



Building a strong foundation  
for a lifetime of health



**Women &  
Children's**  
CARING PROGRAMS

# Investing in your Hospital

Access to innovative equipment and timely care, will help us meet the growing needs of local families. Community dollars fund 100% of the equipment and technology in our Hospital. Your support is critical to ensuring the best in class care is delivered close to home, when you need it most.

**Together, we make it possible.**



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**The Women & Children's Program provides a strong foundation to build a healthy life from birth onward. We have a talented team and modern facilities. With ongoing investments in equipment, we will continue to provide the best care to families, close to home.**

Dr. Kristin Wadsworth, Obstetrics & Gynecology



## What makes CMH'S Women & Children's Program distinct?

The Women & Children's Program is specifically focused on the health and well-being of women, children and babies. Our multi-disciplinary team provides a range of comprehensive services that includes Labour and Delivery, Special Care Nursery, and Paediatrics including Day Surgery.

Our program also tends to the specific health needs of women beyond childbirth to include breast care, female pelvic medicine and gynecological services. Our family-centred care is designed to meet the evolving needs and diversity of families in our Community.

### Locations

**WING A, LEVEL 1**  
Birthing

**WING A, LEVEL 4**  
Postpartum Special  
Care Nursery  
Paediatrics  
Outpatient Clinic

**WING B, LEVEL 1**  
Gynecology  
Urology  
Ontario Breast  
Screening Program



## Patient Story



MONICA AND HER BABY DAUGHTER ENJOYED A VISIT WITH CMH REGISTERED NURSE ROSE, WHO PROVIDED LOVING CARE TO BOTH MOTHER AND BABY DURING THEIR TIME IN HOSPITAL.

### Delivering care that feels like home

Monica and her husband moved from Colombia in 2012 so she could pursue her PhD in Canada. Now employed at a local university, Monica and her husband are busy raising their young daughters.

“Both my girls were born at CMH and I think it’s an amazing place,” Monica said, adding “what I remember the most are the helpful doctors and nurses. They are my angels.”

With family far away, Monica didn’t know what to expect when she came in for her older daughter’s birth. “The nurses were simply amazing and I will never forget Rose in particular. She was there for both my girls’ deliveries and she taught me everything I needed to know. She was showing me how to care for my baby and then I started asking her tons of questions and she patiently answered them all. She was wonderful.”

Her daughter needed to stay in the Special Care Nursery for close to a week due to complications. “I knew I could sleep and rest because she was in good hands,” explains Monica.

After the birth of her second daughter Monica became emotional when told that she, too, would have to stay in hospital for extra care. “Her bilirubin was very high, so she needed to stay. The nurse hugged me right away — they were just angels, and the paediatricians were great. They are good, caring people who cared for my babies and for me, as well.”

While reflecting on her daughters’ time and treatments as a newborn, Monica is sure of one thing. “I know doctors cannot do their jobs without equipment. My babies are here and healthy now because of the generosity of donors who gave, so that the tools needed to care for my children were available when the doctors and nurses needed them. We have the best people in our hospital and we should be so proud of that.”

## Program Highlights



### Labour and Delivery

Our Birthing Unit offers 6 expansive suites for labour, birth and recovery, each with a sleep sofa and easy-entrance washroom. Access to a comforting tub room for labour is close by.

Our midwives' expanded scope of practice supports moms-to-be with inducement and epidural management of pain relief to assist with the anticipated 1500 babies to be welcomed this year.

Additional supports include a dedicated C-section surgical suite with specialized mom and baby recovery area.

### Postpartum

Our expanded 15-bed postpartum unit offers moms and their babies large rooms with convertible sleeper chairs, generous natural light, kitchen facilities to prepare snacks and refreshments, and a spacious Family Lounge for visiting.

### Special Care Nursery

Our 6-bed Special Care Nursery (SCN) provides babies with dedicated care from a highly skilled team of Paediatricians, Registered Nurses, Respiratory Therapists, Social Workers, Pharmacists and others. Designated Level 2 A provincially, we are able to care for babies as young as 32 weeks gestation. We are moving toward an expanded model of care, including non-invasive respiratory support and continuous feeds.

Our secure unit offers private rooms, an overnight parent courtesy room with private washroom, and Family Lounge for family-focused care.

## Paediatrics

Brightly coloured murals and floor to ceiling windows provide comfort and playfulness for children and teens (0-17 years). Our 11-bed Inpatient unit provides a calm setting for overnight stays and pre and post surgical care.

The large Waiting and Play area offers activities, tv and video games while the Teen Lounge allows older children the ability to stay connected with friends and family through computer technology and games.

## Women's Health

Our innovative care options for female specific health issues include gynecology, urology, breast health and breast reconstruction. Many procedures offer Minimally Invasive techniques that require smaller incisions, promoting faster recovery and healing.

Our Urodynamics Clinic provides female pelvic floor medicine including the assessment and treatment of bladder issues and incontinence. We also offer specialized urogynecology surgery if recommended as the most effective treatment. **Do we have this program?**

Our Ontario Breast Screening Program offers women aged 50+ self-referral mammograms and follow-up care. Younger women can also be referred on the advice of their family physician.

### Patient Care Partners

#### Surgical Program

Minimally Invasive Surgery  
Paediatric Surgery  
Breast Reconstruction Surgery  
Urologic Surgery

#### Diagnostic Imaging

MRI, CT scans, X-Ray, Ultrasound

#### Laboratory

Patient testing and diagnostics

### Staff Leaders

**Chief of OB/GYN (Maternity Leave)**  
Dr. Ariel Mendlowitz

**Chief of Paediatrics**  
Dr. Manju Rajguru

**Chief of Midwifery**  
Corinne Witteveen

**Program Director**  
Kim Towes

**Manager**  
Lyndsay Kowalyk



## Investing in Women and Children's health

The healthiest of beginnings for babies, and wellbeing of our children is a priority for all families in our Region. Womens' health needs, many of which are connected to childbirth and reproduction, are also highly specialized. Women and children's specific needs require specialized equipment designed and sized just for them. Below are some examples of new and replacement equipment used to provide patient care and comfort, and their associated cost.

| DEPARTMENT                                                                                                                                                       |                                | COST/UNIT |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-----------|
| <b>Women &amp; Children</b><br><br><b>Recognition Available:</b><br>Paediatrics - \$1,000,000<br>Post Partum - \$1,000,000<br>Special Care Nursery - \$1,000,000 | Fetal Health Monitoring System | \$115,500 |
|                                                                                                                                                                  | Birthing Bed                   | \$40,000  |
|                                                                                                                                                                  | Fetal Monitor                  | \$35,700  |
|                                                                                                                                                                  | Bilisoft Phototherapy Blanket  | \$11,100  |
|                                                                                                                                                                  |                                |           |