

GRMC

HEALTH CURRENTS

New year, new beginnings!

This edition of *Health Currents* is dedicated to the many services available at Guadalupe Regional Medical Center for pregnant moms and growing families.

The Birthing Center at GRMC has earned many national awards, including being named one of **America's Best Hospitals for Obstetrics by the Women's Choice Award**, placing GRMC in the top 6% in the nation.

We are proud of the high patient satisfaction reported by new moms and their families for our welcoming, accommodating and top-caliber medical center.

Our all-star team of board-certified physicians, nurses and support staff members at the Birthing Center are committed to providing the very best care and guidance throughout the pregnancy journey and welcoming your new little one to the world!



WINTER 2025

Guadalupe Regional
MEDICAL CENTER

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Ready to get started?

You can learn more about the GRMC Birthing Center and find helpful resources on our site. Scan the QR code or visit grmcbirthingcenter.com.



Why choose GRMC's Birthing Center?

In addition to the top-notch, board-certified doctors who lead the obstetrics team at Guadalupe Regional Medical Center, our highly trained nurses have created a welcoming and comforting culture of professionalism, compassion and leading-edge knowledge in their field. New moms and their families consistently praise the GRMC staff for making them feel special, safe and in control during the childbirth experience.

When asked what makes the GRMC maternity services so distinctively excellent, Lauren Riggs, RN, Director of the Birthing Center, notes that GRMC is a non-corporate community, allowing us to implement ideas and improvements quickly. Our engaged and supportive leadership, passionate team members, state-of-the-art facility and high praise from past patients all point to the many reasons to select GRMC for your childbirth journey.

We certainly cater to our moms and babies, but fathers, grandparents and siblings are all welcome to be involved

with the arrival of the newest member of the family.

What you can expect when you deliver with us

GRMC has a Level II birthing center. In our most recent Texas Levels of Maternal Care Survey, our center was found to provide exceptional care, as evidenced by patient satisfaction, the practice of evidence-based best care, and healthy outcomes for moms and babies.

Our Birthing Center is a committed member of the Texas Alliance for Innovative Maternal Health, involved with data collection, learning opportunities and collaborations around the state to implement constant improvements and innovations in caring for our patients. Some of our recent homeopathic innovations include aromatherapy to help relieve mom's anxiety during labor and nitrous oxide for more natural relief from discomfort during contractions. We are pleased to announce the addition of a certified

midwife as part of our team, and we have responsive, around-the-clock anesthesiologists to provide epidural care.

The GRMC C-section rate is 13%, far lower than the state average of 34% and national average of 22%—a testament to our commitment to provide appropriate, individualized care for each mother. The lower the rate for uncomplicated deliveries, the better the quality of obstetric care.

Our certified lactation consultant provides classes in English and Spanish, ensuring that moms feel comfortable and knowledgeable about breastfeeding before and after birth and offering ongoing help after mom and baby are home. GRMC has earned the Texas Ten Step designation for our excellent work in teaching, encouraging and providing essential resources to help moms continue breastfeeding.

Our car seat safety technician helps make sure baby's first and subsequent car rides are snug and safe.



Brian Scott, MD BOARD-CERTIFIED NEONATOLOGIST

Dr. Scott attended medical school at Texas Tech University in Lubbock before completing his pediatric residency at Dell Children's Medical Center in Austin and his neonatal fellowship at Oklahoma Children's

Hospital OU Health in Oklahoma City. Dr. Scott's decision to specialize in neonatology was influenced by his time living with his godfather, a pediatrician in Corpus Christi. This experience gave him insight into the life of a pediatrician, but he realized he was drawn to a more intensive, hospital-based practice. During his training, he was captivated by his time in the NICU, where he cared for critically ill infants with complex medical conditions.

For Dr. Scott, the greatest reward is witnessing the transformation of worried parents as their babies improve and thrive in the NICU. The joy he sees on parents' faces when they take their baby home is a deeply fulfilling part of his work.

Meet our WOMEN'S HEALTH SP

Jodi Brannen, MD, board-certified OB-GYN

Dr. Brannen grew up in Austin with a lifelong dream of becoming a doctor. She pursued this dream by attending college in Tennessee, followed by medical school at the University of Texas, Houston. She completed her residency in obstetrics and gynecology in Savannah, Georgia. She practiced in Port Arthur, Texas, for a few years and has been practicing in Seguin ever since.



While going through her medical school rotations, Dr. Brannen discovered her passion for delivering babies. She was drawn to the variety of experiences and the continuity of care in obstetrics and gynecology, which she found unique compared to other surgical specialties. Since completing her residency, she has pursued additional education in areas such as breastfeeding and menopause and remains committed to providing evidence-based care.

Dr. Brannen is dedicated to building long-term relationships with her patients by creating a comfortable, open environment where they feel safe sharing their concerns. She trains her staff to adopt the same approach, fostering trust and encouraging patients to communicate their needs. With a passion for delivering babies and helping patients through challenging times, Dr. Brannen finds her work deeply rewarding.

To make an appointment with Dr. Brannen, please call **830.272.0210**.

Clint Burrus, MD, board-certified OB-GYN

Dr. Burrus completed both his medical school and residency at the University of Texas Southwestern in Dallas, where he gained advanced training in laparoscopic and robotic surgery. Dr. Burrus incorporates these cutting-edge technologies into his practice to ensure that his patients receive the highest level of care with the fastest recovery times.



Dr. Burrus is committed to building long-term, meaningful relationships with his patients. Alongside his team, including Women's Health Nurse Practitioner Shaliah Howard, he fosters a supportive, patient-centered environment that promotes open communication and trust.

For Dr. Burrus, the most rewarding aspect of being an OB-GYN is witnessing his patients grow and evolve through different stages of life. Whether guiding them through pregnancies, addressing health challenges or simply being a consistent presence, he takes pride in fostering relationships built on trust and respect. Combining patient-focused care and advanced technology with a dedicated team allows him to provide the highest level of care for each one of his patients.

To make an appointment with Dr. Burrus, please call **830.372.2791**.

Shaliah Howard, WHNP, board-certified Women's Health Nurse Practitioner

Shaliah is part of Dr. Burrus'

OB-GYN care team. Her passion for women's health stems from her desire to make every patient feel comfortable and informed, ensuring they have the knowledge to make the best decisions for themselves.

Shaliah's most rewarding moments come from making a positive impact, whether guiding a patient through a healthy pregnancy or helping them manage a chronic condition. She is especially dedicated to serving women of color and those from diverse backgrounds, ensuring they receive the care, support and information they need and deserve. To make an appointment, please call **830.372.2791**.



Want to learn more about our women's health services? Scan the QR code or visit grmedcenter.com/obstetrics-gynecology.



SPECIALISTS

Alyson Kirchner, MD, board-certified OB-GYN

Dr. Kirchner attended Texas Lutheran University in Seguin for her undergraduate education, followed by graduate school at Texas A&M in College Station. She earned her medical degree at UT Health Science Center in San Antonio, where she also completed her residency. Since 2010, she has been practicing medicine in Seguin, with additional practices in Gonzales and Cuero.



Dr. Kirchner's journey toward becoming a physician began at an early age, growing up in Seguin and working in GRMC's emergency room at just 17 years old. While she initially aspired to be a surgeon, her passion led her to specialize in OB-GYN, a field that allows her to perform surgeries while providing care to women at every stage of life. She is particularly drawn to the long-term relationships she builds with her patients, which is a unique aspect of the specialty.

Having grown up in Seguin, Dr. Kirchner's deep roots in the community enrich her practice. She takes pride in caring for generations of families, including her friends, their mothers and their children. Watching the children she has delivered thrive in the community is a special privilege, making her practice truly unique and personal.

To make an appointment with Dr. Kirchner, please call **830.379.1500**.

Gretchen Hilt, BSN, RNC-OB

Gretchen has been a dedicated labor and delivery nurse at GRMC for nearly 19 years. For the past eight years, she has also taught childbirth classes, helping families prepare for one of the most important moments of their lives. In addition to her role in the GRMC Birthing Center, she plays an integral part in Dr. Kirchner's office, where she provides care to women of all ages.



Gretchen is known for building strong, long-term relationships with her patients. She approaches each interaction with compassion, making sure her patients feel heard and understood. She takes pride in educating her patients about their health and care options, helping them feel empowered and informed during their visits.

Currently, Gretchen is pursuing her Master of Science in Midwifery through Frontier Nursing University in Kentucky and looks forward to partnering with patients at Kirchner Women's Clinic to create a safe, respectful and supportive environment throughout their care journey.

Health care providers for your baby



Susan Boullioun, MD,
primary care
830.303.3500



James Rider, DO,
primary care
830.379.7901



Brett Earnest, MD,
primary care
830.433.7815



Phillip Rinn, MD,
primary care
and obstetrics
830.372.0994



Michele Lopez-Glynn,
MD, pediatrics
830.303.3400



Esther Robbins, MD,
primary care and
obstetrics
830.433.7030



Whitney Morgan, MD,
pediatrics
830.372.3135



Nicole Talbot, DO,
primary care
830.372.5200



Eliezer Ortiz, MD,
primary care
830.484.4200



Browse our physician directory by scanning the QR code or visiting grmedcenter.com/meet-our-physicians.

Special care for high-risk pregnancies

A high-risk pregnancy is characterized by increased health risks for the pregnant person, fetus or both. These risks may arise from pre-existing medical conditions, pregnancy-related complications or lifestyle factors. At GRMC, we offer specialized maternal-fetal medicine (MFM) support, ensuring that our patients receive a high level of care throughout their pregnancy journey.

In collaboration with San Antonio's University Health System, we have access to a team of experienced, board-certified MFM specialists. This partnership enables us to deliver advanced expertise directly to our community so patients receive comprehensive care tailored to their specific needs.

Providing education and support

One increasingly common pregnancy-related condition is gestational diabetes. Key risk factors for gestational diabetes include family history, inactivity and being overweight. Ann Camacho, RN, BSN, CDE, the Certified Diabetes Care & Education Specialist at GRMC, provides one-on-one meetings to educate expectant mothers on healthy lifestyle changes and how to lower the risk of potential complications for baby and mother related to uncontrolled blood sugar. Some of the things Ann reviews with her patients include:

- Carbohydrate-balanced meal planning
- Monitoring blood sugar using a home meter or continuous glucose monitoring
- Insulin education
- Training and regular physical activity



If you'd like more information about gestational diabetes education, contact Ann Camacho at **830.484.4237**. To register for a childbirth education class, register online at grmcdcenter.com/medical-services/obstetrics-gynecology/classes.

It is important to schedule these visits as soon as an expectant mother has been diagnosed with gestational diabetes. The appointments are offered by GRMC at no charge, but a physician referral is necessary before the first appointment to establish communication with the ordering provider.

Women with gestational diabetes are at a higher risk for developing type 2 diabetes later in life, stressing the importance of maintaining healthy habits for a lifetime. Including a registered dietitian in their care can also be beneficial for mothers with other chronic conditions like kidney disease, high blood pressure or high cholesterol.



Childbirth education class

GRMC offers a childbirth class designed to help all expecting mothers prepare for labor and birth. Participants are encouraged to ask questions and learn about important topics surrounding the baby's birth in a nurturing and safe setting.

The classes cover a range of information, including strategies to enhance comfort during pregnancy and delivery, techniques for breathing and relaxation, methods for managing pain, and other essential topics.

Upgrades for your family

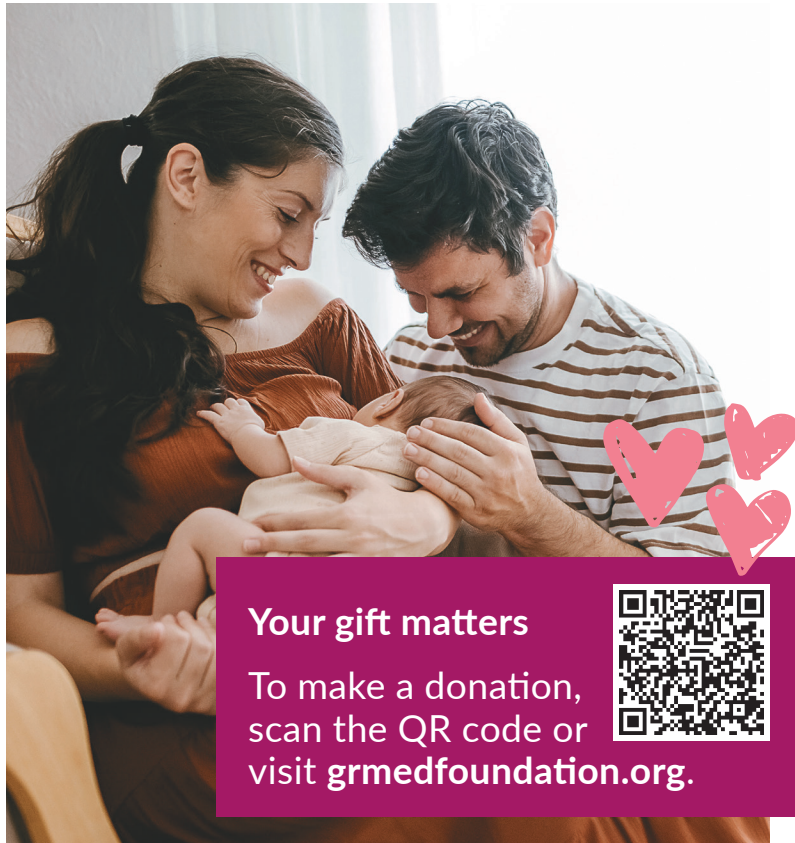
ULTRASOUND SERVICES

We have a new ultrasound room at the Cyprus building, where board-certified OB-GYN Clint Burrus, MD, and Shaliah Howard, WHNP, provide care.



To view GRMC's comprehensive Pregnancy Guide, scan the QR code or visit

grmcbirthingcenter.com/pregnancy-handbook.



Your gift matters

To make a donation,
scan the QR code or
visit grmedfoundation.org.



Making a positive difference

It is my great honor to serve in the role of CEO for GRMC, now in my 21st year in that capacity.

I also have a new title as grandfather to three wonderful, playful and curious boys. All three were born at GRMC, giving me the opportunity to have a personal view of the excellent care this team provides to moms, dads, siblings, grandparents and of course for the newborn baby. I could not be more proud of our staff.

We strive to make a positive difference in the lives of every patient we are privileged to treat. That opportunity begins with every new life and each first breath.

My role at the patient bedside ended years ago, but my passion remains strong for compassionate, quality care from a different perspective. Today, my mission is to ensure that Seguin and our surrounding region continue to benefit from our unique GRMC health care system for decades to come, and for the thousands of new lives and new beginnings that we help usher into the world.

Supporting our families



Elaine Bennett,
CEO of GRMF

Throughout the years, GRMF has played a pivotal role in funding essential needs for our Birthing Center. One of the most impactful initiatives was the collaboration between the Harvey E. Najim Charitable Foundation, GVEC's Power Up Grant and other generous donors who came together to award GRMC funds for the installation of the Stanley Hugs Infant Security System. This crucial addition has not only improved staff communication and response times but has also significantly enhanced patient safety for our most vulnerable little ones. In

addition, our community has invested in state-of-the-art labor beds, bassinets and Panda Infant Warmers—all essential for the care of our newborns.

At GRMF, we are committed to enhancing the experience for mothers and babies at GRMC. We invite you to join us in our mission to support the families of our community, ensuring that we can continue to uphold and expand these essential services for future generations. Together, we can make a lasting impact and create a brighter, healthier future for all.



Robert Haynes, CEO of GRMC, and his grandchildren

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