

Dear expecting mothers and fathers

Here are three documents to be signed and presented to a midwife upon your check-in for the child birth. Please have the documents ready in your bag-for-the-day.

If there is any questions, please let me know.

Important notice: Our anesthesiologist requests removal of all makeups including manicures and pedicures. Failure to do so may result in cancellation of the procedure.

Hideki Sakamoto MD

Birth Plan

Name (mother) : _____ This is your st/ nd/ rd/ th childbirth

Due date: _____

Name (father) : _____

Consultation card No.: _____ —

1. What kind of childbirth do you want?

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2. Are you doing or trying to do anything in preparation for the childbirth?

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3. What do you want people around you (your husband, family, doctor, midwife, and others) to do at childbirth?

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4. If you are a multipara, how did your last childbirth go? It was in Aiku Hospital / Others

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5. We recommend breast-feeding. Do you have any questions regarding breast-feeding or rooming-in?

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Information and Requests Regarding a Family Member's Attendance at Delivery

Aiiku Hospital allows a family member in the LD (labor and delivery) Room, so that the mother-to-be may undergo labor and delivery in more relaxed condition. Since the purpose of this policy is assisting a good delivery, we would give priority to the patient's wishes. If urgent medical procedures should become necessary in the course of delivery as the case may be, we may not be able to meet your demands. We would appreciate your understanding of the following conditions and cooperation.

- 1) Only the person by whom the patient wants to be attended can enter the room.
- 2) We may request the attending person to leave the room if necessary medical procedures demand it.
- 3) We may request the attending person to leave the room if the attendance is thought to bother the people around.
- 4) We would basically allow the patient's family member in. But if the patient wants to be attended by a non-family person, we will consider at request.

Basically 1 person per patient can enter the LD Room since the space is limited.

A child cannot enter the room to prevent possible infection of other patients.

Written Consent

To Director of Aiiku Hospital

Agreeing with the above statement and its meaning, I would like to attend the mother-to-be in the LD Room.

Date:

Name of the patient:

Name of the would-be attendant:

Information on Kangaroo Care

(1) What is kangaroo care?

Kangaroo care is the way in which the mother or the father folds to her/his naked bosom the naked baby who was born small and being raised in an incubator. As it is reported to stabilize the baby's breath, heart beats, and body temperature very well, also improving therapeutic effects through direct physical contact, kangaroo care is adopted in many centers treating premature babies. In Aiiku Hospital, kangaroo care is available for any babies, not only for those born small. Kangaroo care is also said to deepen the mother's joy of childbirth and love for the baby. The baby, by being folded to the mother's bosom, is calmed down and cries less.

(2) Problem with kangaroo care

The baby, who has been provided with oxygen and nutrition from the mother through the umbilical cord for 10 months in the womb, starts lung breathing independently as soon as it delivered into the external world. However, it is said that a few babies, one of some 1,000 babies, cannot adapt to the rapid environmental change and may develop apnea or hypothermia after birth. It is undeniable that kangaroo care just after birth involves a certain risk due to lack of full observation during the care.

(3) Kangaroo care in Aiiku Hospital

Just after birth, after confirming that the baby has no major problem in condition, the baby is placed, on his/her stomach, on the mother bosom to bosom and let stay there for about 15 minutes. The room temperature is kept constant and the baby's back is covered with bath towel to prevent hypothermia. The staff regularly checks the baby's breath. Since observation of the baby, who lies on his/her stomach, is very difficult, the mother or father as well as we staff is requested to watch the baby's complexion or other states during kangaroo care.

(4) Choice whether to do kangaroo care or not

In the current understanding, kangaroo care is a very good way to deepen the mother-child bond starting just after birth but it involves a risk. Of course the whole staff is prepared to exert full attention and watch to lessen the risk, all the risk cannot be avoided.

After reading the above information, each family is requested to decide whether to do kangaroo care or not.

Written Informed Consent

To Director, Aiiku Hospital

With consent to what is informed above, we request kangaroo care to be done.

Date: _____

Name: _____