



国际妇产中心得到保康国际和美国约翰斯霍普金斯医院的支持，以“家庭产房”为基本概念，为一众妇女提供充满家庭气氛的分娩环境及最先进的医疗设备。**理念** 为每名产妇和小孩提供优质的医疗护理和客户服务，为您的孩子和家人带来惊喜的周全，专业的个人服务。

VIP Maternity and GYN Centers, in consultation with United Premier Medical Group Limited and Johns Hopkins International, emphasis the concept of "Family Centered Care". The friendly and homelike environment is a private paradise with state-of-the-art facilities, home appliances and furnitures. **Our Mission** Each Woman and Child will receive excellent clinical care and premium customer service and along with family members will be astounded by our complete, professional personal service.

Women Healthcare Tips

妇女健康资讯

剖宫产术后的护理特点

因为孕妇，宝宝或其他各种因素不能阴道分娩，而必须选择剖宫产结束妊娠的孕妇越来越多。术后如何护理，在较短时间内恢复，让孕妇和宝宝顺利出院，必须注意术后头几天的护理。

术后第一天：

手术后6小时内，因为麻醉的作用，必须平卧并禁食，给予生命体征监护，术后6个小时可翻身，进少量粥汤，如产妇无恶心，呕吐等麻醉反应，可少量多餐。

术后第二天：

早上可进食粥，肉松等食物，拔除尿管后，产妇在医护人员的帮助下床解小便；中午可进食鱼汤，粥等食物，促进乳腺分泌；晚上进食粥，炒鸡蛋等食物。特别要提醒的是，因为产妇出血，出汗会失去较多盐分，进食时注意盐的摄入，切忌无盐饮食，防止产后电解质的紊乱。

术后第三天：

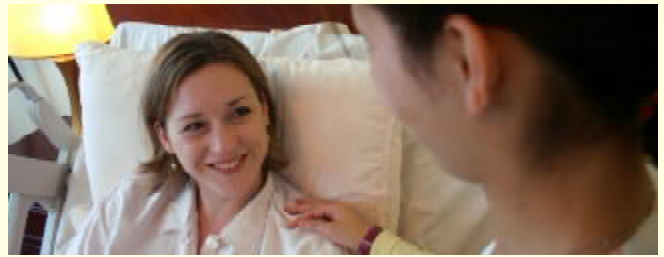
一般的产妇在术后24小时左右，通过两天的进食，活动，肛门会排气，恢复肠功能。第三天就可以进食软饭，素菜，鱼，肉等营养丰富的食物，促进排便，促进乳汁的分泌，保证母乳喂养。

术后第四天：

产妇体力恢复已较好，乳汁分泌很充足，已解过大便，在这一天里可适当增加活动，如下地走走，坐在椅子上喂奶，这样有利于子宫收缩，恶露排出，促进伤口的愈合。在饮食上，除合理多样外，可进食少量新鲜水果，补充维生素的摄入。

通过以上几天的护理，产妇均能较好恢复，手术后一周左右痊愈出院。

无锡市妇幼保健院 国际妇产中心
许倩医师



Care after C-section

The number of mother who chooses C-section as their delivery method has been increased nowadays. It is important to pay attention on the first few days of post partum care in order to let mother and baby have a better recovery.

1st day after C-section:

Patient should under Vital Sign monitoring and forbidden to eat due to the side effect of anesthesia process. Doctor will suggest patient to turn the body after 6 hours of the surgery. Patient can have small portion of soup or congee if she has not suffered the side effect of anesthesia, like nausea and vomiting.

2nd day after C-section:

Patient can have congee and dried shredded pork as breakfast. Nurses will help patients to urinate after taking out the catheter. Patient can have congee or fish soup as their lunch to lactate the milk gland. We recommend fried egg and congee for dinner. Be careful that patient will lose sodium when they have post partum bleeding and sweating. Patient should emphasis on salt intake and to avoid electrolyte disorder.

3rd day after C-section:

Intestine function normally will be recovered after 24 hours of the surgery after gas release and eating in the past 2 days. Patient can have soft rice, vegetables, fish and meat as their meal in order to help bowel movement and lactation.

4th day after C-section:

Patient have enough breast milk and normal defecation after recovery. Patient can have a walk or sit on a chair when breast feeding. These activities can help uterus contraction, lochia discharge and recovery. We suggest patient to eat more fruit other than normal meal in order to ensure vitamins intake.

Patient will have a better recovery after 1 week of the surgery.

VIP Maternity & GYN Center (Wuxi)
Dr. Xu Qian

Judy M. Lee, MD, MPH, Division of Gynecologic Specialties
Cynthia J. Holcroft, MD, Division of Maternal-Fetal-Medicine

Foreword

These focused medical updates will represent some of the advances made in the field of obstetrics and gynecology in the United States. Some of the topics discussed do not necessarily mean that the technology is widely available to patients or that the advances are the final answers in disease and management, especially in different countries. What may apply in the United States may not apply in China. As we all know, data and technology are constantly evolving. These ever-changing paradigms in patient care are what make our jobs here at The Johns Hopkins Hospital exciting. Our objective is to put you, our patients, in touch with current obstetric and gynecologic research and thought.

Obstetrics

Recently, the U.S. has begun to offer first trimester screening for fetal aneuploidy to pregnant women. This is used as an adjunct or replacement to the traditional second trimester screening such as the triple screen which usually occurs between 16-18 weeks gestation from the last menstrual period.

First trimester screening attempts to identify those women most at risk for having a fetus with aneuploidy such as trisomy 21. If a woman is found to be at high risk for fetal aneuploidy, she is then offered invasive testing in order to determine the fetal karyotype. Invasive testing options include chorionic villus sampling and amniocentesis.

First trimester screening occurs between 11-13 weeks gestation from the last menstrual period. It involves a fetal ultrasound and maternal serum analytes. An ultrasound is performed and the nuchal translucency is measured. The nuchal translucency is an area in the back of the fetal neck. Increased nuchal translucencies are associated with aneuploidy and congenital anomalies. In addition, maternal serum samples are taken and analyzed for free beta hCG and PAPP-A (Pregnancy Associated Plasma Protein-A). These results are combined in order to give a risk assessment of fetal aneuploidy.

First trimester screening is gaining wider acceptance in the U.S. as it gives women an option to discover their risk of fetal aneuploidy at an earlier gestation. In the meantime, the triple and quadruple screens are still being widely used and continue to be valuable tests.



For over a century, Johns Hopkins has been recognized as a leader in patient care, medical research and teaching. For the past 14 years Johns Hopkins has consistently ranked as one of the best hospital systems in the world, receiving particular recognition for its Obstetric Department. The Johns Hopkins Hospital was ranked at the top in the Honor Roll of the U.S. News & World Report over the past 14 years, demonstrating strong breadth of excellence in the fields such as obstetrics and gynecology, ophthalmology, urology, otolaryngology and geriatrics.

在过去一个世纪里，约翰斯·霍普金斯机构一直被视为在病人照顾，医疗研究和推广教育方面先驱。同时，在过去14年一直被认为是世界上最为出色的医疗机构，特别是在产科和妇科医学方面受到广泛的关注。在美国新闻与世界报导中，过去十五年排名第一，于各医学范畴如妇产科、眼科、泌尿科、耳鼻喉科、老年病及风湿病等专科项目中均名列前茅。

In consultation with
the Department of Gynecology and Obstetrics
Johns Hopkins
医疗顾问-约翰斯·霍普金斯妇产科

前言

此美国医疗新知为读者提供美国妇产科最新的医疗技术资讯。本栏提到的科技不一定广泛应用在病人身上，或为该病症的最后处理方案。由于国情有别，适用于美国的医疗方案不一定适用于中国。科技发展一日千里，瞬息万变的病人护理需求也让我们约翰斯霍普金斯医院的医疗护理工作更具挑战性。我们的目标是把现今最新的妇产科的科研资讯带给读者与病人。

产科

近来美国开始对孕妇在第一孕期进行胎儿染色体异常之筛检 (screening for fetal aneuploidy)。此检验可辅助代替传统的第二孕期检查，如末次月经算起第16到18周妊娠期的母体血液测试。

第一孕期的检验可找出那些妇女的婴儿容易患上染色体异常，如21号染色体三体型。如孕妇查出是婴儿染色体异常的高危人士，该孕妇需接受一种创伤性的检查，找出婴儿的染色体核型图。该创伤性的检查包括绒毛膜绒毛检验及羊膜穿刺术。

第一孕期的检验在末次月经算起第11到13周妊娠期举行。检验包括胎儿超声波检查，母体血清检验及颈后半透明厚度筛查。颈后半透明厚度筛查在婴儿的颈部进行。颈后半透明厚度增加与染色体异常和先天性畸形有密切的关系。另外，母体血清样本可确保母体没有绒毛膜促性腺素 (beta hCG) 和妊娠相关血浆蛋白A (PAPP-A)。这些资料综合以后对胎儿染色体异常进行全面评估。

第一孕期的检验在美国越来越被广泛接受。它让妇女一个机会妊娠早期在发现胎儿染色体异常的问题。与此同时，三重和四重母体血液测试仍在广泛使用，并有保留的价值。

Center Story

中心故事

记得2005年8月的一天，产妇第三天正常分泌乳汁后，乳汁却胀得两个乳房像两个硬馒头，痛得产妇直哭。家属看着产妇的痛苦样，急着要求医生给产妇“回奶”。我来到产妇床旁，耐心给产妇及家属讲解乳汁分泌的过程，母乳喂养对孩子成长的好处及重要性，并打热水，给产妇进行们热敷、按摩、挤奶，一直把产妇的两个乳房的乳腺挤通，再把婴儿抱到产妇身边，手把手地教会产妇正确喂奶。当孩子大口大口吸吮着产妇的乳汁，脸上露出了愉快的笑容。产妇说：“谢谢你，没有你的安慰和帮助，我是不可能实行母乳喂养的，我真不知如何感谢你!”说着从包里拿出200元钱要表示谢意，我婉言谢绝了产妇的好意，微微地笑答：“这是我们应该做的工作。”作为一名党员，高年资主管护师，我除恪尽职守，兢兢业业做好本职工作外，还无私地把自己多年积累的整体护理经验传授给每一名新护士。年复一年，为医院提高护理品质能力奉献自己的所有。

健康所系，性命相托。既然选择了从医，就选择了奉献，南丁格尔说过“燃烧自己，照亮别人！”而我将继续用我的热忱为更多的家庭服务。



无锡市妇幼保健院 国际妇产中心
蒋玉莲护士长
2006-4-7

Patient Community

病人专栏

感
谢

妙手仁心
The Heart Of A Nurse
—by Pauline Hamblen

*Nurses are compassionate and caring,
With love in their hearts for all,
Forever extending a heart of mercy,
Always there when there is call,
Endless hours they stand on their feet,
Wondering did I do my best
To help this patient get through this illness,
Ease their pain so they can rest,
In their hearts you hear God's whisper
Through a nurse he sends his love,
Eyes sensitive, kind and caring,
Souls as pure as a snow white dove,
Angel yes, she tends to be,
For her presence comforts me,
Concern for the sick shows on her face,
Her gentle touch, my fears erode.*

谨以此诗献给国际妇产中心许倩主任、蒋护士长等
全体医护人员，对这些美丽的天使高超精湛的医术和
给予江海娇及她宝宝的悉心呵护表达最真挚的谢意！
二零零六年五月

如对我们中心有任何意见，欢迎以电邮
或传真投稿给我们，意见一经刊出，我
们会送上一份纪念品给投稿者。

传真 Fax: (510) 82700410
电邮 Email: emily@upmg.us

服务之星

无锡妇幼国际妇产中心 顾利萍助产士 访问

编：你在国际妇产中心工作了多久？职位是什么？

顾：作为一名助产士，我来到VIP工作快两年的时光了。

编：在国际妇产中心工作与在以前的岗位有什么不同？

顾：与以往工作最大的不同，以往的接产、缝合都要以我操作的方便来要求病人。而在这里我们绝对尊重病人，只要病人舒适我必须配合。例如，当有人提出要跪着分娩，我就和同事探讨细节，几十次的模拟着分娩的过程。当有人提出宝宝一出生妈妈就要抱在怀里，我们也进行了精心的准备，使新生儿不受凉，妈妈又能如愿。

编：在国际妇产中心工作你有什么感想？满足感大么？

顾：准妈妈的每一次的要求都是我最大的追求，我努力工作着，并乐此不疲。当产妇进入产程，无论何时何地，只要电话一响，我就应召而至。在这里，她们不是我的客户，而是我的姐妹。帮助她们取舒适的体位，说着鼓励的话语，奉献着精湛的技艺，沉浸在新生命诞生的喜悦中。

结语：顾利萍助产士的无私和敬业乐业的精神，燃亮了每一位妈妈的心，更为国际妇产中心添上异彩！

Upcoming Events

六月中心活动



“六一”儿童节宝宝庆典活动（6月4日）

地点：华美达酒店
时间：9:00-11:00（上午）
对象：VIP国际妇产中心出生的宝宝及家庭
节目内容：专题讲座、专家咨询及温馨亲情交流
出席人数：50名宝宝及其家人

参加活动费用全免，每个家庭可获礼品一份

报名电话：510-82718608

Contact Information

联系我们

Marketing 市场部

联络人 Contact : Ms Emily Zhou
直线 Direct Line : 510-82700613
传真 Fax : 510-82700410
电邮 Email : emily@upmg.us

VIP 国际妇产中心
MATERNITY & GYN CENTER



无锡市妇幼保健院
Wuxi Hospital for Maternity
and Child Health Care

无锡市槐树巷48号爱婴大楼18楼
18/F, Baby Friendly Building, No.48 Huai Shu Street Wuxi, China
邮递区号 Postal Code : 214002
查询热线 Hotline : 510-82718608

如有兴趣定期收到我们的最新资讯，请联络我们的查询热线索取。

In Consultation With
upmg
United Premier
Medical Group Limited
保康国际集团

JOHNS HOPKINS
INTERNATIONAL
美国约翰斯·霍普金斯医院