



Nurse-Midwife Concept New In Cleveland County

Expectant mothers and fathers should share in the birth experience of their child, says Emily Ousley, a certified nurse-midwife, who is this area's first and may be the first woman in this profession in the Piedmont Carolinas.

Dr. John L. Washington, obstetrician-gynecologist, announced this new maternity concept for the Cleveland County area this week - a team care of maternity and gynecological patients in private practice by a MD-OBGYN and a registered nurse who has taken additional training to become a certified nurse midwife.

Mrs. Ousley came to work at Washington's West King Street office last week and on Wednesday her first patient, Nanette Cash, delivered a healthy, five pound, two ounce baby girl, Christina, at Kings Mountain Hospital. Nanette and Ronnie Cash are already the proud parents of two boys.

Although Christina Cash was delivered by standard procedures and the father was not present in the delivery room, Mrs. Ousley highly recommends that the father be encouraged to be present with his wife in the delivery room. Progressive ideas in maternity care, which include the father being present for pre-natal classes and in the delivery room, will be encouraged by Dr. Washington and his nurse-midwife. The Washington Clinic will offer a birthing room, a rooming-in program and support prepared childbirth and early family interaction at no additional cost to the patient and her husband.

"We are very interested in developing family centered maternity care, with the family's participation in a relaxed non-clinical atmosphere consistent with high quality, safe obstetrics," said Dr. Washington. "We are very excited about this new service for our area and we understand that the concept of team care may not appeal to all patients, although acceptance in other areas has been almost 100 percent, so participation in this plan will be voluntary," said Dr. Washington. Dr. Washington emphasizes to his patients that team care is not a cut rate economy plan but will be a program of excellent, quality care with more personal attention than has been possible in the past. The maternity care fee will be the same whether the patient chooses MD-midwife team care or only MD care.

Emily's husband, Dr. Ben Roy Ousley, a Cleveland County veterinarian, was with her when she delivered their three children, Benjamin, age 11; Carrie, age 7; and three year old Sarah Ousley. The Ousleys have been Cleveland County residents for nearly five years. For several years Emily commuted

between Lawndale and Knoxville, Tenn. where she helped build Tennessee's first out-of-hospital maternity center which now has two mid-wives and three family practice physicians on the staff.

The employment of well trained nurse midwives as part of a private practice maternity-gyn care team is new in this area, but has been well tested and is very successful in other areas of the country. The concept of a high quality team approach to maternity care involving trained specialist obstetricians and nurse-midwives has developed because most obstetrical care is normal and uncomplicated and easily managed by well-trained non-MD personnel; with the supervision and backup of a physician. Patients with high risk pregnancies or complications are best managed by the obstetrician and midwife working as a team. Because the obstetrician devotes less time in caring for the normal patient, more time and energy can be given the patient with a problem or complication, Dr. Washington explained.

Emily has been well trained. Having graduated from the University of Tennessee College of Nursing at Memphis, she then worked in the maternity unit at St. Joseph's Hospital in Memphis, taught obstetrics in the Baptist Memorial Hospital School of Nursing and assisted in teaching prenatal classes there; taught obstetrics and gynecology and the East Tennessee Baptist Hospital School of Nursing.

She took her nurse-midwifery training at the University of Mississippi Medical Center and received her Certificate of Nurse-Midwifery in 1976. She then worked as a nurse-midwife at Grady Memorial Hospital, Atlanta, Ga. She worked with Planned Parenthood Association of the Southern Mountains, was in private practice in Knoxville, Tennessee for three years, worked at the Cleveland County Health Department, and most recently started the first out of hospital birth center in the state of Tennessee. She has been well trained in all aspects of prenatal care including dietary instruction, routine prenatal care, recognition of problems and complications, and prepared childbirth with family centered care and husband preparation.

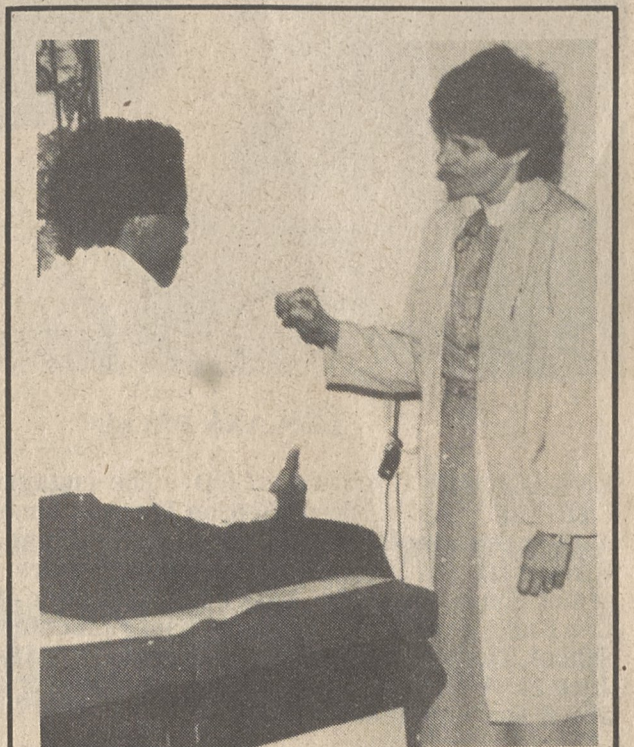
Emily has been specifically trained in the conduct of normal labor and delivery including fetal monitoring, evaluating progress of labor, recognition of high risk factors or complications, local and pudendal anesthesia, routine episiotomy, and repair and immediate care of the newborn infant. She will manage postpartum care including breast feeding and family planning.

She will assist the doctor in providing prenatal. Also she will see and follow and deliver a group of uncomplicated patients that choose care by her. She will consult with Dr. Washington or refer to him any patient that becomes other than normal. Washington or a covering physician, will be on back up call at all times.

Will nurse-midwife Emily be available for "home deliveries" as midwives were known to be many years ago?

"No, it just isn't feasible because of distance and transportation", says Emily, who says that Kings Mountain Hospital has all the facilities and that her patients will be given their choice, from completely natural childbirth to standard procedures, with or without the husband's presence in the delivery room. "Whatever is acceptable to the parents it's their choice of how they want their child to be delivered," says Mrs. Ousley.

Excited about this new concept in maternity care for the Kings Mountain area, Mrs. Ousley said she welcomes the challenge and feels this unique service will benefit women of this community. Women often feel more free to discuss personal problems - particularly those related to sex-with a nurse-midwife than with an obstetrician. Mrs. Ousley will see patients for routine office



WOMAN TO WOMAN - Nurse-midwife Emily Ousley, standing, talks with Sharron Clinton in the examination room of the Washington clinic on W. King Street. Women often feel more free to discuss personal problems with a nurse-midwife than with an obstetrician.

care, annual exams, pap smears, vaginitis, contraceptives, etc. as well as provide personal maternity care and give family health education and counseling about such things as birth control, the changes and possible discomforts of pregnancy and various aspects of infant care.



TEAM APPROACH TO MATERNITY CARE - Dr. John L. Washington, above, with nurse-midwife Emily Ousley who have initiated a new maternity concept for the Kings Mountain area.

Engagements



SHERYL ANN RAYLEY

ENGAGEMENT ANNOUNCED—The engagement of Miss Sheryl Ann (Sherry) Railey to Melvin Gene McMahan is announced by her mother, Linda Lawson Railey of Kings Mountain. The bridegroom-elect is the son of Virginia and Michael Ramey of Shelby. The wedding will take place May 18th at 3 p.m. in Grace United Methodist Church. Miss Railey is a graduate of Kings Mountain Senior High School and is employed by Motel Royal of Kings Mountain. She is the granddaughter of Mr. and Mrs. Philip Lawson of Kings Mountain and the great-granddaughter of Mrs. Ada Lawson and the late Dillard Lawson of Kings Mountain and Mrs. Macie Smart of Clover, S.C. and the late Lester Moses. Mr. McMahan attended Shelby High School and is employed by Concrete Supplies of Shelby and is grandson of Herbert Ihde and the late Ihde of Seward, Nebraska.



REGINA SMITH

ENGAGEMENT ANNOUNCED—Mr. and Mrs. M.W. Smith of Corinth, Mississippi, announce the engagement of their daughter, Regina, to Donald Willard Johnson, son of Mr. and Mrs. Willard Johnson of Kings Mountain. The bride-elect is a 1981 graduate of Alcorn Central High School and is employed by Wal-Mart of Selmer, Tennessee. The bridegroom-to-be is a 1977 graduate of Kings Mountain Senior High School and is employed by the Kings Mountain Police Department. An April 19th wedding is planned.



**RHONDA ROSIERE
BOYD WHITSON**

ENGAGEMENT ANNOUNCED - Mrs. Stella Wheeler of Round Rock, Texas and Richard Rosiere of Van Buren, Ark., announce the engagement of their daughter, Rhonda, to Boyd Whitson, son of the late Mr. and Mrs. Frank Whitson of Bakersville, N.C. An August wedding is planned. The couple plan to make their home in Green Meadows Estates, Kings Mountain.