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Rome Memorial Hospital's C-section rate better than the national average

As national cesarean-section rates climb to an all-time high, the percentage of babies delivered by C-section at Rome Memorial Hospital is already better than the new federal Healthy People 2020 goal, according to Director of Maternal/Child Services Deborah Worth, R.N.

A surgical delivery can be life-saving for a mother and her child if the baby is in distress, too large, or positioned the wrong way. However, a C-section is major abdominal surgery, so avoiding an unnecessary one is important.



Teamwork between Rome Memorial Hospital's team of doctors, nurses and midwives, has helped the hospital maintain a birthrate by cesarean section which is better than the national average. Sitting left to right: Paul Temple, M.D, holding baby Patience Michelle Sweeney; Lauren Giustra, M.D., holding baby Hadassah Sierson; and Ankur Desai, M.D., holding baby Kevin Walter True II. Standing left to right: Rome Memorial Hospital Director of Maternal/Child Services Deborah Worth, R.N., and Diana Fitzgerald, CNM, NP, holding baby Amelia Rose Nimey; JoAnn Roberts, CNM, NP, and Gail Sutton, CNM, NP, holding baby Zharyonna Ricky Mona LaMondie; and Nancy Peek, CNM, NP, holding baby Josiah Sierson.

The number of first-time C-sections among low-risk women has been growing steadily across the nation from 14.7% in 1995 to 26.5% in 2007, the most recent year national statistics were available. Healthy People 2020 established a national goal of reducing primary C-sections to 23.9%.

For the last several years, the physicians, midwives and nursing staff have been working together to avoid unnecessary C-sections, resulting in shorter hospital stays, reduced complications and a quicker recovery time for the mother. In 2010, Rome Memorial Hospital's primary C-section rate was 8%, the lowest of the 21 hospitals in our region, according to Worth.

"Research shows that natural birth results in far fewer complications from both infections and blood loss," Worth noted.

"Lower rates of C-sections also correspond to lower usage rates in neo-natal intensive care units and fewer complications in subsequent pregnancies," she continued. "As long as mom and baby are doing well, the nursing staff,

midwives and obstetricians give the mother the time and support she needs to have the baby naturally.”

Babies at Rome Memorial Hospital are delivered by three obstetricians, Ankur Desai, M.D., Lauren Giustra, M.D., and Paul Temple, M.D; and four certified nurse midwives, Gail Sutton, CNM, NP, Nancy Peek, CNM, NP, Diana Fitzgerald, CNM, NP, and JoAnn Roberts, CNM, NP, CNM, NP.

“We have an excellent team of physicians and midwives who know when to intervene and when to wait,” Dr. Temple said. “We are guided by the status of the mother and the baby, rather than following a rigid timetable,” Dr. Giustra added.

Teamwork is another key component of the birthing philosophy at Rome Memorial Hospital. “The nursing staff takes a more proactive approach during the labor process to help facilitate a natural birth,” Dr. Desai said. “We’re all encouraging women to get out of bed, to walk and use the shower to help them relax. We’re getting both the mother and her partner more involved in the labor process and helping them with different labor techniques.”

“The addition of midwives has also contributed to the decline in C-sections,” Dr. Giustra added. “We learn from each other so we have a broader range of techniques to help encourage women through the challenges of labor.”

“Having a baby is a joyous experience, but labor isn’t easy,” Worth said. “By being more proactive, we’re able to provide additional encouragement for the mother and help nature along.”

PHOTO CAPTION:

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