



Congratulations!

What to Expect from Your Birth Experience at Bassett

As a patient of Bassett, you will be a full participant in your care. Our Women's Health practitioners see patients in Cooperstown, Oneonta (at either Women's Health at FoxCare, or Oneonta Women's Health within OSS), Cobleskill, Hamilton, and Herkimer – whichever site is most convenient for you and your family. Each site is staffed by an obstetric practitioner (nurse practitioner, certified nurse midwife, and physician) as well as nurses specially trained in providing prenatal care.

We encourage at least one visit to the Women's Health Center at Bassett Medical Center in Cooperstown in preparation for your delivery. This will allow you to get to know some of the other specialists who may be present at your baby's birth, and enable you to become familiar with the location. We welcome you and your support person to be involved in your prenatal care experience as much as possible.

In the event that the pregnancy is considered high-risk, the patient may be sent to a medical facility that offers a higher level of care.

Your Baby's Birth

The Bassett Birthing Center has been designed to provide a family-centered birthing experience in a safe and caring environment. Our labor, delivery, and recovery rooms contain a birthing bed, whirlpool tub, shower, state of the art newborn monitoring equipment, and an island for immediate newborn care. We have birthing balls, birthing bars, and birthing stools available so patients can choose the birthing aid that they are the most comfortable with.

There is an operating room located in the Birthing Center for any scheduled or unplanned cesarean deliveries. Bassett supports vaginal birth after cesarean section (VBAC), and our Medical Center has one of the lowest C-section rates in New York State.

After your birth, you will rest in one of our private postpartum rooms, furnished with a glider and couch for you and your support person. Rooming in with your baby is strongly encouraged.

Your Care Providers

The Birthing Center at Bassett follows the recommendations put forth by the American Congress of Obstetricians and Gynecologists and the Association of Certified Nurse Midwives.

Registered Nurses (RNs): Experienced in caring for women during the birthing process, as well as caring for their babies after birth. Our registered nurses are all experienced in assisting with breast-feeding and any of the needs of the mother and her family.

Obstetricians / Hospitalists: Physicians specially trained in childbirth and available to handle both routine and high-risk deliveries. They also provide oversight to the certified nurse midwives for emergency or complicated situations.

Bassett's hospitalist program is a nationally-recognized approach to birthing center care. While the obstetrician may deliver babies and also have clinic hours to see women for prenatal or gynecological care, the hospitalist works full-time in the hospital. This approach to care allows



the hospitalist to handle all overnight deliveries and devote his/her entire attention to the welfare of the mother and baby. Because of this, you may be with a different specialist at your delivery than you saw for prenatal care. The labor and delivery team collaborate closely to provide the best possible care for you and your baby.

Certified Nurse Midwives (CNMs): Provide care for low-risk pregnancies. The midwife may also care for women with higher-risk pregnancies by working closely with our obstetricians / hospitalists.

Anesthesiologists: Physicians who specialize in providing different modes of anesthesia to patients. They provide oversight to the CRNAs.

Certified Registered Nurse Anesthetists (CRNAs): Dedicated to providing pain relief and anesthesia for patients who desire it. They are available in the Birthing Center 24/7.

Pediatricians: Physicians who specialize in the care of newborns and children. They provide oversight to the pediatric nurse practitioner.

Nurse Practitioners: Trained in caring for pediatric patients with a nursing background. They examine your baby after delivery and provide immediate support to any newborn having difficulties in addition to well newborn care.

Physician Assistants (PAs): Work with the obstetricians on cesarean deliveries and care for patients after surgery.

Learn More About our Birthing Model of Care

To learn more about the Bassett birth experience, contact Bassett Healthcare Network at 607-547-3535, or 1-800-BASSETT.