

## Washington, DC Woman Receives National Recognition for Quality Nursing Care



From Left to Right: George Washington University Hospital's Elizabeth White, RN Director of Surgical Services/Childbirth Center, Marilyn Hildreth, RN Co-chair CIMS, Lisa-Marie Sasaki Cook, RNC Washington DC's first "Mother-Friendly Nurse", Bonnie Williams, RN Clinical Director of the Childbirth Center

November 1, 2011--The Coalition for Improving Maternity Services (CIMS) announces that Lisa-Marie Sasaki Cook, RNC-OB, BSN, ICCE, CD of Washington, DC, has been awarded national recognition as a CIMS Mother-Friendly Nurse. Cook is a labor and delivery nurse at George Washington University Hospital, a certified childbirth educator, and certified doula. Cook is the first obstetrical nurse in the Metropolitan DC area to receive this award. Much media attention is focused on the overuse of medical technologies and its devastating consequences, we wanted you to know about nurses, like Cook, who are helping women throughout the Washington, DC area have the healthy and joyous births that they deserve.

"Lisa's passion about natural birth is evident", stated Marilyn Hildreth, RN, IBCLC, Chair CIMS Mother-Friendly Nurse Recognition Program, "but what makes Lisa stand out is her commitment to helping women make informed decisions about their labor and birth, a key characteristic of what it means to be Mother-Friendly."

Cook explains, "I understand the importance of allowing women the birthing options available to them. My heart is to provide women the care and support they need to have the birth they are longing for. I'm now teaching evidenced based nursing care to new Labor and Delivery nurses and hope that nationally this becomes the standard of care." An area doula, Alexa Richardson, states "Lisa is known on the unit as being passionate about natural birth and supporting women's choices."

Pregnancy, birth and the postpartum period are milestone events in the continuum of life, and women's experiences during this critical time have important and long-lasting effects on society. The U.S. Department of Health and Human Services recognizes that the health of mothers, infants, and children is of critical importance,

both as a reflection of the current health status of a large segment of the U.S. population and as a predictor of the health of the next generation.  
(Healthy People 2010)

America's nurses play an integral part in providing birthing women with quality, evidence-based care; care that is respectful of the mother-baby dyad, results in excellent health outcomes, and achieves the highest level of patient satisfaction. CIMS developed this national recognition process to send the important message that all birthing women deserve the excellent service of Mother-Friendly nursing care.

Mother-Friendly Nurse Recognition is a personal and public recognition of nurses that provide maternity care services in a manner consistent with the Principles and Ten Steps of the Mother-Friendly Childbirth Initiative (MFCI). Mother-Friendly Nurses embrace the MFCI as their guiding philosophical approach to the care of birthing women. CIMS is honored to recognize Lisa-Marie Sasaki Cook, RNC-OB, BSN, as a CIMS Mother-Friendly Nurse.

The Coalition for Improving Maternity Services (CIMS) is a coalition of individuals and national organizations with concern for the care and well-being of mothers, babies, and families. Our mission is to promote a wellness model of maternity care that will improve birth outcomes and substantially reduce costs. This evidence-based mother-, baby-, and family-friendly model focuses on prevention and wellness as the alternatives to high-cost screening, diagnosis, and treatment programs.