

Video-Audio Soundbite Transcripts

Carolyn Tomeo, director of the Family Birthing Center, OSF HealthCare St. Mary Medical Center (SMMC) Galesburg, IL

It is an especially scary time for pregnant women who worry about getting the support they need during an already challenging time. OSF HealthCare has had to pivot from in-person classes to develop other ways to make sure would-be moms and dads feel prepared. In many communities, that includes offering online birthing classes.

“Education is a huge part of that. We want our patients to feel prepared when they come and prepared when they take that new baby home with answers to questions and all the resources we can give them and to know that we are here for them.” (:15)

SOT-Registered nurse and Patient Educator Coleen Martinson, OSF HealthCare SMMC

Registered nurse and Patient Educator Coleen Martinson devised an online version of the birthing classes she offered, breaking the material into three parts.

What’s the most popular section?

“What to expect once you get to the hospital although a large part of Part One tells you when to come and things to look for and I think that’s important too.” (:08)

The class also covers the important topic of birth plans. Martinson offers practical advice.

“Don’t set unrealistic expectations for your birth/labor because when you do, it sets you up to be disappointed that it didn’t work the way you had planned in your mind.” (:08)

Martinson has added a virtual tour of the Family Birthing Center and video and audio clips with experts covering a variety of subjects to keep the online classes engaging.

“That’s why we taped the videos and put those in and recorded the audio in there to still try and give it a personal touch and not just ‘Hey, this is on-line learning.’” (:07)

In smaller communities with fewer expectant parents, in-person birthing classes are still being held. However, in other communities within OSF HealthCare, those in-person classes were becoming less popular even before the pandemic and planning was underway to shift to an on-line option.

Martinson says people seem to like the option she’s been offering since August.

“Online, it’s unlimited participants. They can view it when they have time. They don’t have to sit down and do it all at one time; they can do a little bit as they have time.” (:12)