



Women's Services

Last year, Morton Plant and Mease Countryside hospitals delivered a combined 4,500 births. Delivering beautiful babies into the world is certainly one of the most joyous services we provide at Morton Plant Mease. In addition, all four of our hospitals are equally dedicated to helping women stay healthy throughout each phase of their lives.

Mease Countryside, Morton Plant and Mease Dunedin hospitals have all received a 2014 Women's Choice Award from WomenCertified®. This prestigious award identifies a hospital for meeting the high standards regarding women's needs and preferences for health care services with a unique scoring process that focuses on female patient satisfaction with clinical excellence, physician communications, responsiveness of nurses and support staff and hospital cleanliness.

We know that women have unique health concerns, and we offer comprehensive and caring services in many specialty areas focused on various aspects of women's health: breast care, obstetrics, gynecology, surgery and heart health.

Below are some of the programs we will be looking to the community to support this year:

■ **Massages for New Moms**

Most new moms would agree a little pampering goes a long way. Morton Plant Hospital and Mease Countryside Hospital offers therapeutic hand, foot or back massages to new moms after delivery in their own private room. The benefits of postpartum massage range from helping to alleviate back pain and fatigue to helping ease postpartum depression.

■ **Trauma Informed Mind Body Program (TIMBo)**

TIMBo empowers women who have suffered the trauma and stress of poverty, abuse, homelessness, incarceration or addiction. The program helps women understand how and why their bodies feel the way they do, notices their emotion sensations non-judgmentally, and helps them take effective action in regulating the difficult sensations, making them less likely to turn to destructive behaviors to cope. It has been taken in to prisons, homeless shelters, rehab and mental health centers as a self-empowering tool to help women change their lives.