more than 20 weeks pregnant, or think you are in labor, you should call or check in at OB Triage. Here, providers can determine whether you should be admitted for labor or observation. Providers are available around the clock to answer questions and can respond immediately, as needed. **Please call (907) 729-4124 prior to arriving at OB Triage to let staff know you are coming.**

Once you arrive at OB Triage, you will be checked in and evaluated by a nurse. A midwife or OB/GYN physician will then meet with you to discuss a plan for your care.

Note: If you have Medicaid and are traveling, you must check out of your hotel room once you are admitted to the hospital. Medicaid will not pay for your hotel room while you are admitted in the hospital.

Labor and Delivery

Your labor and delivery may be quick or slow. We are here to help you and your baby every step of the way. Here are a few things you can expect while you prepare to have your baby:

- Maternal and fetal monitoring equipment will help ensure the safety of you and your baby throughout your labor experience.
- You may be introduced to other members of your team, including anesthesia staff to help with pain management.
- After your baby is born, you will both stay in Labor and Delivery for approximately two hours for observation as you recover immediately after birth. Then you will transition with your baby to a postpartum room in the Mother/ Baby Unit.
- If your baby needs additional support after birth, the in-hospital pediatrician will evaluate and care for your baby.
- Family and friends are welcome anytime when you are in Labor and Delivery.

Flash photography of the birth experience is welcome in the Labor and Delivery Room. For your safety, video photography is only allowed before birth and after you and your baby are stabilized. Please ask for permission before photographing ANMC staff. Talk to your provider for more information about ANMC's photography policy.

Cesarean Deliveries

ANMC has an exceptionally low Cesarean delivery rate. If a Cesarean delivery is necessary, your team of nurses and providers will talk you through this process and address any concerns or questions. You're in good hands with our experienced surgeons, anesthesia providers, nurses and support staff. Cesarean deliveries are performed on the Labor and Delivery Unit with most of the same staff who have been supporting you during labor.

After your Cesarean delivery, you will be moved to the Post-Anesthesia Care Unit for recovery while your baby is cared for in the Mother/Baby Unit Nursery. Once you have recovered, you and your baby will be moved to a postpartum room in the Mother/Baby Unit.

Mother/Baby Unit & Postpartum

Your baby will stay with you throughout your hospital stay, and you and baby will be cared for as a "couplet." Rarely will your baby be removed from your presence while in your postpartum room. In the spirit of family-centered care, babies stay with their moms 24 hours a day. Most exams of your baby are conducted in your room with you present. This allows you to ask questions and voice any concerns you might have about your baby and being a new mom. Your baby will be taken out of the room for his or her first bath. This may occur while still in the Labor and Delivery Unit or after you and your baby move to your postpartum room. You and/or another family member may go with baby to observe and/or assist with bathing.





Nursing staff will visit regularly to ensure your needs are met, offer newborn teaching, provide breastfeeding support and discuss feeding options. A midwife or an obstetrician and a pediatrician will visit daily.

For the safety of you and your baby, do not remove your or your baby's security bracelets while in the hospital. Make sure that all persons who want to examine you or your baby are visibly wearing their identification badge, and don't be afraid to ask questions about who they are and what they are doing.

Your Hospital Stay

Women who have uncomplicated vaginal deliveries should plan on staying in the hospital a minimum of 24-48 hours, unless there are medical indications to stay longer. Women who have had a Cesarean delivery normally stay 72 hours, unless otherwise medically indicated. We make every attempt to provide single-family rooms to all women and families. There are rare occasions when two women and their babies may be required to share a postpartum room during recovery. In these instances, guests are allowed during visiting hours but may not spend the night.

If you are in a single-family room, family and friends are allowed to stay with you and baby as long as you like. Remember, you did a lot of hard work giving birth to your baby, and you and the other new moms need lots of rest. Please remind your visitors to remain quiet while on the unit and to let you rest.

If friends and family members are sick, please ask them not to visit you during your hospital stay. The best way to keep you and your new baby well is to make sure all your visitors, including staff, wash their hands before visiting.

Lactation Support

Breastfeeding is one of the best things you can do for your infant. Not only will your baby get all the nutrients he or she needs, but you also pass your immunities to your baby through breastfeeding. Breastfeeding helps decrease your baby's risk of developing diabetes, obesity and heart disease when he or she becomes an adult. ANMC has lactation specialists available to help you initiate breastfeeding or pump breast milk during your hospital stay.



These resources are also available in the Anchorage Native Primary Care Center (ANPCC) after you are discharged from the hospital. Our goal is to make breastfeeding the best experience for you and your baby.

Newborn Care

Safe Sleeping - All babies should be placed on their back to sleep. Do not place babies to sleep on their tummy or prop them on their side. Also, please place your baby in the bassinet to sleep. Do not place your baby in your bed to sleep with you. We know how tired you will be after delivery, so if you feel yourself getting sleepy while holding or feeding your baby, put him/her in the bassinet. Please remind your family that babies should sleep on their backs and that co-sleeping of adults with babies can be dangerous.

Screenings - Your baby will receive a series of simple screens to help ensure good health. These include hearing, metabolic and jaundice screenings.

Circumcision - Circumcision is the removal of the foreskin covering the head of the penis. The decision to circumcise your baby boy is typically a personal or religious preference.

Your provider can discuss the risks and benefits of circumcision with you before you make a decision on this procedure.

Neonatal Intensive Care Unit (NICU) - For some families, the NICU is an unexpected stop on the way to bringing a new baby home. ANMC offers a Level II NICU to care for infants who are born too early or who experience difficulties after birth. It is our team's goal to make sure your baby receives the best possible care necessary to grow and thrive.

Our NICU nurses have additional specialty training and experience caring for babies born prematurely and for newborns experiencing complications. The NICU nurses work closely with our pediatricians to care for your baby.

The NICU is accessible 24 hours a day to you and your family. A pediatrician, NICU nurse or clergy member is also available around the clock to address questions or concerns.



Additional Services

Newborn Channel - While staying at ANMC, tune in to the Newborn Channel (Channel 3) to view educational videos relating to the childbirth experience, circumcision, breastfeeding, maternal and newborn care, and more.

Birth Print - You will have an opportunity to use the self-service Birth Print kiosk to take a newborn photo and receive a free 8x10 print with birth statistics, including name, date and time of birth. You can order additional prints, if desired.

Stork Meal - In addition to regular meal service, a complimentary special congratulatory Stork Meal is available for you and a guest.

Notary Service - ANMC offers notary services for affidavit of paternity during specified hours.

Birth Certificate Initiation - Every new mother is provided with Birth Certificate Initiation form for baby. ANMC staff are available to help ensure your baby's birth certificate is successfully initiated. The Birth Certificate Initiation form should be turned in to your nurse before you are discharged.

Women Infants and Children (WIC) - New mothers also receive a WIC form. It is important to fill out this form and turn it in to your nurse before discharge to determine eligibility for WIC services. If you have questions about WIC services, the closest WIC office is located in the ANPCC.

Denali KidCare - Before you are discharged, a registration clerk from Family Health Resources will discuss Denali KidCare and help enroll your newborn, if you are eligible for these services.



Special Recognition

Since 2003, ANMC has been Alaska's only Magnet®-recognized facility for nursing excellence. Magnet designation recognizes health care organizations for quality patient care, nursing excellence and innovations in professional nursing practices. Magnet designation is the ultimate credential for high-quality nursing.

Southcentral Foundation was one of the four organizations in the country to be awarded the Malcolm Baldrige National Quality Award in 2011. The U.S. Congress created the Baldrige Performance Excellence Program and award in 1987 to identify and recognize the country's most innovative organizations and then spread best-practice performance strategies. The goal is nationwide advancements in innovation and quality.

Support After You Leave the Hospital

It is important to have a good support system after you leave the hospital. ANMC offers various resources to ensure you have regular and ongoing access to useful health information, as well as opportunities to connect with health professionals and even other new moms. Some of these resources include:

Health Education Classes

A variety of health education classes and family gathering opportunities are offered on the Alaska Native Health Campus. For information and class schedules, please visit www.anmc.org/MCHresources or contact the SCF Health Education Department at (907) 729-2689 or visit www.southcentralfoundation.com.

Additional Resources

Text4Baby: Text4Baby is a free mobile service that promotes maternal and child health through text messaging. Women who sign up receive three weekly messages containing information on topics such as symptoms and signs of labor, prenatal care, alerts, developmental milestones, immunizations, nutrition, birth defect prevention, safe sleep, safety and more. Visit www.text4baby.org.

Period of PURPLE Crying: Between the ages of two weeks and 3-4 months (sometimes up to 6 months), babies are fussy. Sometimes, no matter what you do to soothe them, they will cry. Learn about soothing techniques and tips to help you, daddy, babysitters and family remain calm and in control when baby just won't quit crying at www.purplecrying.info.

ANMC: For more information and resources to help ensure a healthy start for your baby, visit www.anmc.org.

Women's Health: For more information about healthy pregnancies, visit www.womenshealth.gov/pregnancy.

Parents & Children: For a range of healthy baby and child development information, visit www.usa.gov/topics/parents-babies.

Healthy Native Families: For information about emphasizing connections to culturally-grounded health care and community services to promote healthy families and prevent infant deaths among American Indian and Alaska Native people, visit Native Generations—The Urban Indian Health Institute at www.uihi.org/projects/native-generations.

Locations and Contacts

Primary Care Clinics

Located on the first, second and third floors of the Anchorage Native Primary Care Center, across the street from the ANMC hospital.

Clinic Hours: 8 a.m.-6 p.m.
Monday-Friday and
8 a.m.-4:30 p.m. Saturday.
4320 Diplomacy Drive
Anchorage, Alaska 99508
(907) 729-3300

OB/GYN Clinic

Located on the first floor of the Anchorage Native Primary Care Center, across the street from the ANMC hospital.

Clinic Hours: 8:45 a.m.-5 p.m.
Monday-Friday.
4320 Diplomacy Drive
Anchorage, Alaska 99508
(907) 729-3100

OB Triage, Labor & Delivery and Mother/Baby Units

Located on the second floor of the ANMC hospital.
Hours: Open 24 hours a day, seven days a week.

4315 Diplomacy Drive | Anchorage, Alaska 99508

OB Triage Unit: (907) 729-4124

Labor & Delivery Unit: (907) 729-3201

Mother/Baby Unit: (907) 729-3200



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