

Family-Centered Care*

at National Naval Medical Center (NNMC)



**Quick references
for women's,
expectant mothers',
and newborn
health care...**

Your and your family's needs and best interests are at the heart of our superior health care. Across the lifespan, Family-Centered Care is about:

Personalized care...respect, empowerment, choices, and flexibility.

Commitment...coordinated care between providers, pain management, private birthing rooms, lactation support, and respect for cultural differences are just a few examples of how we address your unique needs.

Communication...providers who listen to your questions and your family's concerns and help develop individualized treatment plans.

Our Family-Centered Care approach ensures that the best possible personalized and coordinated care is delivered to you. We recognize the entire family as an integral part of treatment. The quick references that are linked below showcase our excellence in three of our Family-Centered Care environments.

*Family-Centered Care is a Department of Defense initiative. Link to more on [DoD's Family-Centered Care](#).

Obstetrics and the Mother & Infant Care Center (MICC)

Experienced OB/GYN specialists will provide you and your newborn with state-of-the-art treatments, using up-to-date technology. Our OB services are designed around the concept of "Family-Centered Care."

NNMC's MICC delivers more than 2,100 babies each year, and is one of the largest birthing centers in the Department of Defense medical system. Our MICC embodies the most modern concepts in childbirth philosophy, technology, and design.

[**More**](#) 

High Risk Pregnancy and the Neonatal Intensive Care Unit (NICU)

National Naval Medical Center is the referral care center for high-risk pregnancies, deliveries, and neonatal intensive care for the entire military. We support and practice Family-Centered Care that recognizes the entire family as an integral part of the healing period. NNMC's Level III NICU provides the highest level of care for newborns at risk.

[**More**](#) 

Women's Health Care

National Naval Medical Center (NNMC) is committed to meeting the health care needs of women of all ages. Specialists in gynecology diagnose and treat both acute (short-term) and chronic (long-term) conditions. The National Capital Area Breast Care Center at NNMC is a "Center of Excellence" in breast cancer.

[**More**](#) 

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Your Quick Reference to ... Obstetrics and the Mother & Infant Care Center

Having your baby at National Naval Medical Center, assures you that experienced OB/GYN specialists will provide you and your newborn with state-of-the-art treatments, using up-to-date technology. Our OB services are designed around the concept of "Family Centered-Care" which recognizes the importance of family support, participation, and choice, before, during, and after the birth of your baby.

OBSTETRICS

NNMC is the Tri-Service referral hospital for obstetrics, high-risk pregnancies, and deliveries, for the National Capital Region and national and international commands.

Prenatal (before birth) care at NNMC is personalized, and includes a comprehensive educational program to prepare you and your family for the process of becoming parents.

New Technology and Special Services:

NNMC's obstetrics professionals use the newest technology and equipment, such as 4-dimensional ultrasound and video teleconferencing. We also offer counseling services to families with a history of genetic (inherited) disorders, including pre-conception counseling, and prenatal genetic counseling and diagnostic testing.

MOTHER & INFANT CARE CENTER (MICC)

NNMC's MICC delivers more than 1,800 babies each year, and is one of the largest birthing centers in the Department of Defense medical system. Our MICC embodies the most modern concepts in childbirth philosophy, technology, and design. "Family-Centered Care" is integrated with advanced

medical technology to ensure a safe, comfortable, and individualized birth experience. Labor, delivery, and recovery all take place in specially-designed birthing rooms with warm, home-like environments, featuring private bathrooms, birthing beds, televisions, pullout sofas, and telephones. Operating rooms with the latest medical equipment are conveniently located for Cesarean deliveries.

After delivery, your family is provided with a private room (at no extra charge) on the Couplet Care Unit where a specially trained nurse cares for mother and baby. These rooms feature the above amenities plus a refrigerator and a state-of-the-art anti-infant-abduction system.

The MICC also offers:

Visitation 24 hours a day, priority-parking passes for new and expectant mothers, lactation (breast - feeding) consulting and education sessions, room service and "Special Delivery" meals.

CONTACT US

***Obstetrics & Gynecology: (301) 295-6672
Mother Infant Care Center: (301) 319-5000***

For all appointments:

***Toll Free: 1-(866) NAVY-MED (628-9638)
Local: (301) 295-NAVY (6289)
Online: www.tricareonline.com***

***Do you have Other Health Insurance (OHI)?
Please report your OHI Policy Number to receive
your full benefits, and to allow NNMC to be
reimbursed for some services rendered***

**National Naval Medical Center
8901 Wisconsin Avenue
Bethesda, MD 20889-5600
(301) 295-CARE 1-(800) 526-7101
www.bethesda.med.navy.mil**

***NNMC is accredited by the Joint Commission on the Accreditation of
Healthcare Organizations (JCAHO).***

Your Quick Reference to ... High Risk Pregnancy and the Neonatal Intensive Care Unit

National Naval Medical Center (NNMC) is the referral care center for high-risk pregnancies, deliveries, and neonatal intensive care for the entire military. We support and practice Family Centered Care which recognizes the entire family as an integral part of the healing period.

HIGH-RISK PREGNANCY

A pregnancy may be considered high-risk for many reasons, such as if the mother-to-be is over 35, diabetic, has a history of miscarriages, had a premature delivery in the past, has an infection or chronic condition such as high blood pressure or compromised immune system, or if multiple fetuses or genetic complications are detected.

Expectant mothers with high-risk medical needs from the National Capital Region and several commands in Europe, are often referred to NNMC for their OB/GYN care. Specialists in obstetrics and gynecology diagnose and treat both acute (short-term) and chronic (long-term) conditions, using state-of-the-art equipment, such as 4-dimensional ultrasound and video teleconferencing.

Services offered include:

Prenatal diagnostic testing, genetic counseling, pre-conception counseling, childbirth education, maternal-fetal medicine consultation, and perinatal loss counseling.

NEONATAL INTENSIVE CARE UNIT (NICU)

NNMC's Level III NICU provides the highest level of care for newborns at risk from the National Capital Area, as well as those transported from local hospitals and overseas locations.

Some of the conditions that may cause a newborn to be referred to the NICU are premature birth, low birth weight, infection, respiratory problems or birth defects.

Designated a "Center of Excellence" by the DoD, and staffed by physicians in neonatal medicine, including three board-certified neonatal specialists who apply the most advanced medical technologies available, the NICU offers around-the-clock intensive care for over 400 high-risk critically ill newborns each year.

When a newborn is ready to leave the NICU, a Discharge Planner, Social Worker and NICU staff member work closely with parents to provide home-care training, physical therapy, and developmental testing.

In 2003, NNMC's Mother & Infant Care Center and Neonatal Intensive Care Unit were featured on "THE DISCOVERY CHANNEL" for their exemplary work and service to military medicine.

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*Obstetrics & Gynecology: (301) 295-6672
Neonatal Intensive Care Unit: (301) 319-6428*

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Your Quick Reference to ...

Women's Health Care

National Naval Medical Center (NNMC) is committed to meeting the health care needs of women of all ages, providing state-of-the-art comprehensive care and support for women's health issues such as birth control, sexually transmitted diseases, cancer, menopause, osteoporosis, and heart disease. Our services are designed to promote individualized care that recognizes the importance of family-centered support, participation, and choice.

Gynecology

Specialists in gynecology diagnose and treat both acute (short-term) and chronic (long-term) conditions, utilizing state-of-the-art equipment such as 4-dimensional ultrasound and video teleconferencing. Our health professionals also use the latest developments in gynecological procedures, treatments and diagnostic tools.

Services offered include:

- *Contraceptive counseling*
- *Women's health maintenance (pap smears, breast exams)*
- *Diagnosis and treatment of gynecologic disorders*
- *Hormone-replacement therapy (HRT)*
- *Menopause education*
- *Women's health classes*

Breast Care

In collaboration with National Cancer Institute and the Uniformed Services University of Health Sciences,

the National Capital Area Breast Care Center at NNMC is a "Center of Excellence" in breast cancer research, and focuses on incorporating superior methods of early detection, comprehensive treatment, and long-term surveillance of breast cancer. Our multidisciplinary staff is dedicated to providing you and your family with a network of skilled professionals, support groups, social workers and information services to ensure the best possible physical and psychological rehabilitation.

The Breast Care Center also provides:

Detection and follow-up screening, high-risk assessment classes, pre- and post-operative care, case management, educational resources, and physical therapy.

Contact Us

Breast Care Center: (301) 295-3899
Obstetrics & Gynecology: (301) 295-6672
Mother Infant Care Center: (301) 319-5000

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