

ABOUT MAINEHEALTH

Franklin Health is part of the MaineHealth system, an integrated healthcare system of leading, high-quality providers and other healthcare organizations working together to make Maine communities the healthiest in America.



GROUP VISITS SUPPORTING PREGNANCY CARE

*Franklin Health Women's Care is a program
of Franklin Memorial Hospital*

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FRANKLIN HEALTH MEDICAL ARTS CENTER
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Franklin Memorial Hospital
MaineHealth

WHAT HAPPENS AT GROUP VISITS?

Expectant moms can participate in their prenatal care as never before, thanks to group visits supporting pregnancy, a new approach to pregnancy care at Franklin Health Women's Care.

IT'S ABOUT SUPPORT

You will be in a group with several other women whose due dates are close to yours. The groups form around 16 weeks of pregnancy. In each of the ten sessions, you will have a private examination with your health care provider. Then you'll have refreshments and meet as a group to discuss questions, concerns, and solutions. Each woman is encouraged to bring her partner or another support person.

IT'S ABOUT SELF-CARE

You'll learn to take your own blood pressure and weight and enter the information into your charts. You'll receive information and tools to make healthier choices for you, your baby, and your whole family.

IT'S ABOUT WOMEN

You'll meet other expectant moms and have a chance to share stories and learn from one another. You'll have a chance to talk about health issues that are important to you, including physical and emotional changes of pregnancy. You'll be together every month at first, then as the birth of your baby approaches, you'll meet every two weeks.

IT'S ABOUT TIME

You'll receive a schedule of all the group times at the beginning of your session. This makes it easy to arrange child care or meet work obligations. Every minute of your time will be occupied, not spent sitting alone in a waiting or examination room.

DEVELOPING A SUPPORT NETWORK

Certified nurse midwife JennieLea Hanna will facilitate the groups along with a Franklin Health Women's Care office nurse. Being able to meet together with the same group of expectant parents allows for continued sharing and development of a support network, which often extends well into the child rearing period.



Certified nurse midwife
JennieLea Hanna



THE WOMEN'S CARE TEAM (FROM LEFT):
JennieLea Hanna, MSN, CNM; Jennifer Zeliger, MD;
Tara Aumand, MD; and Susan Kearing, DO

A SAMPLING OF TOPICS OF DISCUSSION

- Changes of pregnancy
- Nutrition
- Prenatal testing
- Exercise
- Childbirth
- Infant care
- Breast and bottle feeding
- Relationship issues
- Abuse
- Parenting
- Postpartum concerns

INDIVIDUAL CONSULTATION

Individual consultation with your doctor or nurse midwife is always available if you miss a group session or if you have a medical problem that needs attention.

PREPARATION FOR CHILDBIRTH CLASSES

Group visits focus on the physical and emotional changes of pregnancy and the postpartum period. It does not cover the labor and birth process in detail. We encourage women to take the Birthing Center's Preparation for Childbirth classes. The Lamaze method of relaxation and exercise is taught to make labor as productive and comfortable as possible.

TO LEARN MORE ABOUT
JOINING A GROUP VISIT,
CALL **207-778-6394**
