



  
STJOHN  
PROVIDENCE  
HEALTH SYSTEM  
FOUNDATIONS

# Little Miracles ... Big Dreams

The Neonatal Intensive Care Unit Campaign for St. John Hospital and Medical Center

The newly named

## St. John Providence Children's Hospital

In June 2012, St. John Hospital and Medical Center was accepted for associate membership by the Children's Hospital Association and earned the privilege of calling its Pediatric Services, which includes the Neonatal Intensive Care Unit (NICU), by a special new name that conveys its pride in being part of St. John Providence Health System.



*"While the NICU has earned a reputation for high quality care over the past 40 years, critical equipment upgrades are necessary so we can continue to provide the best care possible to our patients and families.*

*By adding the latest technology to our expanded NICU, we'll be better able to meet the needs of our most vulnerable patients."*

Gayle Novack, Nursing Director-Site Lead,  
St. John Hospital and Medical Center



Giving birth to a child is a wonderful and exciting event. Parents are anxious and filled with hope for the future.

But sometimes the joys of bringing a new life into this world, of starting a family, of fulfilling a dream must be put on hold when a baby is born sick or premature.

For these babies, there is an extra special place to receive the additional care they need.

The NICU at St. John Hospital and Medical Center

Little Miracles ... Big Dreams

## My Story:

### Laura, Registered Nurse, St. John Hospital and Medical Center NICU



Laura today

Laura at 5 months

*"I spent 109 days in the NICU at St. John Hospital and Medical Center when I was born 15 weeks premature in March 1990. That experience has always been a big part of my life. From age 15, I knew I wanted to be a NICU nurse at St. John. I think that's why I was a preemie – God made me healthy so I could help take care of other premature babies."*

*"I feel I was destined to work in the NICU. I want to do everything I can to support parents and help preemies have a successful life. I also believe that it's important to support the NICU campaign. Creating private rooms for every baby and adding state-of-the-art equipment to provide the exact care needed can only create positive outcomes for these vulnerable infants."*

*"Working in the NICU is my dream come true and I feel I have come full circle. I want the NICU campaign to be successful so I can better help premature babies grow up and realize their dreams, too."*

## Our Story:

### Dolores and Joe, Shelby Township

*"When Laura was born, we were very scared. We never thought something like this could happen to us, especially after our first son was born full term. But now we know it can happen to anyone, without a reason."*

*"With Laura being born unexpectedly 15 weeks premature, we weren't sure how things would go, but the doctors and staff members in the NICU were very caring and reassuring. They answered all of our questions and concerns and allowed us to have as much of a parenting experience as possible. Laura beat all the odds and has grown up to be an amazing young woman. Everything she's achieved has been built off the exceptional care she received at St. John."*



Laura's parents

*"We know how important it is that parents have privacy with their baby during this emotional time. Sometimes those bonding periods were limited due to lack of space. The expanded NICU will have private rooms so parents can share those precious moments with their babies. And the new technologies will help the NICU physicians and nurses deliver even better care. The renovation and expansion project will create a state-of-the-art facility offering the latest technology and enhanced family-centered care. St. John will be the destination for high-risk deliveries and will provide the best possible care for the most vulnerable of infants. That will be a huge asset for families in southeast Michigan."*

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## The NICU Campaign

For more than 40 years, the Neonatal Intensive Care Unit (NICU) at St. John Hospital and Medical Center (SJH&MC) has been a leader in caring for critically ill and premature babies. It is the only NICU in the area with a Level III designation, drawing families from communities throughout Michigan and southern Ontario. The physicians and staff are well-known for keeping critically ill babies alive and delivering the highest quality patient care experience. Our medical specialists care for approximately 450 infants annually.



As the NICU's reputation has grown, so too has the rate of preterm births, low birth weights and multiple births. These conditions have created a crowded NICU environment. Space constraints limit the amount of time families can spend with their newborns. It makes it more difficult for NICU physicians and staff to carry out a family-centered approach to medical care, which is vital to patients and families and integral to the hospital's mission. Crowded conditions also create environmental stressors for premature infants, who are more sensitive to light and noise.

In order to remain at the forefront of neonatal care in southeast Michigan, the NICU also needs critical equipment upgrades. State-of-the-art equipment for NICU babies will help foster growth, encourage healthy development, decrease the length of hospital stays and enhance patient care and comfort.

To address these vital space and equipment needs, the NICU will soon undergo a \$12 million expansion and renovation. Our fundraising goal for this project is \$5 million with St. John Providence Health System providing a capital investment of \$7 million. A modern facility with expanded space and advanced technology will allow us to continue providing the highest quality care to critically ill infants. A new facility will also enable the NICU to flourish in the years ahead and strengthen SJH&MC's position as a health care center of excellence in southeast Michigan.



With our long history of exceptional care and service, the NICU expansion and renovation project fits within the SJH&MC strategic plan. We are dedicated to keeping pace with changing technology and the latest treatments. With your help, we can meet these goals.

## Our Story:

### Vicki and Bob, Grosse Pointe Shores

*"Our twins, Marjorie and Birdy, were born four and a half weeks early in March 1991. Because I was 38 and having twins, my doctor recommended St. John Hospital and Medical Center because of its renowned NICU. We're very glad we made that choice.*

*"Giving birth prematurely wasn't entirely unexpected. My oldest daughter, Emily, came three weeks early. We were hoping to be able to wait a little longer with the twins, but they had a mind of their own!*

*"At birth, Marjorie was 5 pounds, 3 ounces; Birdy was just 3 pounds, 12 ounces. Marjorie was able to come home with us, but because Birdy had a low birth weight, she had to remain in the NICU. We felt concerned but also comfortable, knowing that she'd receive excellent care. The doctors, nurses and staff were very friendly and we could visit Birdy anytime. She was in very competent hands.*

*"After 12 days, Birdy had gained enough weight to leave the NICU. We were really glad to have her home but also exhausted. Emily was just 11 months old, so I was caring for three small children at once. Marjorie soon developed apnea and we had to put her on a breathing machine, which she wore until she was two months old. That was really the scariest part of the experience. Otherwise, both girls grew up happy and healthy. They're very active and earning high marks in their college classes.*



Marjorie and Birdy, 2 months old



Marjorie and Birdy  
with their dad

*"St. John has recently undergone major renovations in several areas – now it's time for the NICU. The campaign is important because St. John has the only comprehensive NICU in our area. If there is any question that a woman may have a high-risk pregnancy or if there is a chance of an early delivery, she needs to be at St. John Hospital and Medical Center. We're very fortunate to have such a credible and capable resource in our community."*

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## A program of distinction



The trained health care professionals of SJH&MC's NICU use advanced technologies to provide specialized care for our tiniest and most vulnerable patients. Babies admitted to the NICU are premature (born before 37 weeks of pregnancy), have low birth weight (less than 5.5 pounds) or have a medical condition that requires special care.

SJH&MC offers family-centered care that seamlessly integrates the entire continuum-of-care experience. Families are encouraged to participate in their baby's care and medical decision making and spend as much time bonding with their newborn as possible.

Currently, the NICU has 35 licensed beds comprised of Phase 1 (Intensive Care) and Phase 2 (Intermediate Care). As a designated Level III facility, the NICU can care for at-risk babies who need advanced technology and professional care in order to survive. SJH&MC was one of the first hospitals in Michigan to offer a Level III NICU and remains the only one on Detroit's east side. Many regional hospitals transfer their critically ill babies to SJH&MC for care.

In addition, SJH&MC offers a Special Care Nursery (SCN). It features 14 beds for babies requiring intermediate care and premature babies who need close observation but have less complex medical needs than NICU infants.

SJH&MC doesn't stop caring for premature babies after they leave the NICU. We also offer an array of supportive services such as Breastfeeding and NICU follow-up clinics, a family support group and a grief recovery program.

The members of the NICU medical team are of the highest caliber and include neonatologists, neonatal nurse practitioners, registered nurses (many of whom have advanced certification in care of newborns), respiratory therapists, health unit coordinators, physician residents and several interdisciplinary team members. The SCN team consists of community pediatricians, registered nurses trained in the care of newborn infants, and health unit coordinators.

SJH&MC has a full range of on-site pediatric medical subspecialists, as well as advanced technologies and advanced imaging with interpretation on an urgent basis. We also offer pediatric surgical specialists and pediatric anesthesiologists for major surgeries.

Patient satisfaction surveys show that families are highly pleased with the care offered in the NICU and SCN. Scores are routinely between 97 and 99 out of 100 for quality of care, nursing care, physician care and coordination of care.

*"We empathize with the emotions families experience when their newborns are in the NICU. We never like asking parents to leave the unit if another baby needs our immediate attention. When the expansion and renovation project is complete, those issues will be behind us. The private rooms will allow us to offer an appropriate level of privacy and care our patients and their families deserve. We'll never again have to ask a family to leave because of confidentiality issues."*

—John T. Adams, MD,  
Neonatal-Perinatal Medicine,  
St. John Hospital and  
Medical Center

## Our Story:



Graham, 1 year old

## Carly and Eugene, Grosse Pointe Farms

*"In January 2011, our son Graham was born at another hospital at 37 weeks. The delivery went well, but he wasn't breathing properly. He was immediately taken away and given an IV and oxygen. The doctor told us Graham had some issues with his lungs that might clear up within 24 hours. Instead, the problem got worse.*

*"To be suddenly thrown into this situation was completely unexpected and frightening. When our first son was born 22 months earlier, everything went fine. When Graham's condition became critical, we immediately transferred him to the St. John NICU.*

*"From the start, the staff at St. John reassured us. It was scary to see a small baby hooked up to all the tubes and monitors. But the outstanding doctors and nurses couldn't have provided better care. Soon we could sense that Graham was going to make it.*

*"We were overjoyed when Graham came home 10 days after being admitted to the NICU. The entire staff was completely focused on doing all they could to help us bring home a healthy baby. Needless to say, we're having our next baby at St. John.*

*"We hope the community supports the new NICU because you never know when you'll need these services. We're very blessed to have the St. John NICU in our community."*

## My Story:



Khalin, 4 years old

## Keeli, Detroit

*"In 2008, I delivered my son, Khalin, at 25 weeks. Since I wasn't a high-risk patient, my doctor said I could fly to Texas for my brother's wedding. But a few days after arriving, I didn't feel well and went to a hospital in Houston. Within an hour, they said I was going to deliver. Khalin weighed just 1 pound, 13 ounces, and was placed in the NICU.*

*"I was worried whether Khalin would make it. He was on oxygen and a feeding tube. After a month, Khalin was ready to be transported to a NICU near Detroit. St. John Hospital and Medical Center was the first to respond and met the level of care my son needed. Khalin flew on a medical jet to Detroit and entered the St. John NICU.*

*"I was very anxious, but the nursing staff was very warm and helped me feel comfortable. During the two months Khalin was there, they helped him learn all the basic things a full-term baby should handle like how to suck, swallow and feed from a bottle.*

*"St. John goes beyond the call of duty. They made sure I was okay and helped in every possible way. When Khalin came home, the NICU helped schedule an in-home nurse and his eye and ear appointments, which was tremendous. Today, Khalin is a happy, healthy 4-year-old boy.*

*"The St. John NICU is important even to families traveling far from home. Community support will help make an already strong NICU better and ensure at-risk babies continue to receive the best care possible."*

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## NICU expansion and renovation



In order to keep up with rising rates of premature births and the number of newborns with urgent medical needs, SJH&MC must make significant NICU renovations to address space shortcomings.

In the current NICU, families have limited opportunities to spend quality time with their babies. Because of privacy issues, parents are often asked to leave the NICU during a visit when another baby in the room becomes unstable. Many of these parents travel long distances or take time off work to be with their children. At times, parents must wait for long periods to bond with their child.

The proposed NICU renovation and expansion will address these issues by doubling the existing square footage. The expanded space will feature 33 private rooms, plus additional space for multiple births. Here's what parents can expect when the expansion project is completed:

- Private nurseries with plenty of room for state-of-the-art medical technology
- Overnight accommodations and furniture to allow families to bond with their babies
- Reduced light and sound disturbances
- Ample time for parents to bond with their infants, on their own schedule
- An enhanced environment conducive to healing, growing and reducing length of stay

The expanded space also means enhanced patient safety and a better overall patient care experience:

- Reduced risk of infection from exposure to other infants
- Easier and safer administration of medications
- Advanced technology and equipment for more accurate and timely medical charting
- More opportunities for dedicated care from nurses and support personnel

In addition, the new NICU will also be equipped with state-of-the-art technology, including a Cardio-Respiratory Monitoring System, Giraffe Omnibeds, an Infant Security System, and an External Transporter.



NICU private nursery suite rendering

## Our Story:

## Nicole and John, Grosse Pointe Shores

*"Our seven-year-old twins, John and Marc, were born prematurely at the St. John NICU in April 2005. It was a very hard time for us. We were told that their chances of making it through the first night were very slim, but they were both fighters."*



John and Marc

*"Both boys had medical issues and needed different surgeries. They each went to other hospitals for certain advanced surgeries, but we were always glad when they returned to the NICU at St. John. We can't say enough about the outstanding medical care the St. John doctors, nurses and staff provided. Compared to the other hospitals, St. John had the least amount of space and fewest resources, but they provided the best care, hands down. Our boys are very healthy now, and we owe that to St. John."*

*"It's very overwhelming to see your children hooked up to different machines and monitors. But the staff always kept us informed about everything that was happening. They also let us hold our boys when possible, although sometimes there were other parents in the same room. If another baby had a medical issue, all the parents had to leave so the baby could be treated."*

*"Private rooms for every infant in the expanded NICU will be great—not just for the parents but also for creating an environment that helps premature babies heal and grow stronger. The unit also needs more special equipment like the Giraffe Omnibeds. Not every baby has the opportunity to be placed in these state-of-the-art incubators. It can be heartbreaking to see your child moved from an Omnibed to allow another unstable baby to use the equipment."*

*"It's important that we have a state-of-the-art NICU in our community, because premature birth can happen to anyone. Despite our best efforts, our twins were born at 24 ½ weeks. It's critical that parents have access to an advanced NICU for those situations."*

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## Make the Miracle Happen

We invite you to help us realize our vision for the renovated and expanded NICU. Gifts to support the NICU project will strengthen an already outstanding NICU and enable SJH&MC to help even more parents bring home healthy babies.

The total cost to renovate, expand and fully equip the NICU is \$12 million with a fundraising goal of \$5 million and a capital investment of \$7 million by St. John Providence Health System.

## Give from the Heart

There are a variety of options donors can consider in making a gift. In addition to cash pledges, there are opportunities to make non-cash gifts that can result in very favorable tax considerations for the donor. These include:

- Gifts of appreciated securities (stocks)
- Gifts of real estate
- Charitable lead trusts
- Gifts from the sale or transfer of family business
- Estate pledges and bequests

A member of the St. John Providence Health System Foundations can work with you to arrange gift payment options and answer any questions. For more information on how you can help with this campaign, please call (313) 343-7483.



*"The fact that we've successfully created and sustained an outstanding NICU program despite the limitations of the current facility is a testament to the quality care provided at St. John Hospital and Medical Center. But to continue meeting our patients' needs, an expanded and renovated NICU featuring state-of-the-art medical equipment is imperative. With the support of our friends and donors, we will make the new facility a reality and continue delivering the highest level of care to the community."*

—Ali Rabbani, MD, Chair of Pediatrics, and Director of the Neonatal ICU and Special Care Nursery, St. John Hospital and Medical Center

The Neonatal Intensive Care Unit Campaign for  
St. John Hospital and Medical Center

*Little Miracles ... Big Dreams*

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