

CLASSES FOR OB/GYN

Prenatal Classes:

1- Orientation Class:

To start prenatal care, this class will be scheduled after 1st visit with the Doctor/Provider to fill out history forms, testing options for birth defects and labs will be ordered. The next Doctor/Provider visit and ultrasound appt will be made and pregnancy information given for the 1st trimester will be discussed.

2- Mid-Pregnancy Class:

A Health Educator will go over the changes that occur with pregnancy, discomforts, comfort measures and warning signs.

3- Late Pregnancy Class: (Intro to Labor & Delivery)

A Health Educator will introduce Labor and Delivery, hospital procedures and pain management. A certified Nurse will introduce the comfort measures and an Anesthesiologist will cover pain management.

4- Newborn Care Class (Pediatrics):

A Health Educator will teach parents about their newborn, their care and the department. A Pediatrician will also come to the class to talk with the parents.

5- Introduction the Breastfeeding:

A Certified Lactation Educator will introduce the basics of breastfeeding such as latch-on, positions, how to know if your baby is getting enough, pumps, common problems and where to get help.

6- Childbirth Preparation: (4 week series or a one day class)

A Certified Childbirth Educator will help couples prepare of the birth of their child. This includes breathing techniques, comfort measures, pain management and options, cesarean births, birth plans and the role of the support person.

7- Infant/Child CPR Class:

An Instructor from the American Heart Association will teach parents, family members and childcare providers how to do CPR/rescue techniques. There is no certification for this class. This class is offered once a month. Patients can call 408-972-3000 ext 5848 to schedule.

8- Comprehensive Perinatal Services (CPSP):

Patients can meet with the CPSP/Clinical Health Educator for assessments, intervention, patient orientation and follow-up services in obstetrics, nutrition, health education, and psychosocial services. Pt must be Medi-Cal eligible. Patients can call 408-972-7579.

Additional Classes:

1- Sterilization Class:

This class is in English and Spanish. The class is given by a Clinical Health Educator to discuss permanent sterilization options which include Vasectomy, Tubal Ligation and Essure methods. Long term birth control options are also discussed.

2- Infertility Class:

This class is in English and Spanish. This class is given by a Clinical Health Educator which covers anatomy, causes and treatment of infertility. Patients will fill out a history form to be evaluated by a Physician and then an appointment will be made.

3- Incontinence Class:

This class is given in English and Spanish. This class is given by a Clinical Health Educator and will cover the different types of incontinence, appointments and treatments available. Patients will fill out a history form to be evaluated by a Physician and then an appointment will be made.

4 – Menopause: Hot Flashes, Sexuality, and Hormones:

This class is given by an Ob/Gyn Nurse Practitioner and is designed to help women understand this important transition in life and learn what changes and symptoms to expect. It covers and the pros and cons of using hormones and herbal remedies. You can also meet and share experiences with other women in the class.

5- Gestational Diabetes Management Class:

Gestational Diabetes Management Group

This group is designed to support our prenatal members who have been diagnosed with diabetes during their pregnancy. They will get an opportunity to speak with a registered nurse, registered dietician, and a nurse practitioner specialized in the care of gestational diabetes.