

When a woman is pregnant, it's natural for her to worry about her unborn child. But what happens when mom's health is in jeopardy and requires daily monitoring by a health-care professional? Read how Kara faced this issue and how the VNA of the Greater Milford-Northbridge Area helped her after she gave birth to her premature and "tiny, but healthy" daughter.

The VNA of the Greater Milford-Northbridge Area provides unparalleled health care services in the home, assisting patients on their road to regained health and independence. Our staff is licensed or certified and thoroughly screened before they conduct home visits.

To find out how the Milford VNA can provide care for you or a loved one, call 508-473-0862.



Visiting Nurse Association of the
Greater Milford-Northbridge Area

www.milfordregional.org/milfordvna

From all accounts, Kara is young and healthy and had no reason to expect a problem pregnancy. She and her husband were excited about welcoming their first child when, in her seventh month, Kara developed Pregnancy Induced Hypertension (PIH), a serious high blood pressure condition. Elevated blood pressure during pregnancy carries many risks to the mother and unborn child. Kara's blood pressure was so precarious during her checkup that her obstetrician admitted her immediately to the hospital for bed rest. A month later, as Kara proudly says, her "tiny, but healthy" daughter was born prematurely.

Leaving her baby in the newborn intensive care unit (NICU), Kara went home but continued to have high blood pressure. Handling this condition involves daily blood pressure readings, medication adjustments, diet instruction and monitoring for the signs of PIH. Kara wanted to go to Boston every day to spend time with her new baby. A daily trip to her doctor's office would have added to her stress, possibly elevating Kara's blood pressure to dangerous levels. This is when the Milford VNA came into the family's life.

Barbara, a Maternal/Child Nurse from the Milford VNA, stepped in to care for Kara. Barbara made daily visits to Kara's home, monitoring Kara's symptoms and conferring with her doctor when medication changes were needed. Barbara also worked

with Kara on postpartum care, breastfeeding, nutrition and the importance of rest.

A month after Barbara's daily visits, Kara's blood pressure stabilized to a normal and safe level. By then, Kara's daughter was released from the NICU. The concern now was whether the baby would thrive at home because she was premature and had spent so much time in the hospital. Again, Barbara took action, covering all the routine and "normal" things a new mother needs to know in order to care for her baby, such as bathing, feeding and managing a newborn's care.

Kara and her baby are flourishing now, thanks to the care provided by the Milford VNA. "Without the Milford VNA, it would have taken me longer to realize my blood pressure was not coming down," said Kara. "My recovery period would have taken longer and things might have gotten worse. The VNA visits meant I didn't have to go to my doctor's office for blood pressure checks. And the VNA was so accommodating! They worked

around my schedule so I was always free to go visit my baby every day."

Kara says, "Thank you, Milford VNA. Because of your take-charge approach and accommodating ways, everything's great!"



*"Thanks,
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