

# HealthNotes

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## Guiding Women Through Pregnancy, Childbirth, and Beyond

Happy 5<sup>th</sup>  
anniversary to  
our certified  
nurse-midwife  
program!

Midwives are best known for helping mothers give birth in a safe, natural, and personalized way. But that's only part of what today's certified nurse-midwives (CNMs) do. At Olmsted Medical Center (OMC), women can see a CNM for:

- prenatal care
- labor and childbirth
- postpartum exams
- yearly well-woman checkups
- birth control and family planning
- gynecological health concerns.

In July, the CNM program at OMC turns 5 years old. It didn't take long for excellence to be recognized. The program has received the American College of Nurse-Midwives' "Triple Aim" Best Practice designation for three years running.

### Having Options

Many women first discover the popular CNM program when they become pregnant. "Women want options, and we respect that," says certified nurse-midwife Patricia Hinck, APRN, CNM. "When a

woman comes to OMC to have her baby, she can choose either midwife care or OB physician care. If she chooses us, our goal is to give her the birth experience she wants."

CNMs spend extra time educating expectant moms during prenatal appointments. Then when the big day comes, they provide individualized, hands-on support throughout labor and

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OMC's certified nurse-midwives (L to R) Annemarie Schwanke, Judi Halbach, Amy Ntoburi, Suzanne Cooley, Patricia Hinck

## Guiding Women Through Pregnancy, Childbirth, and Beyond *(continued)*

childbirth. “We get to know every patient, and we look after each one like she’s our sister,” says certified nurse-midwife Annemarie Schwanke, APRN, CNM.

Along with Hinck and Schwanke, other members of the midwife team include Suzanne Cooley, APRN, CNM; Judi Halbach, APRN, CNM; and Amy Ntoburi, APRN, CNM.

### What to Expect

CNMs can prescribe medications and offer an epidural, if needed. But most moms choose midwife care for a gentle, natural birth experience. “Once you’re in labor, a midwife is in the room with you at the OMC BirthCenter much of the time,” says Hinck. Pain control measures that may be used include:

- soaking tub
- aromatherapy

- movement and position changes
- nitrous oxide (laughing gas)
- your partner, doula, or other support person.

Options for the birth itself include:

- birthing positions such as squatting
- water birth, if it’s a low-risk delivery
- delayed cord clamping.

“If you have a high-risk pregnancy or problems during labor, we work closely with our doctors to assure optimal healthcare for you and your baby,” says Schwanke. CNMs are experts at guiding normal, natural labor and delivery—and recognizing when additional help is needed.



+ For more information about midwife services at OMC, call **507.529.6605** or go to [www.olmmed.org/midwife](http://www.olmmed.org/midwife).

## Perinatology Services Now Offered at Women’s Health Pavilion

Wendy White, MD, recently joined Olmsted Medical Center and is offering perinatology services in our Obstetrics and Gynecology department. Perinatology, also known as maternal fetal medicine, is a subspecialty of obstetrics.

As a perinatologist, Dr. White works in conjunction with obstetricians to care for mothers and their babies-to-be when there is a higher-than-normal risk for complications during pregnancy.

### Empowering Patients

Pregnancy is a time of great joy, but it can also be a time of great stress, especially when high-risk issues develop. Dr. White and her team provide comprehensive ultrasound examinations and counseling services to OMC’s obstetric population. Her goal is to help patients feel educated, supported, and empowered as she partners with them for the best outcomes.

### Talking In-Depth

Each new consultation starts with a comprehensive ultrasound examination by one of our specialized obstetric sonographers. This is followed by an in-depth visit with our perinatology nurse, Katheryn Kreidermacher, and Dr. White.



Wendy White, MD

+ Make sure that you and your baby get the best care possible. For more information about perinatology services, call us at **507.529.6605**.

# OMC Recognized for Patient-Centered Care



In 2017, Olmsted Medical Center received National Committee for Quality Assurance (NCQA) Patient-Centered Medical Home (PCMH) Level-3 Recognition based on our evidence-based, patient-centered processes.

## Fostering the Patient-Doctor Partnership

The NCQA PCMH is a model of primary care that combines teamwork and technology to improve care, enhance patients' experience of care, and reduce costs. Medical homes foster ongoing partnerships between patients and their personal clinicians instead of approaching care as the sum of episodic office visits. Each patient's care is overseen by clinician-led care teams that coordinate treatment across the organization. Research has shown that medical homes can lead to higher quality and lower costs, and can improve patient- and provider-reported experiences of care.

According to the NCQA, PCMH recognition raises the bar in defining high-quality care by emphasizing access, health information technology, and coordinated care that is focused on patients. The recognition demonstrates that our organization has the tools, systems, and resources to provide our patients with the right care at the right time.

To earn recognition, which is valid for three years, OMC demonstrated the

ability to meet the program's key elements by embodying characteristics of the medical home.

## Achieving Recognition Quickly

The NCQA standards align with the joint principles of the PCMH that are established with the American College of Physicians, American Academy of Family Physicians, American Academy of Pediatrics, and American Osteopathic Association. For some organizations, the recognition process can take three to five years to achieve. OMC accomplished the recognition in less than one year.

## Meeting Requirements in 6 Categories

There are three levels of NCQA recognition, ranging from Level 1 to Level 3, the highest. OMC was required to meet elements in six categories:

- enhance access and continuity
- identify and manage patient populations
- plan and manage care
- provide self-care support and community resources
- track and coordinate care
- measure and improve performance.

As an organization, OMC is proud to be recognized by the NCQA.


## OMC Expands Infusion Therapy Services Space

Infusion Therapy Services, located on the second floor of Olmsted Medical Center's hospital, held an open house with a Chamber of Commerce ribbon cutting to celebrate their new, expanded space.

Infusion Therapy Services available for patients include:

- vascular access device insertion and care
- blood products
- intravenous immunoglobulin (IVIG)
- alpha 1-proteinase inhibitor
- antibiotics
- advanced biologicals
- TNF-alpha blockers
- high-dose steroid therapy
- monoclonal antibodies
- vitamins and minerals
- fluids for hydration
- chemotherapy (limited).

Infusion Therapy Services at OMC are ordered by an OMC provider and given at the hospital by highly skilled certified registered nurses who are trained for infusion therapies.

 Want to learn more about Infusion Therapy Services? Talk with your OMC primary care provider.





## Coming Soon to a Computer or Mobile Device Near You: OMC MyChart!



OLMSTED  
MEDICAL  
CENTER

MyChart

This fall, Olmsted Medical Center will implement a new electronic health record called Epic. With this change, we will be offering a new and improved patient portal called OMC MyChart.

**View Your Test Results and More**  
OMC MyChart will offer patients ages 18 and older personalized and secure online access to portions of their medical records. Features of MyChart include:

- sending electronic messages to your healthcare provider's office
- viewing information about your visits

- viewing your lab and test results
- requesting prescription renewals
- paying your bill
- viewing a family member's health record in MyChart (through proxy access)
- managing health information from other healthcare organizations that use MyChart.

### Click for Easy Access

MyChart can be accessed from a computer or a mobile device via an app. The app can be downloaded from the Apple App Store and the Android Market.

Stay tuned! We'll share information about how to sign up for MyChart—and how to use it—at a later date.

OMC complies with healthcare-related Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. If you speak a language other than English, assistance services, free of charge, are available to you. Call **507.288.3443 (TTY: 507.287.2799)**.

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **507.288.3443 (TTY: 507.287.2799)**.

**FIIRO GAAR AH:** Haddii aad ku hadasho Soomaali, adeegyada ka caawinta luqadda ayaad adigu lacag la'aan ku heli kartaa. Soo wac **507.288.3443 (TTY: 507.287.2799)**.