

## Nursing update



### **Via Christi excels at keeping C-section rates low for first-time moms**

Nearly six out of 10 hospitals' cesarean rates for low-risk deliveries in first-time mothers are above the 23.9 percent or lower national benchmark set by the U.S. Department of Health and Human Services, according to a study by Consumer Reports of more than 1,300 hospitals.

Thanks to a team effort, that's not the case at Via Christi Hospital St. Joseph, where the year-to-date rate is below 21 percent—beating the national benchmark and the 27 percent national average for low-risk deliveries.

Contributing factors to Via Christi's better-than-average rate in reducing the percentage of C-sections among low-risk deliveries by first-time mothers include working with medical staff and not allowing early elective deliveries, which carry increased risk for complications and need to deliver via C-section; using labor and "peanut" balls to help laboring mothers progress naturally whenever possible; and providing labor education to expectant mothers as well as to the nursing staff who will be providing their care.

"We're making every effort to ensure safe and successful vaginal deliveries for all first-time mothers who don't have medical complications that would preclude that from happening," says Hommertzhaim.

### **Anti-human trafficking training**

In June, staff at Wamego Health Center, a Via Christi Health-affiliated critical access hospital in the town of 4,370, received training in how to identify and respond to human trafficking victims.

The following month, first responders brought in a young adult woman found unresponsive in a city park.

At the hospital, she received the medical care she needed and more. Case manager Theresa Hamilton worked hard to gain the patient's confidence and got her permission to involve several agencies in providing her with the help she needed.

Staff also kept her safe and protected from the couple that had brought her to Wamego and were suspected of trafficking her.

The young woman was bathed, her clothes were double-washed and arrangements were made for local police to safely transport her to the bus station so that she could rejoin her family in a neighboring state and receive follow-up care with a mental health provider.

"The timing of the training made everything fall into place to help this young patient," said Jennifer Goehring, chief nursing officer for Via Christi Hospital in Manhattan.