



News Release

Contact: Amy Blaser, Vice President

Phone: (402) 562-3371

Email: [aebblaser@columbushosp.org](mailto:aebblaser@columbushosp.org)

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### **Maternal Child Health Department Nurses Become Certified Childbirth Educators**

For Immediate Release

**(COLUMBUS, Neb.)** – Three nurses in Columbus Community Hospital’s Maternal Child Health Department recently became certified childbirth educators through the International Childbirth Education Association (ICEA).

Megan Sander, RN, BSN, ICCE, received her certification in October 2019, and Heidi Abbott, RN, BSN, ICCE, and Andrea Voss, RN, BSN, ICCE, received their certifications in January.

To receive certification through the ICEA, they had to attend an in-person or online workshop, complete an evaluated teaching series of at least six hours, observe a minimum of three labors and take a certification exam.

After receiving their certification, ICEA certified childbirth educators (ICCE) are able to provide evidence-based education to maternal child health patients and improve birth outcomes for families. At CCH, Sander, Abbott and Voss do this by teaching Bump & Beyond Prepared Childbirth Classes.

Bump & Beyond classes teach expectant parents about labor and delivery, comfort techniques, medical procedures, cesarean births, as well as information on newborn and postpartum care. The classes are offered in three-week evening or weekend express options and are held in CCH’s Platte Room, on the third floor of the hospital. The classes cost \$30 per couple for each series of classes. Only one registration is required per couple and Spanish interpreters are available upon request.

CCH started offering the classes in June 2018, at the suggestion of its Maternal Child Health nurses.

“Once the nurses shared their ideas for getting childbirth education offered again it really took off,” said Kimberly Eisenmann, RN, BSN, director of Maternal Child Health. “Megan, Andrea and Heidi really embraced the challenge of getting the certification and starting up our Bump & Beyond Class that is very successful.”



In addition to teaching Bump & Beyond classes, Sander, Abbott and Voss also take care of patients during their labors and postpartum.

“Since the nurses who are teaching the class are also the nurses taking care of patients in the labor room and postpartum, it enhances the nurse-patient relationship and the patient experience and offers comfort during a big life transition,” Eisenmann said.

Along with enabling them to teach courses, Eisenmann said the nurses’ certifications have also enhanced their nursing practice and made them a valuable resource to other Maternal Child Health staff.

“They have such a passion for what they do and it shows, not only in the class, but in their work in the unit,” she said. “They are a great resource for staff members on the unit, sharing information with the nurses on the unit so all of our patients get the best care.”

For more information on CCH’s Maternal Child Health Department and its Bump & Beyond classes, visit [www.columbushosp.org](http://www.columbushosp.org) or call 402-562-3266.

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