

WomenCare Quarterly

News, announcements, and vital information about Catholic Health WomenCare for WNY physicians.

August 2013



Natural Family Planning Offers a Valuable Healthy Option

Learning to appreciate one's fertility, rather than see it as an obstacle or liability, is the goal of Natural Family Planning (NFP) and the science of NaProTECHNOLOGY (Natural Procreative Technology). At Catholic Health, the Creighton Model FertilityCare™ System (CrMS) is taught by Certified FertilityCare™ Practitioners **Jeanne Karnath, BS, CFCP** and **Mary Zablocki, RN, CFCP**.

"It's a highly effective, scientific method that helps couples recognize their fertility cycles to achieve or avoid pregnancy," explained Jeanne. "It also provides doctors with a valuable health record and medical tool to help identify potential problems and more accurately target tests to a specific time in the cycle."

CrMS is an excellent option for women, especially those who have medical conditions that affect their family planning choices, are breastfeeding, are experiencing infertility, had a previous miscarriage, are pre-menopausal, or are simply looking for a more natural approach to family planning. It is very with breastfeeding because it is a mucus observation technique and does not rely on the presence of a luteal surge to monitor fertility. It also takes into account variabilities that can occur in a cycle (unusual bleeding, continuous mucus, premenstrual spotting, long cycles, anovulatory cycles, shortened luteal phase).

"This is where the woman's chart is so valuable," Jeanne said. "A woman may have a 24-day cycle which would appear normal, until she starts charting. It is discovered she isn't ovulating until day 18 or 19, which only gives her a 6-day luteal phase. Knowing that time frame is too short to maintain a pregnancy, her physician could order blood work to confirm and prescribe medication such as natural progesterone to lengthen that phase. The chart plays a critical role, ensuring she takes the supplements at the right time."

"If indeed this is progesterone-related, it's helpful to get more than one level during that post-ovulatory phase," added Mary. "The System protocol is for three levels to be taken over the course of the luteal phase to get a solid look at the rise and fall of progesterone, as opposed to one level which may appear normal one day, but won't show a possible dramatic drop the next day. This is a very proactive approach and women appreciate their doctors and NPs working with them on this. We are a great resource where patients' charts can provide a visual tool to time blood work and other necessary testing."

Still, some in the medical community are skeptical about NFP and advise against it. "In truth, women using the Creighton Model know more about their bodies and understand their cycles better than anyone," Mary said. "Many women want to stop using chemical contraceptives and report feeling better physically. Often, their marriages also become stronger because husbands are encouraged to be involved in the family planning process."

The Catholic FertilityCare™ Centers of WNY are located at Sisters of Charity Hospital, Mercy Hospital of Buffalo and Mount St. Mary's Hospital. Practitioners are always available to physicians, their staffs, and couples who would like to learn more about this simple and effective natural family planning method. **For more information, call (716) 862-1944 or visit www.WomenCareWNY.org.**

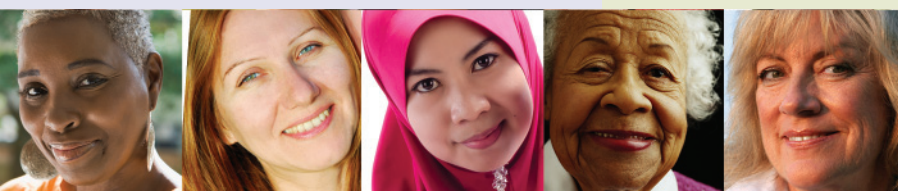
MORE OB Program Enhances Obstetrical Clinical Outcomes

Mercy Hospital of Buffalo and Sisters of Charity Hospital are two of just six New York State demonstration sites for a special program to enhance obstetrical safety. Endorsed by the state chapter of the American College of Obstetricians & Gynecologists, MORE OB (Managing Obstetrical Risk Efficiently) is a national patient safety, professional development, and performance improvement program offered by Salus Global Corporation.

By integrating evidence-based professional practice standards with current and evolving patient safety principles, MORE OB hospitals improve clinical outcomes, better manage obstetrical emergencies, and increase patient and staff satisfaction. Catholic Health is ensuring new moms and their babies have the safest birth experience possible by building and sustaining a 'culture of safety' in our labor and delivery units.

Mercy and Sisters are currently the only area hospitals that offer intensive care services for high-risk mothers and babies at one site. This ensures that families can stay together at the same location when specialized care is needed (pregnancy services). Participating in MORE OB is another opportunity for us to enhance the high quality care and service we already provide.

MORE OB at Mercy and Sisters hospitals was funded in part through a \$20,900 grant from the John R. Oishei Foundation. Catholic Medical Partners and Catholic Health also provided additional funding for the program.



Midwife Team Expands to Support Women and Families

Recognizing the benefits of midwifery care, Catholic Health has expanded certified nurse midwife services at Mercy and Sisters hospitals, including new 24-hour coverage at Mercy's Family BirthPlace. In addition, two new members have



Elaine Clutterbuck



Sarah Worrell

been added to this exceptional team – **Elaine Clutterbuck, CNM** and **Sarah Worrell, CNM** – assigned to Mercy Hospital and the Mercy Comprehensive Care Center (MCCC), respectively.

Previously in private practice with Nurse Midwifery Associates of WNY, Elaine and Sarah earned their certification in Nurse-Midwifery from the

Frontier School of Midwifery & Family Nursing in Hyden, Kentucky. They each have more than 30 years of nursing experience.

Certified nurse midwives are experts in labor, birth and postpartum care, using a holistic, individualized approach to women's healthcare. This care is associated with lower rates of induction and c-sections, reduced risk of pre-term birth, and a higher chance of successful breastfeeding. Women receiving midwifery care also report a very high satisfaction with their pregnancy, birth and postpartum experience.

Midwifery encompasses a full range of health services for women from adolescence to beyond menopause. Nurse midwives work closely with physicians and other providers, using evidenced-based practices to ensure patients get the care they need throughout their lives.

For more information, call (716) 847-6610.



2nd Annual

WomenCare Day of Health

Be strong. Be happy. Be Healthy.

Join us for breakfast, lunch, and speakers on important health issues. Plus shopping, food tasting, chair massage, and more. Register for your chance to win a FREE makeover (visit www.chsbuffalo.org/dayofhealth for details).

Friday, October 18th, 9:00 am - 3:00 pm • Registration opens at 7:45 am

Millennium Hotel • 2040 Walden Ave., Cheektowaga, NY

Seating is limited and pre-registration is required • Cost: \$30 individual, \$250 table of 10

100% of ticket costs will benefit Catholic Health's Neonatal Intensive Care Units at Mercy and Sisters hospitals.

For information and registration, visit www.chsbuffalo.org/dayofhealth
Questions? Call HealthConnection at (716) 447-6205

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