

31st Medical Group

Aviano AB, Italy

What to Expect Pregnancy Guide



TABLE OF CONTENTS

Page 3. Useful Contact Numbers

Page 4. Interpreter Assistance

Page 5. 31 MDG Clinic Services

Page 10. 31 MDG Activities and Programs

Page 20. Host Nation General Hospital Information

Page 30. Pordenone Civil Hospital

Page 43. Policlinico San Giorgio

Page 52. Birth Registration Information

Page 57. TRICARE Corner

Page 67. E-Info

USEFUL CONTACT NUMBERS

(To dial commercial: 0434-30XXXX)

Interpreter Assistance: Command Post 632-3100

31 MDG Appointment Line: 632-5000

31 MDG Pharmacy: 632-5214

TRICARE Service Center: 632-5133

Referral Management Center: 632-5792

Benefits/Claims: 632-5067

TRICARE Patient Advocate: 632-5002

INTERPRETER ASSISTANCE

TRICARE PRIME BENEFICIARIES ONLY

0700 Monday to 0700 Saturday 24/7

Call Command Post @DSN 632-3100 or Commercial 0434-303100

0700 Saturday to 0700 Monday

Call the International SOS Real-Time Telephonic Language Assistance
Service

Toll free number from Italy:

800-915-994

Beneficiaries may call collect or ask for a return call.

Beneficiaries must activate the service.

Security questions will be asked to verify eligibility.

For further information visit:

[http://www.tricare-overseas.com/beneficiaries/resources/real-time-
language-assistance](http://www.tricare-overseas.com/beneficiaries/resources/real-time-language-assistance)

PRAP/AUOF/FLY status patients

Immediately call the on-call PRAP mobile @
335-8015463.

*Retirees, DoD civilians, contractors and other non-TRICARE Prime
patients are **not** entitled to the above benefit.*

**ON BASE
31MDG CLINIC**

QUARTERS AND PROFILES FOR ADSMs

Quarters indicated by Host nation Providers are recommendations only.

Military medicine will continue to take American standards into consideration when issuing quarters and profiles.

Your OB Provider may recommend periods of rest, short or long term, or reduction/limitations with specific work duties, during your pregnancy. Your health and clinical status at the time of the evaluation, age and other determining factors are taken into consideration to make the appropriate clinical decision in your best interest and that of your baby.

Should this occur contact the 31 MDG Appointment Desk to request a TCON with your PCM Team for determination of further action.

AUOF/PRAP/FLY PATIENTS

In addition to the above, contact your immediate supervisor within 24 hours to advise of the recommended rest period or work duty reduction.

MEDICATIONS AVAILABLE TO PREGNANT WOMEN

The medications listed below are approved for prescribing by the credentialed Pharmacist providing pregnancy/lactation clinical services. Go to the Pharmacy Consult window to discuss medication needs.

PRENATAL CARE

Prenatal Plus-daily prenatal vitamins bridge and nutrition gaps in mother's diet.

Prenatal Vitamin +DHA-prenatal vitamin with additional docosahexaenoic acid (DHA) component. DHA is needed for brain and eye development of the baby.

Pyridoxine 25-50mg tablet by mouth three times a day. Pyridoxine can relieve mild nausea and reduce the risk of pre-eclampsia (high blood pressure in pregnancy).

Doxylamine 12.5-25mg by mouth two times a day. Use in addition to pyridoxine for relief of nausea/vomiting.

POSTNATAL CARE

Ibuprofen 800mg tablet by mouth three times a day. This is a prescription only strength; it provides pain relief and reduces inflammation. ***DO NOT TAKE WHILE PREGNANT***

Docusate-works by softening the stools to make them easier to pass.

Witch Hazel Pads-use to soothe swelling and discomfort due to birth and associated hemorrhoids.

Motherlove Nipple Cream-use to relieve dry, sore, cracked nursing nipples. Contains safe and all natural ingredients for mom and baby.

Dermoplast-spray on vaginal/perineal area after delivery to help reduce pain and discomfort.

The items listed below may also be prescribed when deemed appropriate by the Pharmacist.

Proctofoam-use in rectal area to relieve symptoms of hemorrhoids.

Ferrous Sulfate 325mg-prevents iron deficiency due to low levels of iron after birth.

Nora-Be (Oral contraceptive)-helps mothers plan for the next step in the family planning process. Can be initiated 3 weeks post-partum in partially lactating women and 6 weeks post-partum in fully lactating women.

BLOOD PRESSURE CHECKS

Blood pressure monitors are available for check out at 31 MDG.

Report to the Central Check-In Desk for assistance.

CIRCUMCISION

Circumcisions will be performed at 31 MDG within 2 weeks of delivery upon request. Discuss circumcision with your 31 MDG Pediatric Team.

IMMUNIZATIONS FOR MOM

The Center for Disease Control (CDC) recommends that women receive **T-DAP vaccine** in the third trimester of pregnancy to protect the newborn against three potentially life-threatening bacterial diseases: tetanus, diphtheria and pertussis (whooping cough). According to the CDC, women should receive the **flu vaccine** after the first trimester. The Immunization Clinic is located at 31 MDG. Hours of operation are Monday to Friday from 0730-1600. No appointment needed. Check in at the Immunization kiosk.

IMMUNIZATIONS FOR BABY

Your newborn will receive initial immunization for **Hepatitis B before discharge** from the hospital.

2 month	Pediarix	Prevnar	Hib	Rotateq	.
4 month	Pediarix	Prevnar	Hib	Rotateq	.
6 month	Pediarix	Prevnar	MMR	Rotateq	.
12 month	Hepatitis A	Prevnar	Hib	MMR	Varicella
15/18month	Hepatitis A	DTap			.
4/6 years	Kinrix	MMR	Varicella		.
11 years	TDap	Menactra	Gardasil		.

Pediarix vaccine is used to help prevent diphtheria, hepatitis B, pertussis, polio and tetanus.

Prevnar (pneumococcal) protects against meningitis, bacteremia, sepsis and bacteraemic pneumonia.

Hib vaccine prevents Haemophilus influenza type b (**Hib**) disease.

Rotateq vaccine is used to protect against rotavirus infections that can cause severe diarrhea.

MMR vaccine protects against measles, mumps, and rubella.

Hepatitis A vaccine protects long-term against the hepatitis A virus that causes liver disease.

Varicella vaccine protects against varicella-zoster virus that causes chickenpox.

DTaP vaccine protects your child from diphtheria, tetanus, and pertussis.

Kinrix is a combination vaccine for the prevention of diphtheria, tetanus, pertussis and polio.

Menactra is used to prevent meningococcal bacterial infection.

Gardasil protects against Human Papillomavirus that causes genital warts, anal cancer, and some types of precancerous lesions.

Tdap vaccine protects against three potentially life-threatening bacterial diseases: tetanus, diphtheria, and pertussis (whooping cough).

MDG ACTIVITIES & PROGRAM

BUNDLES FOR BABIES

Airman & Family Readiness Center - Bldg 1431

DSN 632-5407/Commercial 0434-305407

Labor, delivery, and caring for your newborn are concerns for all new parents. Topics covered in this course include: financial awareness of costs associated with raising a child, stress management techniques for new parents, support services available to help you with the transition, and car seat safety tips. Air Force participants receive a \$50 gift card from AAFES from the Air Force Aid Society.

*****All classes run about 3 hours long.*****

Contact AFRC for upcoming class dates.



WIC OVERSEAS

The WIC Program provides several important benefits to you and your family lead healthier lives.

Program services are provided to eligible overseas
Active Duty Military & their Dependents, DoD Contractors,
Civilians & their Dependents.

To see if you qualify for services, contact:

**WIC OVERSEAS –AVIANO
31 MDG/WIC
UNIT 6180
APO AE 09604-6180
DDSM 632-7473/0434-307473
BLDG 1472**

Services available to:

- Infants
- Children up to 5 years of age
 - Pregnant Women
 - Postpartum Women
 - Breastfeeding Women

WIC periodically offers Breastfeeding Classes, lactation consultant services, and potentially loan breast pumps (for participants). Call if interested for more information on any of these topics.

BOOT CAMP FOR NEW DADS

Baby on the way?
New to fatherhood?
Not sure what to expect?

Then join experienced Dads for Daddy's Boot Camp!

Classes are about 2 hours long.

This program is brought to you by Dads for Dads.

Call Family Advocacy at DSN 632-5667 or commercial 0434-30-5667 to sign-up.

Area 1 – Building 108, Large Conference Room.

BABY BASIC TRAINING

The New Parent Support Program offers a two-part class for expecting moms and dads. Come learn about:

- Basic baby care
- Infant cues & child development
- Safety, parenting and more!

Classes run about 2 hours long.

*** Registration is required***

Call DSN 632-5667 or commercial 0434-30-5667 to sign up.



BREASTFEEDING SUPPORT GROUP

We are a group of like-minded moms who get together and support each other in motherhood and in breastfeeding. Sometime we have guest speakers and a fun activity and sometimes it's just a great way to meet other moms in a kid/breastfeeding friendly environment.

Come, learn, support, relaxoh and of course, breastfeed!

WHEN

Once a month usually on a Wednesday.

WHERE

Sometimes we gather at the Library, at Café de Crayons, or a suggested Park for fun activities/pot lucks.



Add Aviano Breastfeeding Support Group for information/updates on events.

**FAMILY ADVOCACY
NEW PARENT SUPPORT PROGRAM
Phone: 0434-30-5667
DSN: 632-5667**



New Parent Support Program (NPSP) is for expecting families and families with children 0-36 months.

Notice to members on PRAP status:
Participation in NPSP and prevention programs rarely affects PRAP status.
Our staff is happy to discuss any PRAP concerns with you as needed.

The Aviano NPSP Team

NPSP Location: Area 1—Building 108 Mental Health Building

DSN: 632-5667

Commercial: 0434-30-5667



NEW PARENT SUPPORT PROGRAM

Are you expecting a baby, or do you have a child under the age of three? If so, check out this program! Having a new baby or raising a toddler isn't easy under the best of circumstances, but here at Aviano, it can be more challenging than ever! After all, you don't have family here to help, and there aren't the same community services you might find in the States. Plus, have you tried to childproof an Italian home?

This program can offer the assistance you need in the privacy of your home. Decide which are issues of concern for you, and then give us a call. Don't be afraid to ask some questions. Being a parent is probably one of the most important roles you'll ever have. So, take advantage of this voluntary program. Registered nurses and a social worker are ready to lend their support. Parenting will never be without its challenges, but we can help you minimize a few of them!



Classes and Programs

Couples Classes:

- ☐ Family Advocacy Strength- Based Therapy (FAST), for couples
- ☐ Couples Enrichment Class

Parenting Classes:

- Dad's Boot Camp: A Crash Course for New Dads • Baby Basic Training • Love and Logic Parenting

Individual Classes:

- ☐ Stress and Anger Management

Call DSN 632-5667 or commercial 0434-30-5667 to sign up for classes

WEE ONES

Ages 0-18 months on Tuesday mornings from 10:30 to 12:00 at Building 108 in Area 1. No sign ups, just show up! **EDIS Playground** for kids up to three years old on weekdays from 0730-1630 at the outdoor playground near buildings 103 and 108 in Area One. No sign ups, just show up!

NEED HELP WITH PREGNANCY ISSUES?

- Fetal growth and development • Single parenting overseas • Nutrition • Pregnancy health issues • Child care issues • WIC program referrals • Prenatal bonding • Father's role • Preparing for a new baby • Emotional changes • Newborn care education • Car seat selection • Breast-feeding information • Bottle-feeding information



NEED HELP WITH CHILD-REARING ISSUES?

- Normal child development • Safety and child proofing the home • Discipline issues • Sudden Infant Death Syndrome (SIDS) • Infant/Child health issues • Age-appropriate play activities • Spoiling a baby • Sleep patterns • Infant communication • Temper tantrums • Infant massage • Shaken baby syndrome • Geographically separated parents • Potty training the toddler • Developmental screening • Car seat safety information



NEED HELP WITH FAMILY ISSUES?

- ☐ Stress management
- ☐ Relationship counseling
 - ☐ Financial referrals
- ☐ Self-esteem building
 - ☐ Grief issues
 - ☐ Sibling rivalry
- ☐ Divorce preparation
 - ☐ Single parenting
- ☐ Loneliness or isolation
- ☐ Past childhood experiences
 - ☐ Behavioral problems
- ☐ Preparing a child for a sibling's arrival
 - ☐ "Give Parents a Break" referrals



Call us at DSN 632-5667 or commercial 0434-30-5667 so we can schedule the first appointment. Afterwards, we'll decide if there is a quick solution to your needs, or if ongoing visits might be more helpful.

We look forward to hearing from you!

HOST NATION GENERAL HOSPITAL INFORMATION

YOUR OB MEDICAL RECORD

In the Italian Health Care System,
all medical reports and referral results are given to the patient
to maintain during the entire pregnancy to include, but not limited to,
laboratory results, ultrasound reports and images, specialty care consult
summaries and all other miscellaneous medical results obtained during
medical encounters.

Italian Providers **DO NOT** maintain copies.
You are the sole owner of your OB record.

**You are responsible for keeping your OB record
(Cartella Ostetrica – Monitoraggio della Gravidanza) on your person.**

Bring it to each and every medical encounter, emergency visit or
admission.

**KEEP YOUR OB RECORD WITH YOU AT ALL TIMES EVEN
IF TRAVELLING.**

MEDICAL RECORD TRANSLATION

After delivery, if you would like your Network OB Medical Record translated, drop
a 'copy' in the box by the kiosk located in the TRICARE lobby. Only copies will be
accepted. The original record must remain in your possession. Please allow 10
business days for this service. Translated records required for PCSing or
continuation of care at other Facilities will be accomplished in 3 business days.

MOM'S "GO-BAG"

- Your prenatal OB records
- Your anesthesia record (if applicable)
- Valid non-expired passport (you must bring this passport to Town Hall for birth registration)
- 2 cotton night gowns: 1 for use during delivery and 1 with buttons down the front for the remainder of your stay
- Large sanitary napkins
- Nursing bra
- Underwear
- Mesh panties
- Bathrobe
- Bottled Water
- Towels
- Personal Toiletries
- Slippers/Socks
- Snacks

Some of these items may not be available at the Base Exchange and must be procured locally.

BABY'S "GO-BAG"

- 4 undershirts
- 4 sets of sleepers in individual bags with baby's last name
 - Baby towel
 - Receiving blankets
 - Socks or shoes
 - Cotton hat

(Note: diapers and formula are provided by the Nursery at both Pordenone and Policlinico Hospitals).



ANESTHESIA

Pre-partum anesthesia evaluations will be performed prior to delivery between 32-35 weeks of pregnancy.

10 days prior to the Anesthesiology evaluation, you will be required to perform labs. At the evaluation, the Provider will review your labs, perform a physical exam, explain the anesthesia options and ask you to read, complete and sign a consent form for epidural administration.

Pordenone Hospital also offers nitrous oxide via nasal mask as another option.

TOXOPLASMOSIS

This page talks about exposure to toxoplasmosis in a pregnancy and while breastfeeding. This information should not take the place of medical care and advice from your healthcare provider.

What is toxoplasmosis?

Toxoplasmosis is an infection caused by the parasite *Toxoplasma gondii*. You can get it by eating infected meat that hasn't been cooked properly, drinking water that is contaminated, or handling soil or cat feces that contain the parasite. Most adults have no symptoms if infected. Some people might have swelling of the lymph nodes, fever, headache or muscle pain (flu-like symptoms). In most cases, once you have gotten toxoplasmosis, you cannot get it again.

What can I do to avoid infection?

Toxoplasma gondii can be found in raw or undercooked meat, raw eggs and unpasteurized milk. Cats that eat raw meat or rodents can become infected. Once infected, the cat can shed the parasite in the feces for up to two weeks.

Toxoplasma gondii eggs can live in cat feces or buried in soil up to 18 months. To avoid infection, pregnant women should:

Cook meat until it is no longer pink and the juices run clear. A food thermometer should be used to measure the internal temperature to make sure the meat is cooked all the way through.

Wash cutting boards, dishes, counters and utensils with hot soapy water after any contact with raw meat, seafood, or unwashed fruits or vegetables.

Wash hands carefully after handling raw meat, fruit, vegetables, and soil.

Wash all fruits and vegetables. Peeling fruits and vegetables also helps to reduce the chance of exposure.

Do not touch cat feces directly; wear gloves if changing cat litter & immediately wash hands.

Do not feed cats raw meat.

How can I find out if I have a chance to get toxoplasmosis?

A blood test can tell if you have ever had toxoplasmosis. When possible, testing for toxoplasmosis should be done before getting pregnant. If an infection is found during pregnancy, more than one test may be needed to see whether the infection is recent or old. Talk with your healthcare provider about your concerns and testing.

Does having toxoplasmosis increase the chance for miscarriage?

Miscarriage can occur in any pregnancy. An increased chance for miscarriage has been reported in women with active toxoplasmosis infection during pregnancy.

Does having toxoplasmosis in pregnancy cause long-term problems for the baby?

Infants with congenital toxoplasmosis usually don't appear any different at birth. Long-term studies show that up to 90% develop problems including vision loss, seizures, hearing loss, or developmental delays. These symptoms can occur months or years after birth. Infants with congenital toxoplasmosis should be treated for the infection during the first year of life and then should be checked every so often for problems.

Is there any treatment for toxoplasmosis during pregnancy?

Yes. Finding the infection early and treating it as soon as possible can lower the chance that the baby will become infected. If the baby has already become infected, treatment with medications might make the baby's disease less severe. Your healthcare provider can discuss specific treatment options with you.

VAGINAL DELIVERY

- When you have started labor, you will have a delivery room assigned to you where you can have a support person of your choice (partner, mother, friend). Only 1 person is allowed to stay with you at any given time in labor.
- Fetal monitoring and physical examination will be performed by the midwife and you will be evaluated by the OB Provider.
- Delivery will take place in the labor or delivery room.
- After birth, the baby will be placed on your stomach & in your arms to start immediately bonding (unless an immediate neonatology evaluation is required).
- Following delivery, and for 2 hours, you will stay with the SUPPORT PERSON that was at your bedside in the delivery room. If you have opted to breastfeed your child, initial latching-on of the baby to the breast for successful breastfeeding will begin during this time.
- You will then be moved to your room and remain on bed rest until you are able to urinate. You will be accompanied to the bathroom by Hospital staff. If after 6 hours you still are unable to urinate, the doctor will follow-up with an ultrasound and possibly remove the urine via a urinary catheter.
- A midwife will monitor your blood loss and assess general health status, vital signs, uterus, stitches, lacerations and/or episiotomy.
- Your body temperature and pain perception will also be checked during the day. If you need more pain medication, just ask without waiting!
- Your newborn is evaluated within 24 hours from birth, at discharge and as often as necessary. Nursery staff will assist with newborn bathing, weight checks and cleaning of the umbilical cord.

C-SECTION

- C-sections are carried out in the operating room and take approximately 40 to 60 minutes.
- The anesthesiologists usually administer spinal anesthesia but this may vary according to clinical needs.
 - Partners are not authorized to stay during the C-section procedure.

POST C- SECTION DELIVERY

After delivery, the baby will be evaluated by the Pediatrician and will be given initially to mom followed by dad for the remaining time. Mom (together with dad and baby) will remain under observation in the delivery room for at least 2 hours.

PAIN MANAGEMENT

Although there are differences in pain perception and tolerance in Italian culture, pain management is considered a vital part of post-partum well-being.

If you feel you need medications for pain, ask without hesitation!

In Italy, nurses are not authorized to prescribe pain killers; this is restricted to Providers only. If you think you will need painkillers for the night, bring it to the attention of the nurses on the afternoon shift so the Provider can prescribe medications to ensure your pain is controlled.

ROOMING IN

(Newborn baby in the room with mother)

Once out of the delivery room, and in order to strengthen the bond between mother and child, both the mother and the newborn stay in the same room. Whether childbirth occurred naturally or by C-section, this initial contact allows the mother to begin to learn how to understand the newborn babies' requests, and to respond to these in the best and fastest way possible. It also gives mom the chance to be aware of her maternal abilities and to get used to resting while the baby is sleeping.

The newborn **MUST** be in the room with the mother at all times **AND NEVER LEFT UNATTENDED.**

Should you need to rest, take a break from newborn tasks, or use the restroom, contact the Midwife or ancillary staff so the newborn can be brought back to the Nursery.

Do not leave the baby alone!

PREMATURE BABY PROTOCOL

If your child was born premature, the Host Nation Hospital will schedule follow-ups for your baby based on weight and growth at discharge. All follow-up appointments will be written on the newborn discharge summary.

BREECH BABIES

If your child was born in the breech position (“feet first”), a hip ultrasound will be performed at 31 MDG.

POSTPARTUM DEPRESSION

Only a trained health care or Mental Health professional can tell you whether you have Postnatal Depression. The following checklist can help identify whether you are experiencing some common symptoms:

- I have been unable to laugh and see the funny side of things.
 - I have not looked forward to things I usually enjoy.
 - I have blamed myself unnecessarily when things went wrong.
 - I have been anxious or worried for no good reason.
 - Things have been getting the best of me.
 - I have felt sad or miserable.
 - I have been so unhappy that I have been crying.
 - The thought of harming myself, my baby, or others has occurred to me.
- Did you answer yes to one or more of these questions? If so, contact the Mental Health Care Team who can help to determine if you are suffering from postpartum depression and advise on an appropriate course of action.

TESTS TO BE PERFORMED AT THE HOST NATION FACILITY:

NEWBORN METABOLIC SCREENING

The Newborn Metabolic Screening Program screens for rare but potentially serious disorders such as phenylketonuria (PKU), cystic fibrosis, and congenital hypothyroidism. A blood sample is taken from your baby's heel ("heel prick" or "Guthrie test") at birth or no later than 48 hours. Parents are required to sign a consent form. Be advised that the initial screen and any repeat testing **must** be performed at the Host Nation Facility.

HEPATITIS B INJECTIONS

Your baby will receive the Hepatitis B vaccine at the Host Nation Hospital where he/she was born within the first 24 hours of their birth. Further doses will follow. The vaccine prevents them from contracting the Hepatitis B virus during their lifetime. Parents are required to sign a consent form.

VITAMIN K DROPS & EYE OINTMENT

Vitamin K and eye ointment is administered to all newborns within 24 hours after birth in accordance with National guidelines.

PORDENONE CIVIL HOSPITAL

HOSPITAL ADDRESS

Via Montereale 24, Pordenone - 33170

<http://www.aopn.sanita.fvg.it/it/index.html>

Pordenone Hospital has full capabilities to manage all patients to include twin pregnancies, trials of labor following Cesarean delivery and high risk pregnancies.



URGENT/EMERGENT OB CARE

Report directly to the Emergency Room (Pronto Soccorso) in Building C/Entrance Floor with your passport (to allow for correct identification in the Hospital Information System. Check in at the TRIAGE Desk and advise the Nurse that you are pregnant.

Prior to departing for the ER or while in route, call Command Post @ DSN 632-3100 or commercial 0434-30-3100 to advise that you need an interpreter. Partners should proceed to park their vehicle after having dropped the expectant mother off at the ER.

A Patient Liaison may already be at the ER when you arrive. If the Liaison is not present, they will be with you as soon as possible. Be advised that during certain shifts, there is only one Patient Liaison that may be handling multiple clinical events simultaneously. Assistance in this case is provided according to clinical priority.

Are you experiencing contractions, vaginal bleeding or has your water broken?

Report to: OB/GYN BLDG A/4TH FLOOR with your passport.

NON-EMERGENT OB CARE

Contact your OB provider directly or email midwife staff at:

midwife@aes5.sanita.fvg.it

INPATIENT CARE

Call Command Post at DSN 632-3100 or commercial 0434-30-3100 for language assistance.

A Patient Liaison will be with you as soon as possible.

Patient Liaison assistance is based on availability and clinical priority.

OB PROVIDERS

Dr. Emanuela Marchesan

emanuela.marchesan@asfo.sanita.fvg.it

Dr. Lorenzo Ballarin

lorenzo.ballarin@asfo.sanita.fvg.it

Dr. Francesco Pirrone

francesco.pirrone@asfo.sanita.fvg.it

Dr. Sara Liva

sara.liva@asfo.sanita.fvg.it

Dr. Francesca Ruggio

francesca.ruggio@asfo.sanita.fvg.it

OB MIDWIFE

midwifepn@asfo.sanita.fvg.it

(use this email address only after 38 weeks of pregnancy)

SAN VITO HOSPITAL OB PROVIDER

Dr. Roberta Pinzano

roberta.pinzano@asfo.sanita.fvg.it

INITIAL OB ORIENTATION APPOINTMENT

After referral activation has occurred and an authorization for care has been issued (turn-around is approx. 4 business days), you will need to report in person for an initial OB orientation appointment. This is a walk-in service.

**Birthways Office—OBGYN Department
Building A/4th Floor
Follow signs to “OB Clinic—Birthways Office”
POC: Mr. Mauro Genova
Phone: 0434-399682
Email: birthwayspn@asfo.sanita.fvg.it
Hours of Operation:
Mon/Wed from 1200 to 1800 hours
Tues/Thurs/Fri from 0830 to 1500 hours**

Report with the following documents:

- **Non-expired passport**
 - **Federal ID Card**
 - **Fiscal Code Card**
- **Birth Certificate (If not in possession of this document, contact Vital Statistics Office of the State where you were born)**
 - **Marriage Certificate (if applicable)**

INITIAL OB ORIENTATION APPOINTMENT

The documentation is required for correct registration in the Hospital Health Information System. It cannot be changed during the course of pregnancy nor after pregnancy because your name is correlated to those specific Health Records. The documentation is also used for birth registration purposes.

At the Hospital, you will be required to complete several Privacy forms, Health Information Release Forms (GECO—this allows your OB provider to access your Healthcare information) and a 31 MDG Birth Registration Data Sheet.

To the greatest extent possible, your first OB appointment will also be scheduled within the first 8-10 weeks of pregnancy. You will be given an OB appointment reminder along with directions and instructions.

OB APPOINTMENTS

OB/GYN Department—Building A/4th Floor

POC: Mr. Mauro Genova

Phone: 0434-399682

Email: birthwayspn@asfo.sanita.fvg.it

Hours of Operation:

Mon/Wed from 1200 to 1900 hours

Tues/Thurs/Fri from 0830 to 1500 hours

For OB visits occurring after office hours, you should report to the Birthways Office—OBGYN Department no later than 48 hours.

LABORATORY APPOINTMENTS

“Centro Prelievi”/Building A/ Basement.

Take a kiosk number for “Percorso E”. Labs must be drawn no later than 72 hours prior to your next follow-up.

APPOINTMENT LOCATIONS

OB appointments— Building A/Floor 4

Lab appointments—Building A/Basement

Morphological (20 week) ultrasound—San Vito al Tagliamento Hospital (Partner Facility)

VAGINAL SWAB APPTS 1ST TRIMESTER ONLY

OB Outpatient Clinic/Term Pregnancies

Bldg A/Floor 4

LAB EXAMS

If you are evaluated by a specialist and are requested to perform lab exams report to:

“Birthways Office– OBGYN Department” Building A/4th Floor to schedule follow-up laboratory exams and/or visits in person.

Non-urgent lab exam results —you can request your lab results from your Gynecologist.

Critical/urgent lab exam results - you will be contacted by a Provider from the PN Hospital.

SPECIALTY CONSULTS

If you are evaluated by your Gynecologist and are requested to perform a specialty consult to include, but not limited to, endocrinology, rheumatology, cardiology, diabetology or hematology, report to:

“Birthways Office– OBGYN Department” Building A/4th Floor to schedule the specialty consult requests in person.

A Patient Liaison will be scheduled to attend if the consulting Provider does not speak English.

PRE-PARTUM CLASSES

Pordenone Hospital offers pre-partum classes. Attendance is voluntary although strongly encouraged. The class is particularly geared towards first time moms although all moms may find the Network Hospital information useful.

Courses will be offered monthly at approximately the 30th week of pregnancy.

To sign up:

Send an email to midwifepn@aes5.sanita.fvg.it

BREAST FEEDING

Mothers are assisted with breastfeeding during their inpatient stay by certified Midwives. Ask the Midwife every time you need assistance with breastfeeding or handling the baby.

Midwives can answer lactation queries and/or concerns up to 30 days after delivery and upon request.

Mothers can report directly to the OB Department at the Hospital where the delivery took place for assistance or may contact Family Advocacy nurses.

FAQs

If I opt for a doula, can the doula stay in the delivery room in addition to my partner?

No, only 1 support person is allowed in the delivery room per patient due to limited physical space.

Are children allowed during labor and delivery?

Unfortunately no. Children may visit after delivery during normal visiting hours only.
(see page 41).

Is delayed bathing authorized?

No, bathing occurs within 2 hours after birth.

Is delayed cord cutting authorized?

Cord cutting occurs when pulsation has stopped unless clinical conditions require immediate separation.

Can Vitamin K and eyedrop instillation be delayed?

Vitamin K is administered as an intramuscular injection and occurs at bathing time within 2 hours after birth. It is a preventive measure against Vitamin K deficiency which in some cases, can appear as early as 24 hours after birth.

Is it legal to remove the placenta from the Hospital for eventual placental dehydration/encapsulation?

No, due to current issues with 'special waste' regulations, placental removal from the Hospital is not authorized.

Are birth plans accepted?

No. Italian law prohibits the use of birth plans.

Are chaperones available?

The presence of chaperones in OB/GYN is not an Italian custom and therefore not an available service.

Are flowers and balloons permitted in OB?

Due to allergies, flowers and latex balloons are not permitted in OB.

ROOM COVERAGE POLICY

NORMAL BOARD OPTION

As per the TRICARE Manual, beneficiaries are entitled to semi-private room coverage (two patients per room with or without a third bed between two patients). The Hospital will make its best attempt to admit only two patients per room but can exercise the right to admit a third person in the presence of a full ward. This type of board does not generate an out-of-pocket expense for the patient.

PRIVATE BOARD OPTION

Should you desire a private room (one bed and a recliner for your partner) during your admission, advise the Midwife upon admission for delivery. You will be required to complete and sign the Private Board Request Form. The private room will be assigned to you as soon as it is available which may not necessarily be immediate. The cost of the room is 51.65 euro/night (subject to change) and the total cost of the room must be paid in full on the day of discharge via cash or credit card at Ufficio Accettazione Spedalità (Admissions Office) located in Building L from Monday to Friday between the hours of 08:00 and 16:00.

Private room costs are an out-of-pocket expense and will not be reimbursed by TRICARE.

OB VISITING HOURS

Monday to Sunday

0630 to 0800 hours

1230 to 1430 hours

1800 to 2030 hours

Fathers of newborns have unrestricted access to the OB Ward except when the OB Providers are performing daily rounds on inpatients which normally occurs between the hours of 0900 and 1300.

The doors to the OB ward are closed. To access, press the buzzer located to the left of the double doors. OB staff will open the door as soon as possible. If this does not occur, please be patient since they may be involved with direct patient care.

Siblings are welcome as long as they are not ill or experiencing cold or flu-like symptoms.

DISCHARGE INFORMATION

Natural birth - discharge occurs after 2 days.

(DAY 1 IS THE DAY AFTER DELIVERY)

C-section – discharge occurs after 3-4 days.

(DAY 1 IS THE DAY AFTER DELIVERY)

Both you and your baby will be evaluated by a Provider prior to discharge. Discharge summaries will be provided, one for you and one for the baby. Drop your discharge summary in the box by the kiosk located in the TRICARE lobby or scan it to:

usaf.aviano.31-mdg.mbx.tricare-ufficio@mail.mil

Summaries will be translated by 31 MDG Patient Liaisons and uploaded in your Electronic Health Record (EHR) within 72 hours.

MATERNAL POST-PARTUM FOLLOW-UPS

The first follow-up at Pordenone Hospital occurs approximately 10 days after discharge. Report to this appointment with your baby.

The second follow-up is scheduled approximately 40 days after discharge (unless complications arise in which a sooner appointment will be established).

NEWBORN FOLLOW-UP

The Hospital will give you an appointment for the 2 day weight check prior to being discharged. Maintain this appointment.

POLICLINICO SAN GIORGIO

HOSPITAL ADDRESS

Via Agostino Gemelli 10 – Pordenone - 33170

<http://www.clinicasangiorgio.it>

Policlinico San Giorgio has capabilities to manage uncomplicated pregnancies and deliveries.



OB APPOINTMENTS

Appointments and/or cancellations: 0434-519787

Email: hospitality@clinicasangiorgio.it

Website: <https://www.clinicasangiorgio.it/>

URGENT/EMERGENT OB CARE

For all emergency situations, including the onset of contractions, report to:

OB/GYN - Floor 5

The Urgent Care entrance is located on Via Francesco Fortunio.

Take the second set of elevators located to your left to the

OB/GYN - Floor 5. Check in with the midwife.

Afterwards, partners can proceed to park their vehicle.

After regular duty hours call:

0434-519503

to advise the Midwife that you are arriving.

INTERPRETER ASSISTANCE

LIMITED to telephonic services only.

OB PROVIDERS

Dr. Bassim Alsadi

Dr. Nicolò Clemente

Dr. Emanuele Ancona

For information or *non-urgent* clinical questions, contact the OB Secretary at:

hospitality@clincasangiorgio.it

0434-519787

Mon-Tues-Wed-Fri

0800 to 1330 hours.

Your inquiries will be forwarded to the OB Provider or Midwife.

Midwife email:

ginecologia@clincasangiorgio.it

INITIAL OB EVALUATION

After referral activation has occurred and authorization for care has been received (turn-around is approximately 4 business days), you will be contacted by the Policlinico Hospital Booking Clerk with the date and time of your initial OB evaluation by email. To the greatest extent possible, the first appointment will be scheduled within the first 8-10 weeks of pregnancy.

THE DAY OF YOUR INITIAL OB EVALUATION

Report to Ufficio Gestione Degenze located on Floor 5 (turn left out of the elevators and pass the Segreteria) with:

- Your email appointment reminder
 - Non-expired passport
 - Federal ID Card
 - Fiscal code card
- Birth Certificate (If not in possession of this document, contact the Vital Statistics Office of the State where you were born)
 - Marriage Certificate (if applicable)

PREPARTUM CLASSES

You will be advised of upcoming class dates at your first OB appointment.

Courses are held during the 28th to 32nd week of pregnancy.

To sign up:

Call 0434-519787 or email hospitality@clincasangiorgio.it

BREAST FEEDING

Mothers are assisted with breastfeeding during their inpatient stay by certified Midwives. Ask the Midwife every time you need assistance with breastfeeding or handling the baby.

Midwives can answer lactation queries and/or concerns up to 30 days after delivery and upon request.

Mothers can report directly to the OB Department at the Hospital where the delivery took place for assistance or may contact Family Advocacy nurses.

FAQs

If I opt for a doula, can the doula stay in the delivery room in addition to my partner?

No, only 1 support person is allowed in the delivery room per patient due to limited physical space.

Are children allowed during labor and delivery?

Unfortunately no. Children may visit after delivery during normal visiting hours only (see page 51).

Is delayed bathing authorized?

No, bathing occurs within 2 hours after birth.

Is delayed cord cutting authorized?

Cord cutting occurs when it has stopped pulsating unless clinical conditions require immediate separation.

Can Vitamin K and eye drop instillation be delayed?

Vitamin K is administered as an intramuscular injection and occurs at bathing time within 2 hours after birth. It is a preventive measure against Vitamin K deficiency which in some cases, can appear as early as 24 hours after birth.

Is it legal to remove the placenta from the Hospital for eventual placental dehydration/encapsulation?

No, due to current issues with 'special waste' regulations, placental removal from the Hospital is not authorized.

Are birth plans accepted?

No. Italian law prohibits the use of birth plans.

Are chaperones available?

The presence of chaperones in OB/GYN is not an Italian custom and therefore not an available service.

Are flowers and balloons permitted in OB?

Due to allergies, flowers and latex balloons are not permitted in OB.

Is Wi-Fi available?

Wi-Fi services are available throughout the entire Hospital.

ROOM COVERAGE POLICY

As per the TRICARE Manual, beneficiaries are entitled to semi-private room coverage (two beds per room with the second bed occupied by another patient).

Should you desire a private room during your stay, advise the Midwife. You will be required to complete, sign and date a Private Board Request Form. The private room will be assigned to you as soon as it is available which may not necessarily be immediate.

The cost of the room is 132.00 euro/night. Fees subject to change.

The total cost of the room must be paid in full on the day of discharge via cash or credit card. Discharge summaries will not be provided until payment has been rendered.

Private room costs are an out-of-pocket expense for the patient
and will not be reimbursed by TRICARE.

OB VISITING HOURS

Monday to Sunday

13:00 to 20:00 hours

Siblings are welcome as long as they are not ill or experiencing cold or flu-like symptoms.

MATERNAL FOLLOW-UP POST DISCHARGE

A follow-up will be scheduled within 40 days after discharge unless complications arise in which a sooner appointment will be coordinated.

If you experience post-partum complications at home, report to OB – Floor.

NEWBORN FOLLOW-UP

The Hospital will give you an appointment for the 2 day weight check prior to being discharged. Maintain this appointment.

BIRTH REGISTRATION INFORMATION

GENERAL INFORMATION, TIMELINE & TOWN HALL DIRECTIONS

WHEN A CHILD OF A US CITIZEN IS BORN OUTSIDE OF THE UNITED STATES, THE INITIAL BIRTH REGISTRATION IS ACCOMPLISHED WITH THE LOCAL (ITALIAN) AUTHORITIES. THIS IS MANDATORY FOR SUBSEQUENT REGISTRATION IN THE UNITED STATES AND FOR RECOGNITION OF NEWBORN CITIZENSHIP.

Shortly after your baby's birth, the Italian Midwife will give parents the "Statement of Assistance to Delivery" (Certificato di Assistenza al Parto"). This document is required to accomplish your baby's birth registration. Make sure that the gender, date and time of birth are correct; verify that the mother's name matches the passport.

Within 3 calendar days of delivery, you must accomplish the Italian Birth Certificate at the Hospital where the baby is born. This certificate is required to record the birth with the US Government and no changes can be made after the document has been signed. It is imperative that this step is completed correctly and it is your responsibility to verify and identify inconsistencies prior to signing. If you are married, either one of the parents can complete and sign the certificate. If you are not married, both parents must complete and sign the birth certificate when the father is present and involved. The following original documents are required:

- 1) **Passports of both parents;**
- 2) **Birth certificates of both parents;**
- 3) **Marriage certificate (if applicable);**
- 4) **Statement of Assistance to Delivery.**

IMPORTANT

Once the baby's name is assigned on the official Hospital forms, it cannot be changed! The name(s) of the parent(s) has to match the passport(s) or it will be rejected by the US Embassy when you will ATTEMPT to obtain the US Birth Certificate (CRBA). It is your responsibility to verify the correct spelling of the name(s).

English speaking staff is available at the Hospitals Birth Registration offices provided that it is completed within 3 days of birth. If the registration is not completed within 3 days from birth, the parent(s) will have to complete registration at the Pordenone Town Hall no later than 10 days of birth. Should this occur, parents will have to present to the Town Hall with an Italian speaking support person.

Prior to birth: check with 31MDG staff for accuracy of your documentation.

In Hospital after delivery:

Obtain statement of assistance to delivery

Complete birth registration within 3 days of birth

Upon discharge from the Hospital:

Obtain mother's summary of discharge

Obtain baby's summary of discharge, and note the 2 days weight check appointment.

Two days after baby's discharge:

Go back to the facility where your baby was born to have the weight checked, (bring discharge summaries with you).

First working day after baby follow up/weight check:

1. Call TRICARE/Enrollment to MINI REGISTER baby. DSN 632-5133.
2. Call Appointment Desk to request a **Telephone Consultation** with Pediatric Nurse. DSN 632-5000, 1, 2.
3. Pediatric Nurse will call you back within 72hrs to set up baby's first 31MDG appointment NLT 10 days after birth (bring mother and child's hospital discharge report and the 2 days weight check results).
4. Take COPY of mother's and child's hospital discharge reports to Patient Liaison office (located at TRICARE) to be translated and added to medical record. (Translation of the OB chart prior to deliver is optional).
5. Email the Passport Office at 31fss.passports@us.af.mil to schedule an appointment to apply for a passport and US Birth Abroad Certificate (DO NOT DELAY).

After the MDG Pediatric Appointment:

Receive the Command Sponsorship Form. Note: If baby is sponsor's first dependent, request DD form 1466 from EFMP office (632-5828).

DEERS Registration:

1. Collect the Abstract of Italian Birth Certificate at the Pordenone Municipal Offices 10 days after Hospital birth registration.
2. Have the Italian Birth Certificate translated at Base Legal Office or online at www.militaryonesource.com
3. Bring the AF Form 1466 or Command Sponsorship Form, **Italian Birth certificate**, and **certificate translation** to Military Personnel Flight (MPF).
4. Complete DEERS registration at MPF; receive DD Form 1172.

TRICARE Prime Enrollment:

Report to the TRICARE office with DD Form 1172 to register your baby in TRICARE Prime. **Failure to accomplish this step within 90 days of birth will make your child ineligible for PRIME enrollment until the next open enrollment date.**

How to Obtain US Birth Certificate {Consular Report of Birth Abroad (CRBA)}:

- Prior to your appointment with the PASSPORT AGENT, complete the package to apply for the US Birth Certificate also known as the Consular Report of Birth Abroad (CRBA).
- After 5-7 weeks, you will receive the baby's CRBA and the Tourist US passport.
- Follow directives from the Passport Agent for further documentation as needed.
- Contact the Soggiorno office.

IMPORTANT: after you obtain the US Birth certificate (CRBA), you will no longer need the Italian Birth Certificate unless one parent is an Italian citizen. When you are in the United States and are asked for your child's birth certificate, you must give the Agent the CRBA. To obtain copies of the CRBA:

<https://travel.state.gov/content/travel/en/records-and-authentications/requesting-a-vital-record-as-a-u-s--citizen/replace-amend-CRBA.html>

Birth Registration POCs:

- For Italian and MDG Birth Registration: Call DSN 632-5827/5309.
- For CRBA: Email the Passport Office at 31fss.passports@us.af.mil

PORDENONE TOWN HALL

The Pordenone Municipal Offices are located in the Pordenone Town Center in Piazzetta Calderari. Office hours are Monday to Friday 08:30 - 12:30.

Turn left into the parking called Piazzale Filanda Marcolin. 90 minutes of free parking is available. Travel time from the Flight Line to the Municipal Offices is approximately 20 minutes.

Park your car and look for the stairs. Once at the top of the stairs, you will be in Piazzetta Calderari. The office, as depicted below will be on your right.

Pick up the Abstract of the Italian Birth Certificate at the entrance information desk. Have your passport readily available for identification purposes.



TRICARE CORNER

3D/4D ULTRASOUNDS

May be performed as a non-reimbursable out-of-pocket expense.

Cost is approx. 120.00 Euro.

Network Resources:

Centro di Medicina/Viale Venezia, 91—Conegliano

0438-66191

Casa di Cura San Giorgio – Pordenone

0434-519230-231

Studio Dottoressa Fadalti

0434-361624

TRAVELING WITH TRICARE

Emergent care in the US or overseas does not require prior authorization. If admitted, patients should contact International SOS (ISOS) as soon as possible to receive an authorization for inpatient stay and, if admitted overseas, to request assistance with payment.

Please note that overseas facilities may require full payment upon discharge.

Urgent care stateside requires prior authorization from International SOS.

Active Duty Family Members moving to another region for the duration of the pregnancy must enroll in the region they are moving to.

Tricare Overseas Prime (TOP) Contractor:

+44-20-8762-8384 (overseas)

1.877.678.1207 (stateside)

For medical assistance:

+44-20-8762-8133

MISSED APPOINTMENTS

Host nation medical appointments must be cancelled **no less than 3 working days** prior to the date of the appointment.

Effective 1 Sep 2010, International SOS (ISOS) became the new TRICARE contractor for all OCONUS locations.

Under the terms of this contract, **all TRICARE Prime beneficiaries are subject to be billed** by the Network provider for missed appointments.

Should this occur, it is an out-of-pocket expense for the beneficiary and not subject to reimbursement.

BREAST PUMP

TRICARE COVERS:

- Breastfeeding supplies and services starting at the 27th week of pregnancy
- Manual/standard electric breast pump with one breast pump kit per birth event. Breast pumps are subject to a payment cap (\$300 if the breast pump is purchased CONUS, \$500 if the breast pump is purchased overseas.
- Supplies. The amount and frequency of replacement supplies are listed below:
 - Standard power adapters: 1 replacement per birth event, and not within 12 months of the breast pump purchase date.
 - Tubing and tubing adapters: 1 set per birth event.
 - Locking rings: 2 every 12 months
 - Bottles: 2 replacements bottles and caps/locking rings every 12 months following the birth event
 - Bottle caps: 2 every 12 months after birth event
 - Storage bags: 90 bags every 30 days following the birth event
 - Valves/membranes: 12 for each 12 months following the birth event
 - Supplemental Nursing System (SNS): 1 per birth event when a physician prescribes
 - Nipple shields/splash protectors: 2 sets (2 shields/set) per birth event when a physician prescribes.

Additional supplies may be authorized when medically necessary. A new prescription for the additional supplies is necessary. The prescription must be specific to the number and type of supplies needed. Please find below the reimbursement rates per unit:

DESCRIPTION	RATE PER UNIT
Tubing for breast pump	\$20.00
Adapter for breast pump	\$38.18
Cap for breast pump bottle	\$4.00
Breast Shield and Splash protector	\$19.98
Polycarbonate bottle	\$6.00
Locking Ring	\$3.00
Manual Breast Pump Purchase	Contact International SOS
Electric breast pump purchase	\$500.00
Hospital Grade breast pump purchase	\$3,000.00

Heavy-Duty hospital grade breast pumps and supplies for mothers of premature infants only.

TRICARE does not cover extended warranties.

REIMBURSEMENT TIPS

- Registration in the TRICARE Overseas Program (TOP) portal is required at:
<https://www.tricare-overseas.com>
- Automated direct deposit is available.
- All requests must be filed with Form DD2642.
- Prescription reimbursement requests must be accompanied by a doctor's prescription as well as the receipt from the pharmacy.
- The TRICARE-overseas portal is compatible with Chrome and Firefox browsers only.

OTHER HEALTH INSURANCE

If you have health insurance other than TRICARE, it is called "Other Health Insurance" (OHI). By law, TRICARE pays after all OHIs. Italian National Health Care (Tessera Sanitaria), is considered OHI. Beneficiaries with OHI will need to pay up-front for all their medical needs. You may file a claim with TRICARE after your primary insurance has reimbursed you.

ADDITIONAL DENTAL BENEFITS FOR PREGNANT DEPENDENTS

During pregnancy, Active Duty Family Members enrolled in the TRICARE Dental Program with United Concordia are entitled to three cleanings in a 12 month period (one more than the usual benefit). Beneficiaries currently not enrolled in the program may contact United Concordia to enroll (upon payment of a premium).

For more information, contact United Concordia overseas toll free number @ 1-844-653-4060 or visit www.uccitdp.com

NOT TRICARE COVERED

3D & 4D ULTRASOUNDS

PATERNITY TESTING

BELLY BANDS FOR BACK PAIN DURING PREGNANCY

CORD BLOOD STORAGE

DOULA SERVICES

PRIVATE ROOMS

HARMONY TEST

For more information on the above exclusions and local options, contact the Beneficiary Counselor and Assistance Coordinator at DSN 632-5067.

NEWBORN ENROLLMENT

Newborn enrollment is a two-step process: DEERS and TRICARE.

TRICARE Enrollment must be completed within 90 days from birth.

Lack of enrollment will result in no TRICARE COVERAGE.

A non-enrolled child can be seen on base at the 31MDG at no-cost to the parents but any civilian care will be completely out of pocket without reimbursement.

Children not enrolled in TRICARE within 90 days from birth will be eligible for enrollment during the yearly open enrollment season (mid-November to mid-December).

Enrollment can be accomplished over the phone with International SOS (ISOS) (+44.208.762.8133) or in person with a TRICARE Beneficiary Services Representative (BSR) at the 31MDG TRICARE Office.

COMPLIMENTS, GRIEVANCES AND APPEALS

Beneficiaries can enter positive feedback or grievances regarding:

- Quality of health care or services
- Provider and/or staff demeanor
- Health care delivery system services
 - Patient safety concerns

To submit a compliment or a grievance visit:

<http://www.tricare-overseas.com/beneficiaries/resources/compliments-grievances-and-appeals>

E-INFO

The “What to Expect Pregnancy Guide” is available at:

<http://www.aviano.af.mil/Units/31st-Medical-Group/Clinic-Transition/>

Aviano Air Base App/31 MDG/What To Expect

