



Babies First

Babies First LDR suites radiate a “homelike” feel with wood floors and cozy furnishings.

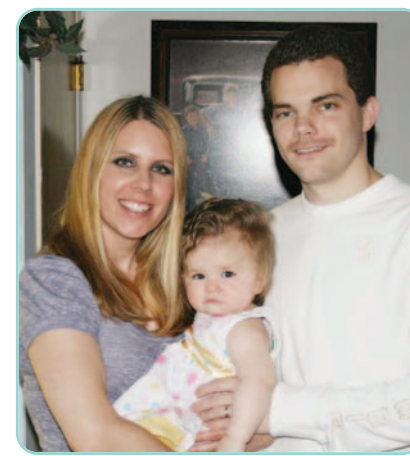
Your baby’s first smile, first laugh, first step are precious moments every parent cherishes. Northridge Hospital Medical Center wants to ensure not a single milestone is missed. That’s why our all-inclusive **Babies First** Program provides expert medical care to mother and child from your baby’s first breath.

FIRST CHOICE

Marianne Reed had to move from Seattle to Valencia mid-way through her pregnancy. Concerned, she immediately began searching for a hospital to deliver her precious newborn. Friends recommended Northridge Hospital’s Babies First Program, which features beautifully furnished Labor-Delivery-Recovery suites and Mother-Baby rooms where baby remains with mom instead of in a separate nursery.

“We also chose Northridge Hospital because it has a **NICU (Neonatal Intensive Care Unit)** whereas the hospital near us

does not,” she explains. “The NICU is important—if there’s a problem, the baby doesn’t have to



transfer to another location and be separated from mommy and daddy.”

“Patients also prefer Northridge Hospital because we have an entire floor dedicated solely to the birthing experience,” says **Federico Alva, MD**, Obstetrician/Gynecologist. “We offer the timely availability of a 24/7, in-house anesthesiologist assigned to labor and delivery and three dedicated obstetric operating rooms that allow for multiple procedure capability, thus, decreasing waiting times for patients,” adds **Dafna Trites, DO**, Obstetrician/Gynecologist, Chair, OB/GYN Department.

Fortunately, Marianne didn’t require surgery or the NICU. She experienced a normal pregnancy and had labor induced at 40 weeks gestation. “The pushing stage took longer than I thought it would,” she admits. “However, Dr. Trites and the staff remained calm and were very encouraging, which in turn, made me feel more calm.” Marianne delivered a healthy baby girl named **Sky Lynn Reed**.

BONDING FIRST

Shortly after Sky’s birth, Marianne was encouraged to bond with her newborn by practicing our skin-to-skin method affectionately named “Kangaroo Care.” Just like a baby kangaroo nestles in its mother’s pouch, newborns snuggle on their parent’s bare chest.

“Kangaroo Care is our preferred method of care for all newborns,” states **Kevin Pezeshki, MD, FACOG**,

Marianne and Dave Reed show off their baby girl Sky Lynn, who is now 1 1/2 years old.

Obstetrician/Gynecologist. “It’s particularly helpful for premature babies who showed significant benefits in a Bogota, Columbia, study where the mortality rate fell from 70 percent to 30 percent after implementing the practice.”

FIRST NOURISHMENT

Marianne also bonded with Sky by breastfeeding. Research shows that breastfed babies have higher IQ scores, better brain and nervous system development, fewer infections, a reduced risk of SIDS and a lower risk for childhood obesity, cancer and diabetes. Moms benefit too with decreased risks of breast and ovarian cancer, anemia and osteoporosis.

While breastfeeding is natural, it is a learned skill. To assist new moms, we offer in-house lactation consultants every day of the week, an introduction to breastfeeding class (see page 14) and a weekly breastfeeding support group that’s free of charge (see page 18).

“I received three visits from breastfeeding consultants during my stay, which really helped a lot,” remembers Marianne. “With their assistance, I was able to breastfeed for several months.”

“Many patients who were previously unsuccessful with breastfeeding have success after delivering again because of our strong lactation education and assistance,” conveys Dr. Trites. “We are proactive about initiating breastfeeding as soon as possible after delivery, and are trying to incorporate it even in the operating room during a C-section!”

FIRST MEMORIES

Marianne couldn’t wait to show off Sky to friends and family using our interactive photo services that give moms bragging rights. We offer:

Online Photo Nursery – a password protected way to share news about newborns and order photos.

Welcome Newborn – photographers visit patient rooms to take digital baby pictures, which can be printed at our on-

The Breastfeeding Task Force of Greater Los Angeles awarded Northridge Hospital with the “Mother-Baby Friendly Workplace Award” for providing breastfeeding employees with a private place and adequate time to pump milk.



site printing station. There’s also a Welcome Station where parents can design an Internet “baby welcome site” for friends and family to visit. Parents can even borrow digital cameras and receive a free disc of their baby’s first pictures.

CarePages – a FREE virtual gathering place where parents (and other hospital patients) create a secure and customized web page to post updates and photos.

“We appreciate Northridge Hospital offering these services, which are a great way to share the baby’s first pictures with friends and family who can’t be there,” praises Marianne. “If we have another child, we’ll definitely return to Babies First.”

Learn more about Babies First by visiting our website at www.NorthridgeHospital.org/BabiesFirst or by calling 818-885-5434.

You’ll also find information about our FREE Breastfeeding Support Group on page 18 and a complete list of Babies First Expectant Parent classes on page 14 (Marianne rates them 10/10!). Check out our online health library for information on a healthy pregnancy and so much more.



Dafna Trites, DO, Obstetrician/Gynecologist, Chair, OB/GYN Dept.; **Kevin Pezeshki, MD, FACOG**, Obstetrician/Gynecologist; and **Federico Alva, MD**, Obstetrician/Gynecologist (L-R).

SAFETY FIRST

Neonatal Intensive Care Unit (NICU)

In-house specialists treat and care for sick newborns 24-hours-a-day in our Level II, 22-bed NICU. Infants have a great chance to survive and reach their maximum potential in our personal and family-centered setting, which features:

Cobedding: Twins or higher-order multiples are placed in the same incubator. This allows high-risk siblings to continue the interactive development likely shared while in utero.

Neonatal Transport Service Team: Newborns who require treatment in our **Level II Intensive Care Nursery** are stabilized en route from community hospitals. Newborns are safely transported via ambulance or helicopter while receiving continuous assessment and monitoring to reduce morbidity and mortality.

Infant High-Risk Follow-Up Clinic: We provide psychosocial support for high-risk mothers and infants discharged from our neonatal programs and serve as a consultant to their primary care providers.

COMFORT FIRST

Pediatric Unit

Northridge Hospital also has a specialized 14-bed **Pediatric Unit** for children who need to be hospitalized while receiving care for an injury, surgery or illness. Designed with kids in mind, it features cheerful colors and diversions, such as a playroom, computer games, DVDs and visits from "real-life" faeries who share stories, songs and laughter.

Because we know how important it is to be near little ones when they're sick, we also provide sleeping chairs for a parent to spend the night.

"Patients treated in our Pediatric Unit receive expert care from our team that includes Pediatric Critical Care, Board-certified Pediatricians, Nurses, Respiratory Therapists, Occupational Therapists, Physical Therapists, Social Workers and Dieticians," says **Hooshang Semnani, MD**, Pediatrician, Medical Staff President. We also feature a **Child Life**

Program in which specialists prep young patients prior to a procedure, and prepare child visitors before seeing a sibling or adult in the hospital.

In addition, our **Emergency and Trauma Center** is certified for pediatric care. This accreditation recognizes our expertise to manage any acute injury to a child and the availability of pediatric specialists 24-hours-a-day.



Hooshang Semnani, MD, Pediatrician, Medical Staff President, provides the highest level of intensive medical care to our youngest patients.

OUR TEAM

Our esteemed obstetricians and perinatologists (doctors who specialize in high-risk pregnancies) deliver more than 2,500 babies each year at Northridge Hospital.

Veronica Abusleme, MD
David Ahdoot, MD
Federico Alva, MD
Anton Ambrose, MD
Neda Ballon-Reyes, MD
Marlon Brooks, MD
Lisbeth Chang, MD
LiChing Chen, MD
Martin Cooper, MD
George Delshad, MD
Waleed Doany, MD
Mojan Gabbay, MD
Kevin Gallivan, MD
Glenn Grossman, MD
Gordon Hanusek, MD
Kamrooz Houman-Tabibzadeh, MD
Lamya Jarjour, MD

Mee Sook Kim, MD
Frederick Kohn, MD
Shahram Kossari, MD
Rafik Latif, MD
Leo Peress, MD
Kevin Pezeshki, MD
Michael Potruch, MD
Carols Rodriguez, MD
Jack Sakai, MD
Khalil Tabsh, MD
Kamran Torbati, MD
Dafna Trites, DO
Antero Velez, MD
Tina Verder, MD
Kathryn Wright, MD
Farid Yasharpour, MD

CHILDREN FIRST

Pediatric Intensive Care Unit (PICU)

This past spring, a young child nearly strangled herself with a dog leash. The accident prompted her mother to immediately call 911. The girl was transferred to a local hospital that called Northridge Hospital and arranged an emergency transport to our eight-bed PICU.

"Our PICU provides sick children with the highest level of intensive medical care," explains Dr. Semnani. "It includes constant monitoring of bodily functions, specialized services for specific childhood diseases and injuries, pediatric therapies that are unavailable in other parts of the hospital and equipment specifically for children."

The young girl received expert care in the child-friendly atmosphere that provides critical inpatient services for infants, children and adolescents through age 17. Today, she can speak again, her prognosis is good and she's not expected to suffer any future complications resulting from her accident.



Volunteer Faeries from the A Faery Hunt non-profit organization brighten children's days in Northridge Hospital's PICU and Pediatrics Units.