

## Your Quick Reference to ... High Risk Pregnancy and the Neonatal Intensive Care Unit

National Naval Medical Center (NNMC) is the referral care center for high-risk pregnancies, deliveries, and neonatal intensive care for the entire military. We support and practice Family Centered Care which recognizes the entire family as an integral part of the healing period.

### HIGH-RISK PREGNANCY

A pregnancy may be considered high-risk for many reasons, such as if the mother-to-be is over 35, diabetic, has a history of miscarriages, had a premature delivery in the past, has an infection or chronic condition such as high blood pressure or compromised immune system, or if multiple fetuses or genetic complications are detected.

Expectant mothers with high-risk medical needs from the National Capital Region and several commands in Europe, are often referred to NNMC for their OB/GYN care. Specialists in obstetrics and gynecology diagnose and treat both acute (short-term) and chronic (long-term) conditions, using state-of-the-art equipment, such as 4-dimensional ultrasound and video teleconferencing.

#### *Services offered include:*

*Prenatal diagnostic testing, genetic counseling, pre-conception counseling, childbirth education, maternal-fetal medicine consultation, and perinatal loss counseling.*

### NEONATAL INTENSIVE CARE UNIT (NICU)

NNMC's Level III NICU provides the highest level of care for newborns at risk from the National Capital Area, as well as those transported from local hospitals and overseas locations.

Some of the conditions that may cause a newborn to be referred to the NICU are premature birth, low birth weight, infection, respiratory problems or birth defects.

Designated a "Center of Excellence" by the DoD, and staffed by physicians in neonatal medicine, including three board-certified neonatal specialists who apply the most advanced medical technologies available, the NICU offers around-the-clock intensive care for over 400 high-risk critically ill newborns each year.

When a newborn is ready to leave the NICU, a Discharge Planner, Social Worker and NICU staff member work closely with parents to provide home-care training, physical therapy, and developmental testing.

*In 2003, NNMC's Mother & Infant Care Center and Neonatal Intensive Care Unit were featured on "THE DISCOVERY CHANNEL" for their exemplary work and service to military medicine.*

### CONTACT US

*Obstetrics & Gynecology: (301) 295-6672  
Neonatal Intensive Care Unit: (301) 319-6428*

#### *For all appointments:*

*Toll Free: 1-(866) NAVY-MED (628-9638)  
Local: (301) 295-NAVY (6289)  
Online: [www.tricareonline.com](http://www.tricareonline.com)*

*Do you have Other Health Insurance (OHI)? Please report your OHI Policy Number to receive your full benefits, and to allow NNMC to be reimbursed for some services rendered*

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[www.bethesda.med.navy.mil](http://www.bethesda.med.navy.mil)

*NNMC is accredited by the Joint Commission on the Accreditation of Healthcare Organizations (JCAHO).*