

You're having a baby.

Prenatal care and childbirth education course are vital to ensure the health and well-being of you and your baby.

VCHS's childbirth education course will answer your questions and help you approach labor and delivery with confidence.

The Shared Maternity Care Program offers you the one-on-one care you need with the convenience of receiving care locally without having to travel long distances.

You can complete many of your prenatal healthcare visits at the VCHS Medical Clinic while having periodic visits with the delivering physician of your choice.

Mission

Valley County Health System will provide progressive healthcare services in a healing, patient-centered environment.

Vision

To be the healthcare provider of choice and a symbol of strength, vitality and caring in the region we serve.

Values

Integrity
Compassion
Ownership
Respect
Trust



Contact Us

To learn more about our services

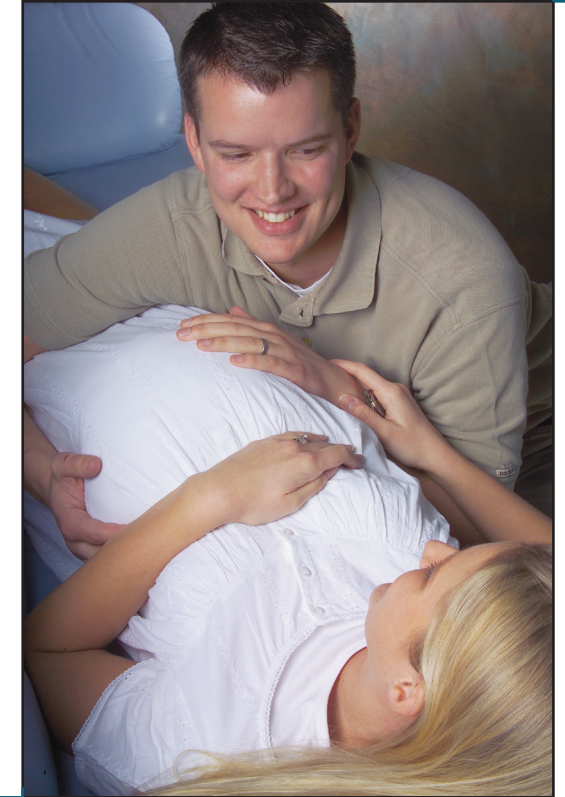
[Childbirth Education](#)

308.728.4284

[Shared Care](#)

308.728.4202

Shared Maternity Care & Childbirth Education



2707 L Street • Ord, NE 68862
phone: 308.728.4200 • fax: 308.728.7809
www.ValleyCountyHealthSystem.org



Progressive Care with Compassion



What is the Shared Care Program?

The Shared Maternity Care program allows you to receive prenatal care from a physician at Valley County Health System as well as the delivering physician of your choice. This eliminates the need for many long trips to out-of-town appointments during your pregnancy.

When will I visit with the delivering physician?

Your first visit with your delivering physician will be during the second half of your pregnancy. You will also have visits with that physician during the last month of your pregnancy until your delivery.

Can I deliver my baby at VCHS?

Doctors can perform scheduled Caesarean sections at VCHS, but vaginal deliveries must be completed by the delivering physician of your choice at an area hospital.

What if there is an emergency?

Participating in the Shared Maternity Care Program at VCHS is helpful if there is an emergency and you're close to home. Because the VCHS physician has been visiting with you throughout your pregnancy, she will know your medical history as well as who your delivering physician is. She will be able to communicate with that physician about your care.

What about checkups for the baby and me after delivery?

The VCHS physician will be able to complete the six-week checkup for you following delivery. She will also be able to complete well-baby checkups for your newborn.

What can I expect during my prenatal visits?

The VCHS physician will monitor the health of both you and your baby during your visits. She will send copies of test results to your delivering physician.

A normal, uncomplicated pregnancy will follow this course:

4-8 weeks

- Initial visit with nurse.
- Schedule ultrasound and appointment with physician for complete physical.
- Begin prenatal education and discuss frequency of visits.

8-12 weeks

- Complete physical with physician and name a delivering physician.

8-12 weeks

- Routine monthly visit.

16-20 weeks

- Routine monthly visit.
- Second ultrasound, maternal screen and diabetes testing.

20-24 weeks

- Schedule a visit with delivering physician.

24-28 weeks

- Routine monthly visit.

28-32 weeks

- Routine monthly visit.

32-36 weeks

- Biweekly visits.

36-40+ weeks

- Scheduled C-Section patients will begin weekly visits with the VCHS physician
- Patients expecting normal deliveries begin weekly visits to their delivering physician or VCHS physician as determined by the physicians.

Why should I take a childbirth education class?

Our class will give you a better idea of what to expect during labor so when the time comes, you'll understand what's happening. Less fear means you'll have a more relaxed and memorable experience.

You'll also have the opportunity to ask questions about pregnancy, labor, childbirth, breastfeeding and caring for your new baby that you may be worrying about.

Finally, the class will give your partner a chance to learn about his role during the delivery and allow him to play an active role in your pregnancy.

What topics will be covered?

- Discomforts of pregnancy
- Anatomy
- Pre-labor, false labor and real labor
- Stages of childbirth
- Pain control
- Caesarean delivery
- Newborn characteristics
- Breastfeeding

When should I take the class?

Ideally, you and your partner or coach should take this class in your sixth or seventh month of pregnancy. Our classes are offered for individual couples or groups. We also offer a refresher course for those who have experienced giving birth.

What is the cost?

Valley County Health System's childbirth education class is available for anyone who participates in our shared care program for a nominal cost of \$30.