the birthcare pavilion

a special place for you and your baby

WEST BOCA Medical Center
You talk to your belly. You eat nutritiously. You take good care of yourself. You’re already giving your baby the best. Now, after months of expecting, it’s almost time to welcome your child into the world. The West Boca Medical Center BirthCare Pavilion provides comfort and care in a family-centered environment. We pamper both mom and baby and personalize your care to meet the needs of you and your family before, during and after the birth of your baby.

The Best Choice
We know that choosing a hospital is an important decision—as an expectant mother you want a high level of care for your baby and a high level of comfort for you—so we’ve considered everything.

Mind
For your peace of mind, we address the common concerns of new mothers. We have a level III—the highest level designated by the state—neonatal intensive care unit in the event your baby has special needs, 24-hour anesthesia services and an infant security system.

Body
For your comfort, our private delivery rooms are beautifully appointed with everything you and your support person need to feel at home. During labor and delivery, we have private suites. For postpartum time, we offer private, semiprivate and two Princess Suites. (No reservations for Princess Suites; if available, additional fee will apply.) A sleeper chair is available for your support person.

Spirit
For your spirit, we offer extensive ongoing support. We know that while giving birth may be the most natural thing in the world, knowing how to prepare and care for a newborn may not come quite as naturally. We offer lactation services as well as a comprehensive specialized baby education program.

Award-Winning Maternity Care
At West Boca Medical Center

Giving birth can be both exciting and intimidating. It’s reassuring to know that West Boca Medical Center offers award-winning care.

The West Boca Medical Center BirthCare Pavilion is ranked among the top 5 percent in the nation for maternity care. HealthGrades®, a leading health care information company, has awarded West Boca Medical Center its Maternity Care Excellence Award® three years in a row (2006/2007, 2007/2008 and 2008/2009), giving it a five-star rating.

HealthGrades independently analyzed more than 2,100 hospitals nationwide for the 2008/2009 HealthGrades® Maternity Care ratings, objectively assessing their clinical outcomes and quality. Factors taken into consideration included quality indicators related to maternal and neonatal care, such as vaginal and C-section complications and volume of deliveries.

Achieving this award three years in a row is a tribute to the hard work and dedication of our compassionate physicians, nurses and staff.
Before the Birth
Choose an obstetrician or midwife, and a pediatrician. If you haven’t already done so and need a referral, simply call 866-904-WBMC (866-904-9262) for a free referral to a practitioner whose qualifications match your needs.

The Birth Day
When you think you’re in labor or your water breaks, call your obstetrician or midwife immediately. He or she will notify us and we’ll prepare for your arrival. If you arrive at the hospital prior to 10 p.m., use the entrance marked BirthCare Pavilion, on the south side of the hospital. If you arrive after 10 p.m., use the ER entrance. Even if you’re preregistered, you must check in at the front desk in the BirthCare Pavilion to sign forms and give permission for treatment.

You will be admitted to one of the 18 beds in the labor and delivery unit until you have delivered. All rooms in this unit are private. After delivery, a newborn hearing screening is provided. While this screening has been mandated by the state of Florida for all newborns, parental consent is required.

After the Birth
For your comfort, the postpartum unit has two Princess Suites and two private suites. All other rooms are semiprivate. And because your baby’s care is of the utmost concern, our newborn nursery is staffed 24 hours a day.

Before you leave the hospital, we’ll teach you how to care for both your baby and yourself when you get home. Parents will receive instruction on basic newborn care including bathing, diapering, feeding and safety measures. For additional information we offer the Newborn Channel 24 hours a day on our in-house network. Also, be sure you have an age-appropriate car seat installed BEFORE coming to the hospital to bring your baby home.
West Boca Medical Center offers a comprehensive selection of helpful classes designed to teach mom, dad and family all the baby basics. Don’t worry if there are things you don’t know, our attentive, knowledgeable instructors will guide you and answer any questions you have. For more information or to register for a class, call 866-904-WBMC (866-904-9262).

**Childbirth Preparation**
This class is designed to help pregnant women and their partners prepare for any style of birthing experience. Register in the 5th month of pregnancy to attend classes in the 7th month.

**Childbirth Preparation Refresher**
This class is for parents who have already experienced childbirth and would like to review and update their knowledge. Register in the 5th month of pregnancy to attend class in the 7th month.

**Sibling Preparation**
This class is for children from 3 to 10 years old. It helps prepare children for their new family member. Register and attend in mom’s 6th to 8th month of pregnancy.

**Chat with an Anesthesiologist**
This class is taught by an anesthesiologist who will discuss the benefits and risks of a variety of pain relief options available at the BirthCare Pavilion. Register and attend in the 6th to 8th month of pregnancy.

**Breastfeeding Basics**
This class is taught by a certified lactation consultant who will discuss common questions and concerns about the breastfeeding experience. Register at any time during pregnancy.

**Breastfeeding Support Group**
Meet with other breastfeeding moms while a certified lactation consultant answers questions and assists in breastfeeding challenges.

**Baby Care**
This class covers feeding, diapering, crying, forming routines, sleeping patterns and choosing a pediatrician. It’s available to parents, grandparents, older siblings and sitters who want to learn or update their baby care skills.

**Heartsaver Pediatric First Aid**
This American Heart Association CPR program provides instruction and practice for infant and child CPR. Class also includes baby and child safety information, drowning prevention, and choking prevention and rescue.

**Safesitter Babysitting**
This class is a self-confidence building program for boys and girls from 11 to 14 years old who are caring for young children. It teaches normal childhood growth and development, age-related play, safety information, basic first aid information, choking prevention and rescue, behavioral management and more.
West Boca Medical Center BirthCare Pavilion is warm and inviting; bring these handy things with you and you’ll feel right at home.

**The Birth Day**
- Two or more pillows
- Toiletries including shampoo/rinse, toothbrush, toothpaste
- Hair dryer
- Nightgowns (button down the front is helpful if breastfeeding), bathrobe and slippers
- Underwear for after delivery (postpartum)
- Sanitary napkins
- Loose-fitting clothing for going home
- Maternity or nursing bras (breastfeeding moms)
- Nursing pads (breastfeeding moms)
- Breastfeeding pillow (optional)
- Lip balm
- Lotion for massage
- Hand fan
- Focal point (a picture, etc.)
- CD player (battery operated) and CD of your favorite music
- Baby book (for footprints—optional)

**For Dad or Support Person**
- Watch or clock with second hand
- Change of clothing
- Pajamas (if planning on staying overnight), bathrobe and slippers
- Toiletries
- Reading or writing materials
- Change for the vending machines
- Important phone numbers

**For Baby**
- If using cloth diapers, two for going home plus two diaper pins or Velcro diaper covers (hospital uses only disposable diapers)
- Undershirt
- Receiving blanket
- Outer blanket or snuggles with legs
- Hat and booties
- Car seat for the baby’s ride home (required by law)
A People Place
At West Boca Medical Center, highly skilled compassionate nurses along with a team of doctors and other health care professionals provide the very best care in a family-friendly environment. They're here to answer questions, nurture your baby and make your birth experience a joyous one. They'll work together with you in the hands-on care of your baby to foster confidence and develop skills for an easy transition from hospital to home.

Neonatal Intensive Care Unit
Some newborns need a little extra care. West Boca Medical Center’s neonatal intensive care unit (NICU) is for those special deliveries. Our NICU is a level III facility, which means it can provide the most extensive services to premature and at-risk babies. It is the only level III NICU in North Broward County and Boca Raton.

Babies treated in the NICU are often infants who haven’t yet gone home from the hospital after being born. They’ve likely been born prematurely, experienced difficulties during their delivery or have signs of a problem very early on in their life. While in the NICU, babies receive care tailored to their condition, which often includes special feeding schedules, medications and tests. The NICU is led by a neonatologist, a doctor specializing in newborn intensive care. Also involved in treating a NICU patient may be other doctors, physical therapists, nutritionists, pharmacists and others. And although it’s the doctors who make diagnoses, NICU nurses have close and frequent contact with patients and are a valuable source of information and reassurance. The entire NICU health care team works to provide the best care for sick or at-risk newborns, while they foster your bonding with your baby.

Pediatric Services
Children are not simply little adults. Dealing with an injury, disease or disorder in a child may sometimes require a different approach. So when kids are sick, they need the attention of people who understand their special needs. The health care professionals at West Boca Medical Center have experience in treating a wide range of illnesses and injuries affecting children. Our medical staff is further enhanced by more than 80 affiliated pediatric specialists and subspecialists with expertise in many areas. We have certified pediatric nurses who receive special training and certification in Pediatric and Neonatal Advance Life Support. Together, we give children the highly specialized medical care they need.

We offer a wide range of primary and acute care pediatric services in a child-friendly environment, including a:

Pediatric Intensive Care Unit
The pediatric intensive care unit (PICU) is a special part of the hospital designed to give the sickest children the highest level of care. A child may be admitted to the PICU after major surgery, a severe asthma attack or other incident. The length of stay depends on the child’s condition, and might range from a single day to several months. The PICU is led by a pediatric intensivist, a doctor who completed a three-year residency in pediatrics after medical school, followed by years of subspecialty fellowship training in intensive care. Also involved in treating a PICU patient may be other doctors, physical therapists, nutritionists, pharmacists and others. And the PICU commonly has a higher ratio of nurses to patients than the hospital’s main medical floors, allowing for extremely thorough nursing care. The entire PICU health care team works to provide the best care for critically ill children, while they support you and your family.

Pediatric Emergency Department
Instead of sitting in a crowded waiting room surrounded by adult patients, West Boca Medical Center has a separate waiting area just for kids. Each child will be given a private room while being treated by pediatric emergency specialists. In fact, at West Boca Medical Center, our goal is for a health care professional to see your child in 30 minutes or less. The pediatric ER treats newborns up to children 18 years of age. Doctors and nurses from the pediatric emergency medicine department work closely with the emergency trauma department to stabilize patients. With their experience and focus, they look, listen and read the cues to determine what their young patients can’t tell them. Patients are often treated successfully and are able to be sent home. If they require additional care after they’ve been stabilized, they are then transferred to a specialized unit.
Below are some common questions regarding preregistration for your hospital stay at the BirthCare Pavilion. Remember, we’re here to help so if you have any other questions, simply call 561-488-8353.

Q: When should I preregister with the hospital?
A: Preregister as early as possible. Register online at www.WestBocaMedCtr.com or fill out the enclosed form. Bring the completed form to the BirthCare Pavilion registrar’s desk between 7 a.m. and 10 p.m. or mail it with a copy of the front and back of your insurance card to:
West Boca Medical Center
21644 State Road 7
Boca Raton, FL 33428
Attn: BirthCare Pavilion

Q: If I need to make a deposit or payment, can I mail it with my preregistration form?
A: Yes.

Q: Do I need to notify my insurance company?
A: Yes, you are primarily and ultimately responsible for all charges and bills incurred during your stay.

Q: Should I choose a pediatrician prior to the birth of my baby?
A: Yes, you should have the pediatrician’s name and phone number when you come to the hospital to deliver your baby. If your pediatrician is not on staff, our neonatologist will care for your baby.

Q: Can I tour the BirthCare Pavilion?
A: Absolutely. Call 866-904-WBMC (866-904-9262) to schedule a free tour.
At the West Boca Medical Center BirthCare Pavilion, we are dedicated to giving you and your baby the very best care. In fact, we’re committed to being your first choice for health care and the best hospital in our community. Using patient feedback, we’ve created a culture called Target 100. Our goal is to achieve 100 percent patient satisfaction by delivering superior service and quality care. For more information about West Boca Medical Center, call 866-904-WBMC (9262) or visit www.WestBocaMedCtr.com.