



News Release

Contact: Amy Blaser, Vice President

Phone: 402-562-3371

Email: aebblaser@columbushosp.org

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The best place to have your baby

For Immediate Release

(COLUMBUS, Neb.) – Columbus Community Hospital's maternal child health department offers the latest technology and amenities to expecting and new mothers.

"We're a community hospital with a real community feel, but we offer many of the same services you can get in the bigger cities," said Kimberly Eisenmann, BSN, RN, director of maternal child health.

CCH can offer these services, in part, because of its newly renovated maternal child health department, which opened in March 2021. At 18,400 square feet, the new maternal child health department is nearly twice the size of the old department. It features eight labor, delivery, recovery and postpartum (LDRP) rooms, a larger neonatal intensive care unit with four private rooms and a full-service surgical suite with state-of-the-art technology.

The LDRP rooms are a particularly popular update because they allow patients to remain in one room during their time at the hospital. In the old space, mothers had to switch rooms after delivery, but these new rooms include everything for mothers and babies in one location.

"The newly designed maternal child health unit offers all the latest technology and amenities, but the real difference is the health care team," said Dr. Nicholas Wulf, obstetrician and gynecologist with Columbus Women's Healthcare. "I can't say enough about the nursing staff, operating room crew, housekeeping and ancillary staff who run the unit."

Patients in CCH's maternal child health department receive care from their obstetricians and physicians and the CCH nursing team, which includes lactation counselors. CCH also has a group of certified pediatric hospitalists who provide infant care as needed around the clock.

One of the advantages of CCH's maternal child health department is that its size allows for close collaboration between health care providers and a welcoming atmosphere for patients.

"It has a great community feel, with a team that strives for excellence and continuity of care," Wulf said. "The same nurses who are teaching classes are in the delivery room, and the same



team of obstetricians, pediatricians, and family practice doctors whom patients already know and trust."

In addition to providing needed medical care to new mothers and infants, CCH's maternal child health department also offers education and support for new parents.

CCH's First Steps program sends new parents information about pregnancy milestones. Then, at 36 weeks' gestation, mothers who participate in the program are invited to the hospital to talk about their birth experience. This program aims to make new parents' birthing experiences as enjoyable as possible by reducing the anxiety of the unknown.

New parents can receive additional education and support through CCH's Bump and Beyond Prepared Childbirth classes. These classes teach expectant parents about the labor process, comfort techniques, medical procedures, pain relief, postpartum care, newborn care and more. Bump and Beyond classes cost \$30 per couple, but CCH also offers free baby care classes on the second Tuesday of each month at 7 p.m.

CCH has lactation counselors on staff who can provide one-on-one care and breastfeeding education to new mothers. Lactation services are available 24 hours a day at the hospital, and patients can also schedule free outpatient consultations.

Whether they provide patients with education before birth or care for patients on the delivery date, Wulf said the members of CCH's maternal child health department team are committed to being there for patients.

"The entire staff takes pride in the unit and each individual's stay," he said. "There is always a friendly face and helping hand, whether it be for that nervous ride up the elevator or for seeing you off for that first stressful car ride home with your new baby."

For more information on CCH's maternal child health department or to schedule a tour, visit www.columbushosp.org or call 402-562-3266.

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