

In the News: YRMC Nurse Educates, Supports Moms-to-Be

Years Attended: 2008

Area of Study: Nursing

As written up in The Daily Courier, Saturday, December 19, 2009.

EDITOR'S NOTE: This part of an ongoing series of monthly articles from Yavapai Regional Medical Center about the new Family Birthing Center that will open at the YRMC East Campus in 2010.



Over the course of Melanie Lamb's life, she's rarely strayed far from the Yavapai Regional Medical Center (YRMC) Family Birthing Center. She was born there, gave birth to her two children there and, for the past six years, has served as a labor and delivery nurse there.

Courtesy photo YRMC Birth Class.

Teachers Melanie Lamb, left, and Cynthia Kiesling, right, demonstrate how an epidural is administered, with the assistance of Kasey O'Dell, seated.

Currently, she teaches childbirth education and breastfeeding classes for YRMC and will soon be moving to YRMC's new Women's Health Pavilion and Family Birthing Center when it opens in May at the East Campus in Prescott Valley.

"I can even see the East Campus hospital from the upstairs window of my house," Lamb said. "We are all so very excited about the new facility and are looking forward to settling in and getting down to our main focus, which is supporting our patients and their families."

Lamb, a registered nurse, is a graduate of Camp Verde High School and Yavapai College. Her daughter, Taylor, attends Glassford Middle School, and her son, Travis,

goes to Granville Elementary School. Both are very active in sports and Lamb works the day shift, allowing her to cheer the kids on, as well as to coach them from time to time. On Monday nights, you can find Lamb teaching the Family Birth Class at YRMC, where her focus is on providing families with as much information as possible. During the classes, she supplies what she calls "tools for the tool chest" that moms and their support person can use during labor. Quite often, she ends up caring for some of her "students" through their own labor and delivery, giving her an opportunity to remind them of everything they learned in her class - and providing them with her "all-heart" personality as they bring their new child into the world.

"I always reinforce the notion that women are very strong and in control," she said. "I want them to know that every birth is unique and that we can provide them with the resources they need to make their birth experience positive and safe. Once their baby is born, I'm also able to support them with the information provided in the Breastfeeding Works class. Again, we have the tools to help them be successful during those important early hours and days after birth."

YRMC also offers Spanish-Language Prenatal Classes, as well as One More Time, a refresher course for families who have already experienced the birthing process. Lamb and her fellow staff members were able to offer their ideas as the new center was designed. High on the priority list were features that support couplet care, wherein moms and babies are cared for together by the same nurse.

"This is an amazing time for families in this area," Lamb said. "I know they are going to be just as thrilled as we are when they see this amazing new center, which was truly designed with families in mind. We can't wait to share it with the community."