

Guidance on delivery at the Japanese Red Cross Medical Center

<Obstetrics philosophy>

“Baby- and Mother-friendly Hospital”

The baby and parents play a very important role of childbirth. As a baby- and mother-friendly hospital, we attach great importance to perinatal safety, and we draw out maternal instinct at childbirth and during childcare in order to help the baby live and grow healthily. We aim to provide supportive care to the family as they prepare for and welcome a precious new family member.

<Principles>

1) “Ideal delivery” and “breastfeeding”

Self-management such as regular pregnancy checks is the first step to self-leading delivery. In the **outpatient department**, doctors and midwives attend to mothers and cooperate as a **team** while performing regular health checks. The “**Birth plan**” system has been introduced recently. Its main purpose is to help mothers both understand the risks during delivery and accomplish a self-leading and satisfying childbirth.

Our **delivery rooms** are furnished with comfortable spaces to ensure **home-like delivery** for the family to celebrate the first moments of birth together. The advice and care of doctors and midwives are always available. “**Kangaroo Care**,” a technique wherein there is skin-to-skin contact between the mother and the infant immediately after the delivery, and early breastfeeding help develop baby-mother bonding.

Ward “5B” is mainly for confinement, promoting breastfeeding in an environment where the mother and the child share time and space. Even after discharge, the mother can consult our staff, and they will respond to all her queries.

1) Treatment of **maternal and fetal complications**

Mothers who have complications during pregnancy are thoroughly examined and treated in the “**Mother-fetus Intensive Care Unit (MFICU)**” in severe cases or in ward “**5A**” in mild to moderate cases. According to the maternal conditions, we work and cooperate with other departments such as **Gynecology, Neonatology, Pediatrics, Pediatric Surgery**, Internal Medicine, Surgery, Anesthesiology, and Radiology, thereby utilizing the facilities of JRCMC as a **general hospital**.

2) **24-hour maternal emergency medical care**

Tremendous progress has been achieved in medical technology in the last few decades; nevertheless, unexpected complications can occur during childbirth. If any unusual case is recognized during the delivery, medical intervention may be required. Full-time staff members provide appropriate medical care 24 hours a day, 7 days a week, and 365 days a year (including weekends and holidays).

Within the obstetrical network in Tokyo, our center, the **Super General Maternity Care Center**, functions as one of the three main centers in obstetrical emergency care, accepting maternal transport

from other facilities and from patients' homes in cases of unusual pregnancies and deliveries.

For cases of extremely urgent cases such as maternal life-saving transport and perinatal transport, intensive care is provided at the **Emergency Department (Emergency ICU)** and **MFICU**.

Prematurely delivered, low-birth-weight babies, as well as babies with abnormalities are treated and taken care of by well-trained staff members and specialists at **the Neonatal Intensive Care Unit (NICU)** and Growing Care Unit (GCU).

3) **Open System and Semi-open System** (community-based medical service)

The network of local clinics, hospitals, and delivery facilities provided by midwives enables flexible management from any location. In an open system, regular pregnancy checks are performed at local facilities, whereas the delivery takes place in our fully equipped hospital. In some cases, doctors and midwives who have been taking care of mothers during the pregnancy attend to them during delivery and support the family together with our staff.