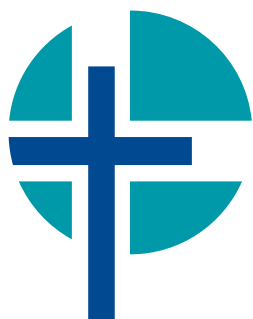


April
2023



SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

Certified nurse-midwives are licensed independent practitioners who:

• Have obtained a master's degree in a midwifery education program accredited by the Accreditation Commission for Midwifery Education

• Are board certified by the American Midwifery Certification Board

• Have been licensed by the state as registered nurses, as well as certified nurse-midwives

"The certified nurse-midwives at Saint Peter's University Hospital are enthusiastic about providing personalized care that is tailored to individual needs and preferences. We want to make sure women feel empowered while they are in our care, whether they are undergoing an exam, giving birth, or just asking us questions," said Katelyn Rasmus, CNM, MSN, RNC-OB, CEFM, midwifery clinical director at Saint Peter's University Hospital.

Meet the Certified Nurse-Midwives



Katelyn Rasmus, CNM, MSN, RNC-OB, CEFM
Midwifery Clinical Director



Victoria Carlucci, DNP, CNM, WHNP-BC



Grace Fimbel, CNM



Jennifer Gobencion, CNM



Danielle Melican,
MSN, CNM, RNC-OB, C-EFM, CBC

The Midwifery Model of Care at Saint Peter's

Inspiring shared decision-making and empowerment of women as partners in their own care

The certified nurse-midwives at Saint Peter's provide a range of women's health services, including well woman care, prenatal care, care during labor and birth, and postpartum care. They also offer care to women who are menopausal and post-menopausal. They focus on holistic care, emphasizing the physical, emotional, and social aspects of women's health.

Well Woman Care

For women who are not pregnant, Saint Peter's certified nurse-midwives offer gynecological services such as well woman exams. These exams typically include a pelvic exam, a breast exam, and a Pap smear, if needed. They can treat issues like menstrual cramps and infections and answer questions about reproductive health.

Prenatal Care

Throughout the pregnancy, certified nurse-midwives provide ongoing prenatal care, including monitoring the growth and development of the baby and ensuring the mother is healthy. They can prescribe lab tests and ultrasounds, provide nutrition and exercise counseling, and share education on childbirth.

Central to the prenatal care experience is the mother's birth plan. Developed at the beginning of her pregnancy, expectant mothers document their personal preferences and wishes for how the labor should progress – everything from designating support individuals in attendance to labor expectations and preferences for medical intervention, should the need arise. Our certified nurse-midwives are skilled at identifying and managing potential complications and referring patients to specialists when necessary.

Delivery

Under the care of certified nurse-midwives, women with low-risk pregnancies can experience labor and birth in the comfortable, homelike bedroom suites in the Mary V. O'Shea Birth Center, which is accredited by the Commission for the Accreditation of Birth Centers. Each room features a queen-size bed, a sleeper chair, bathroom with shower and a spa-size tub where moms can relax during labor, along with an open outdoor garden for walking during labor.

The Mary V. O'Shea Birth Center offers a variety of nonpharmaceutical pain management options including hydrotherapy, aromatherapy, nerve stimulation, and sterile water papules. It is also equipped with various tools including birth balls, peanut balls, and birth stools to facilitate a variety of different position options in labor. The certified nurse-midwives monitor the mother's vital signs and the baby's heart rate during labor, and provide emotional support and comfort measures, all while adhering to the mother's birth plan as closely as possible. The certified nurse-midwife also attends the birth of the baby.

Postpartum Care

Two weeks after women give birth, certified nurse-midwives conduct a postpartum health checkup to ensure the well-being of the mother and baby. They monitor the physical and emotional recovery of the mother, and offer guidance on breastfeeding, newborn care, and family planning. They will also screen for postpartum depression and refer patients to specialists if necessary.

Menopause

As women approach menopause, certified nurse-midwives can provide care and support during this transition. They help manage symptoms such as hot flashes, mood changes, and sleep disturbances, and offer guidance on hormone replacement therapy if needed. Certified nurse-midwives can also screen for osteoporosis and offer recommendations to prevent bone loss.

Post-menopause

Post-menopausal women may feel lingering symptoms of menopause due to decreasing hormone levels. Some symptoms include hot flashes, dry skin, insomnia, depression, changes in weight, and incontinence. Certified nurse-midwives can help women address these symptoms or connect them with specialized physicians.



Stock photo. Posed by models.

Women should speak with a certified nurse-midwife or their healthcare provider about any issue they are experiencing so that appropriate care can be given. To schedule a visit with one of Saint Peter's certified nurse-midwives, call 732.339.7879 or visit saintpetershcs.com/midwifery.

What's the Difference Between Acid Reflux, Heartburn and GERD?

Acid reflux, heartburn, and gastroesophageal reflux disease (GERD) are common digestive disorders that cause discomfort and pain in the chest and throat.

Acid Reflux

Acid reflux is when stomach acid flows back up into the esophagus, causing a burning sensation known as heartburn. Acid reflux can occur after eating certain foods, lying down after a meal, bending over, or it can be caused due to a hiatal hernia.

Symptoms of acid reflux can include:

- Heartburn
- Chest pain
- Difficulty swallowing
- Regurgitation of food or acid
- Coughing
- Hoarseness

Heartburn

Heartburn is a symptom of acid reflux. Heartburn can be caused by a variety of factors, including eating too quickly, overeating, or eating acidic or spicy foods.

Treatment options for heartburn include:

- Over-the-counter antacids
- Eating smaller, more frequent meals
- Avoiding spicy or acidic trigger foods

Frequent or constant acid reflux symptoms can lead to GERD, which is a more severe and long-lasting form of acid reflux. **GERD is also known as chronic acid reflux.**

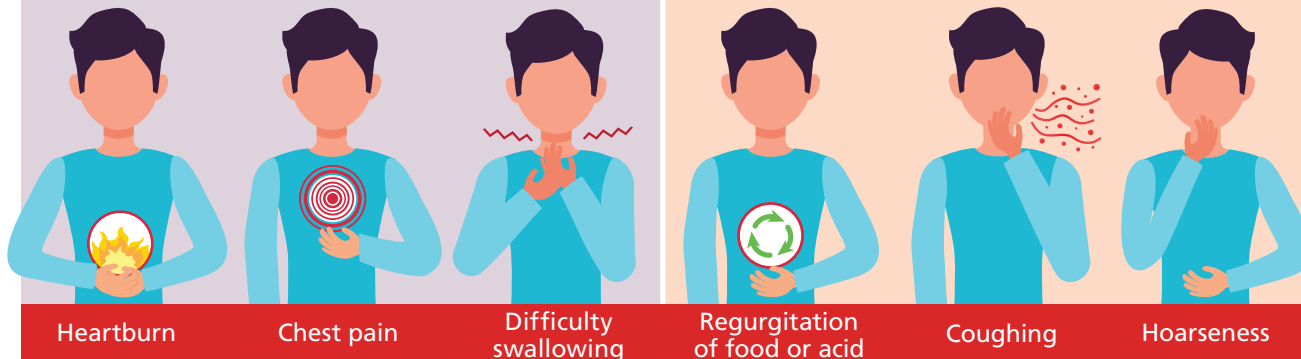
GERD

Long-term complications of GERD can include:

- Esophagitis (inflammation of the esophagus)
- Strictures (narrowing of the esophagus)
- Barrett's esophagus (changes in the cells of the esophagus that can lead to cancer)



Treatment options for GERD can include medications such as antacids, H2 blockers, and proton pump inhibitors (PPIs). Some patients may only need to make lifestyle changes such as changing dietary and exercise habits to feel relief. Surgery may be recommended to strengthen the lower esophageal sphincter, remove damaged tissue, or correct a hiatal hernia.



"Acid reflux and GERD can be painful conditions, especially if they are left untreated. If you are experiencing symptoms of these conditions, speak with a physician to get an accurate diagnosis and treatment plan that works for you," says **Sugirdhana Velpari, MD**, director of the Reflux and Motility Center and associate program director of the Gastroenterology Fellowship in the Division of Gastroenterology and Hepatology at Saint Peter's University Hospital.



Community Calendar

For more information or to register for a program, call the contact number listed or visit saintpetershcs.com/Events. Most programs are FREE unless noted; please call for information.

Cancer Support

Bone Marrow Transplant
For patients who have had an allogeneic transplant
Call for information: 732.235.8522

Breast Cancer
Call for information: 732.235.7011

Gynecologic Cancer
In partnership with the Cancer Support Community Central New Jersey
Call for information: 732.235.6792

Living with Cancer
Call for information: 732.235.7557

Diabetes Education*

For information about classes, call the numbers listed below.

Diabetes Self-Management Education
Call for information: 732.339.7630

Gestational Diabetes Self-Management Education
Call for information: 732.339.7630

Prevent T2 Program
Call for information and registration: 732.339.7772

Saint Peter's surgeons perform over 600 robotic-assisted surgeries per year through the da Vinci® Surgical System.



Parent Education

Parenting classes are currently being held online. Register at saintpetershcs.com/Services/Parent-Education. Once registered for a class, access information will be provided to you. For information about the following classes, please call Parent Education at 732.745.8579.

Baby Care

Birth Center Class (for moms under midwifery care)
Breastfeeding Class
Breastfeeding Support Group
Grandparents Class
Hypnobirthing
Marvelous Multiples

New Daddy Class

New Mom Support Group
Prenatal Yoga & Exercise Class
Prepared Childbirth/Lamaze Classes
Sibling Class
Spinning Babies



SAINT PETER'S HEALTHCARE SYSTEM

COMMUNITY GOLF OUTING

JUNE 22, 2023 | FORSGATE COUNTRY CLUB

BENEFITING THE CHILDREN'S HOSPITAL AT SAINT PETER'S UNIVERSITY HOSPITAL

For registration and sponsorship information, contact Saint Peter's Foundation at 732.745.7932 or spfoundation@saintpetersuh.com.

Support Groups

Bariatric Nutrition Support Group
2nd Thursday of each month
Next meeting: April 13 • 6 – 7 pm
Call 732.339.7450 for Zoom meeting information

Bereavement
Call Pastoral Care for information: 732.745.8565

Craniofacial Teen Girls
Call for information: 732.745.8600, x8113

MyGoal Autism Family
2nd Sunday of each month
Next meeting: April 9 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details

SHARE
3rd Thursday of each month
Next meeting: April 20 • 7 – 9 pm
Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link

Spouse/Partner Caregiver Support Group
Call for information: 732.745.8600, x8653



COVID-19 Moderna and Pfizer COVID-19 Vaccines

For age eligibility, and clinic locations and dates, visit saintpetershcs.com/covidvaccine

Need a doctor? To find a Saint Peter's physician, visit saintpetershcs.com/findaphysician. Online scheduling is also available with select Saint Peter's Healthcare System physicians via Zocdoc at BookMySPDoc.com

This calendar is for information only. Do not rely on it to make healthcare decisions on your own; instead, talk with your healthcare provider for advice and treatment. Do not ignore medical advice or delay seeking it because of something you read here. We do not suggest or endorse that you have any tests, use products, or use other information in this document without advice from your healthcare provider.



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State-designated children's hospital and regional perinatal center

