



Nicklaus
Children's
Hospital

Fetal Care Center



“ When expectant parents learn their baby will have complex medical issues, it can affect the well-being of the entire family. Our immediate goal is to shine a light into the unknown and help families visualize the path forward. It is our honor and privilege to help families during these pivotal moments in their lives.”

Saima Aftab, MD, Director of the Fetal Care Center

When a family learns their unborn baby may have special medical needs, it is a time of immense anxiety and uncertainty. The parents worry: What is happening with our baby? Will doctors be able to help her? What will his future be?

The Fetal Care Center at Nicklaus Children's Hospital is devoted to the care of fetal patients with medical needs requiring intervention at birth. Equally, the center supports the expectant parents throughout the care continuum, during pregnancy, birth and the transition to newborn care. The team is always available to guide. Always there to listen.

The Fetal Care Center brings together nationally renowned care teams and pediatric experts in virtually every medical specialty to consult in the care of each baby-to-be, based on

his or her individual needs. Soon, hope supplants fear and families gain peace of mind through consultation with the teams who will provide care for their baby at birth and beyond.

It is all part of Nicklaus Children's focus on the child, from conception to young adulthood. The benefits are proven: Early detection of birth anomalies leads to better care outcomes and brighter futures for affected children.





Fetal Care Special Delivery Unit



The Fetal Care Special Delivery Unit, a 10-bed birthing suite, is a sophisticated and comfortable private unit for families of neonates with complex medical needs. The unit is designed for healthy mothers of pre-diagnosed infants who will need medical intervention at birth, ensuring that the newborn has immediate access to the hospital's critical care units and state-of-the-art family-centered care.

The Fetal Care Special Delivery Unit features:

- Five antepartum rooms
- Five labor and delivery rooms
- Two dedicated operating rooms

The Special Delivery Unit supports the delivery of babies in immediate proximity to life-saving care, keeping mother and baby together to avoid the trauma of separation immediately after birth.

A Fetal Intervention and Therapy Program within the Special Delivery Unit is planned and will allow physicians to treat a number of fetal conditions even before birth.

Patients benefit from multidisciplinary support

- Family-centered care
- International Board Certified Lactation Consultants (IBCLC)
- Social work
- Child life specialists
- Nurse navigators



Fetal Care Center

Nurse Navigators Create A Personalized Care Experience

When families contact the Fetal Care Center, the first voice they hear is one of the program's dedicated nurse navigators. The nurse navigators can be reached 24 hours a day to allay concerns and provide guidance. They

understand the special concerns of expectant families and are always available to listen and provide assistance.

The nurse navigator arranges appointments for all diagnostic studies and specialty consultations for the family. The goal is to

support expectant parents in obtaining a definitive diagnosis, and a definitive care and counseling plan during a single visit, when possible. The visit may include diagnostic services, prenatal counseling, genetic consultation and diagnosis-specific subspecialty consultations and plan of care.

Nicklaus Children's medical staff includes more than 475 pediatric subspecialists, representing virtually every pediatric specialty.



Multidisciplinary Approach To Treating A Full Range Of Fetal Conditions

The Fetal Care Center coordinates state-of-the-art, world-class pediatric care for families expecting a baby with congenital conditions and fetal anomalies. Based on the prenatal diagnosis, a specialized care team is established to support the baby's unique needs.

Nicklaus Children's medical staff includes more than 475 pediatric subspecialists, representing virtually every pediatric specialty. Conditions managed through the Fetal Care Center include but are not limited to:

- Abdominal wall defects
- Brain abnormalities
- Congenital diaphragmatic hernia
- Congenital hand malformations
- Congenital heart defects
- Congenital hip disorders
- Congenital lung malformation
- Craniofacial anomalies
- Down syndrome
- Inborn errors of metabolism
- Limb length inequalities and deformities
- Metabolic disorders
- Neurogenetic disorders
- Zika





Access To The Region's Leading Specialty Programs:

Nicklaus Children's Brain

Institute: Founded in 2001, the Brain Institute is the nation's first comprehensive medical program dedicated solely to the care of the developing brain. It brings together world-renowned specialists in numerous pediatric neuroscience subspecialties with clinical experience unparalleled in the United States. The team fosters integrated research and offers the latest in assessment and treatment for children with disorders of the brain, spinal cord and peripheral nerves. Since 2008, the program has

been ranked among the nation's top tier programs for pediatric neurology and neurosurgery by *U.S. News & World Report*.

The Heart Program at Nicklaus Children's:

The Heart Program provides care for babies with some of the most complex congenital defects in the world. The program's world-renowned surgeons innovate new procedures to meet complex needs and also offer minimally invasive techniques that reduce post-surgical scarring. The Heart Program is consistently ranked among the best programs in the nation for pediatric cardiology and cardiovascular surgery by *U.S. News & World Report*.

Nicklaus Children's Orthopedic Surgery Program:

The Orthopedic Surgery Program is Florida's leading provider of pediatric orthopedic care, performing more than 1,500 surgical procedures per year. The program includes specialized clinics for newborns with hip disorders and limb deformities, featuring the region's most

experienced pediatric orthopedic surgeons. The program, which is consistently ranked among the best programs in the nation for pediatric orthopedic care by *U.S. News & World Report*, offers traditional as well as cutting-edge techniques that provide the best possible care for each child.

Craniofacial Center at Nicklaus

Children's: The Craniofacial Center is one of the most experienced and innovative teams for the care of children with craniofacial differences in the region. For many patients with complex needs, new innovations in pre-surgical management can reduce the number of surgeries required to address anomalies. The surgical team includes the region's most experienced pediatric plastic and reconstructive surgeons.

Nicklaus Children's Hospital is home to the region's leading pediatric specialty programs. Many are consistently ranked among the nation's best by *U.S. News & World Report*.



Advanced Pediatric Care Pavilion (APCP), one of the world's most technologically advanced care environments

Newborn Care Within The 'Smart' Hospital Of The Future

Babies born in the care of the Fetal Care Center may be transferred to one of Nicklaus Children's three pediatric intensive care units: the Neonatal Intensive Care Unit, Cardiac Intensive Care Unit or Pediatric Intensive Care Unit. All units are housed within the hospital's new Advanced Pediatric Care Pavilion (APCP), one of the world's most technologically advanced care environments.

A hallmark of the APCP, each unit features private, spacious family centered patient rooms. The 300-square-foot rooms offer a private shower and bath for the family, a couch that converts to a fold out double bed, and a closet and storage space for the family's personal items.

New mothers are able to continue their recovery in the assigned intensive unit with their baby under the care of the Fetal Care Center staff.



This is part of the Fetal Care Center's commitment to keeping families and newborns together during the first days of life.

APCP Units include:

Cardiac Intensive Care Unit (CICU): This 34-bed unit is one of the few pediatric CICUs in the nation and the first dedicated pediatric cardiac unit in the Southeast. It provides highly specialized pre- and post-operative care for newborns and children undergoing congenital heart surgery and interventional catheterization. The highly experienced staff provides care and management for children with some of the most complex congenital heart conditions.



Neonatal Intensive Care Unit (NICU): The 40-bed NICU is the unit to which other neonatal programs throughout the region refer their most complex cases. It provides the most advanced support systems and care so that critically ill newborns have the best chance to survive and thrive. Nicklaus Children's is routinely ranked among the best programs in the nation in neonatology by *U.S. News & World Report*.

Pediatric Intensive Care Unit (PICU): Newborns requiring extracorporeal membrane oxygenation (ECMO) are cared for in the 40-bed PICU. The hospital is the region's most experienced pediatric provider of ECMO, a heart lung bypass therapy that helps a child or newborn rest, while critical healing occurs.

All three intensive units are recipients of Gold Beacon Awards for Excellence from the American Association of Critical Care Nurses. The awards laud hospital units that employ evidence-based practices to improve patient and family outcomes.





Your Child's Care Partner Throughout Life's Journey

Nicklaus Children's care teams are here to support your child throughout the growing years through to adulthood and in some cases, beyond. For patients with congenital heart disorders, the care team is a lifetime partner, offering management and treatment for adults of all ages with congenital heart defects. The hospital partners with families to support the child holistically to meet all care needs throughout the continuum, addressing changing needs as the child grows and matures. Our commitment can be seen in initiatives such as our ENRICH literacy program, through which we foster reading to babies and children from the very earliest moments in life, a practice that supports development and literacy.



LifeFlight Critical Care Transport Services

When a newborn is transferred to one of Nicklaus Children's intensive care units, the hospital's renowned LifeFlight Critical Care Transport team offers both ground and air transport capability. LifeFlight safely transports more than 3,000 infants and children per year to the hospital from referral centers in Florida, the Caribbean and South and Central America. LifeFlight is the only service in the state capable of providing extracorporeal membrane oxygenation therapy (ECMO) via ground, helicopter and fixed-wing transport. The LifeFlight helicopter is the state's only dual pilot/dual instrument-flight-rules-rated helicopter transport program.

A Commitment To Personalized Medical Care

At Nicklaus Children's, personalized medicine is more than predicting how a specific child or newborn will respond to certain medications. The Personalized Medicine Initiative is a system-wide effort aimed at developing and delivering medical management tailored to each child's individual characteristics, needs and preferences during stages of care, including prevention, diagnosis, treatment and follow-up. Highlights of the PMI:

- The hospital is proud to be part of Sanford Children's Genomic Medicine Consortium, and as such partners with Rady Children's Institute for Genomic Medicine to bring whole genome sequencing to speed genetic diagnoses of critically ill babies, helping identify within hours a genetic diagnosis that typically takes months to pinpoint.
- Nicklaus Children's is the national lead for

the Victor Center for the Prevention of Jewish Genetic Diseases. Specialists provide comprehensive genetic education, counseling and screenings for those at risk of being carriers of Jewish genetic diseases.

- The Nicklaus Children's Heart Program was an early adopter of 3D printing to create three-dimensional models of the hearts of infants and children with congenital heart defects. As no two defective hearts are alike, the models help surgeons in planning complex congenital heart surgeries.

Clinical Research For A Brighter Tomorrow

Nicklaus Children's Research Institute is a regional leader in pediatric clinical research. It provides comprehensive support for Phase I to Phase IV clinical studies as well as outcomes, research and implementation science. Current initiatives focus on genomics, cardiology, cardiovascular surgery, oncology, neurosciences and more, led by

a team of more than 150 clinical investigators.

At any one given time, the institute has more than 300 protocols in progress to support children with complex care needs. The hospital is proud to be a member of the prestigious Children's Oncology Group, which affords access to the latest clinical protocols for children with cancer.

The research program is accredited by the Association for the Accreditation of Human Research Protection Programs.

As we embark on the next stage of our journey, it is clear that healthcare is in the midst of a major transformation. We not only want to transform with it, we want to be an agent and leader for that change, because our children deserve more.

Innovation permeates everything we do, and with your help, we can continue to drive discovery, advance the boundaries of medical knowledge, and revolutionize the way care is accessed, delivered, and experienced. Please join us as a champion for children as we re-envision the future of pediatric health.

About Nicklaus Children's Health System

Nicklaus Children's Health System (NCHS) is the parent organization of Nicklaus Children's Hospital, South Florida's only licensed specialty hospital exclusively for children. The 309 bed nonprofit hospital, known as Miami Children's Hospital from 1983 through 2014, was founded in 1950 by Variety Clubs International and renowned for excellence in all aspects of pediatric medicine, with many programs routinely ranked among the nation's best by *U.S. News & World Report*. The health system also includes Nicklaus Children's Hospital Foundation, the organization's 501c3 fundraising arm; a network of nonprofit outpatient centers situated in Miami-Dade, Broward and Palm Beach counties; Pediatric Specialists of America, a nonprofit physician practice subsidiary; a managed care plan, and ambulatory surgery center, as well as an e-commerce line of children's wellness and safety products that support the hospital's mission of serving the region's pediatric population.



**Nicklaus Children's
Health System**