

# New NEST Program Launches to Support Families During Postpartum Journey

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*Ottawa Valley Family Health Team partners with Almonte General Hospital to provide enhanced newborn and maternal care*

**Almonte, ON** – The Ottawa Valley Family Health Team (OVFHT), in close partnership with the Obstetrics Unit at Almonte General Hospital (AGH), is proud to announce the launch of the **NEST Program** – the *Newborn and Early Postpartum Support Team*. This innovative program offers timely, coordinated follow-up care for newborns and their parents, helping families navigate one of the most vulnerable and formative stages of early parenting.

“The early days after delivery are joyful, but they can also be overwhelming,” said Dr. Laurel Kedrosky, Family Medicine Obstetrics Physician Lead AGH and Family Physician at Almonte FHO. “The NEST Program is designed to give families the timely support, education, and reassurance they need, in a setting that feels calm, compassionate, and connected to their ongoing care.”

The NEST Program is offered to all families delivering at AGH and is coordinated by OVFHT in collaboration with AGH’s obstetrics team. Once discharged, patients who require follow-up can be seen at the NEST clinic as early as the next day. Each visit includes maternal and newborn assessments conducted by trained registered practical nurses (RPNs) and family medicine obstetrics (FMOB) physicians. A transcutaneous bilirubin meter is used to assess jaundice levels, avoiding painful bloodwork for newborns, while postpartum patients are monitored for early signs of infection, high blood pressure, and other complications.

“The first few days after birth are a time when families often fall through the cracks,” added Dr. Kedrosky. “By offering early follow-up through NEST, we’re not only supporting individual families, we’re also improving system capacity and reducing strain on hospital resources like emergency and inpatient units.”

Inspired by similar models like Ottawa's MONARCH Clinic, NEST provides early support in a non-hospital setting using a team-based approach. The clinic currently serves newborns and mothers in the early postpartum period, with long-term goals of expanding services for infants and families without access to primary care.

"This is integrated, patient-centred care in action," said Ashley Killeen, Executive Director of the Ottawa Valley Family Health Team. "Our teams are coming together to make sure families feel supported during a time when they need it most."

"Programs like NEST show what's possible when hospital teams and community-based providers collaborate around a shared vision," said Brad Harrington, President and CEO of the Mississippi River Health Alliance. "This kind of innovative, integrated care strengthens the entire health system and, most importantly, improves outcomes for the families we serve."

The NEST clinic operates Monday through Friday, with weekend follow-up care supported by Almonte General Hospital's OB unit. All families delivering at AGH are informed about the program during their stay, and referrals to NEST are based on their follow-up needs.

The program officially launched in early July and will continue to grow over the coming months. Its creation reflects a long-held vision at AGH and OVFHT to improve outcomes for families during the postpartum transition and to do so in a way that is compassionate, sustainable, and rooted in collaboration.

To learn more about postpartum and family care services, visit:

<https://www.ovfht.ca> and <https://www.mrha.ca/obstetricalunit>