

HypnoBirthing – Class Evaluation

We appreciate your participation in the Childbirth Education classes at St. Mark's Hospital. Would you please take a few minutes to give us your valued input by filling out the evaluation. Thank you in advance for your time and comments.

Instructor: _____ Date Class Ended: _____

Expectant Mother Father/Partner Where are you delivering? _____

1. How did you learn about the Childbirth Education Classes? (mark all that apply)

- | | | |
|--|---|---|
| <input type="checkbox"/> Doctor/ Midwife/Nurse | <input type="checkbox"/> Hospital Publication | <input type="checkbox"/> Internet |
| <input type="checkbox"/> Facebook | <input type="checkbox"/> Web site | <input type="checkbox"/> Friend/Family Member |
| <input type="checkbox"/> Childbirth Class | <input type="checkbox"/> Tour | <input type="checkbox"/> Other: _____ |

2. How was the registration process?

Accessible? Yes No Convenient? Yes No

Other comments: _____

3. Are you taking other classes at St. Mark's? If so which ones:

- | | | |
|---|---|---|
| <input type="checkbox"/> Childbirth Preparation | <input type="checkbox"/> Natural Childbirth | <input type="checkbox"/> Cesarean Birth |
| <input type="checkbox"/> Baby Steps | <input type="checkbox"/> Mother's Milk | <input type="checkbox"/> Super Siblings |
| <input type="checkbox"/> Sibling Attended Birth Class | <input type="checkbox"/> Amazing Newborn | |
| <input type="checkbox"/> Breastfeeding Support Group | | |

4. Evaluation of Instructor: NA = Not at all, 1= Poor, 5= Excellent

		Poor				Excellent	
	NA	1	2	3	4	5	
Professionalism	NA	1	2	3	4	5	
Knowledge of material	NA	1	2	3	4	5	
Welcoming / Glad to see me	NA	1	2	3	4	5	
I understood what the teacher wanted me to do both inside and outside the classroom	NA	1	2	3	4	5	
I found the teacher easy to understand and follow	NA	1	2	3	4	5	
Overall teaching ability	NA	1	2	3	4	5	

Comments: _____

5. Evaluation of Teaching Methods: Please *check the three teaching methods* that worked best for you.

- | | | | |
|-------------------------------------|--|---|--------------------------------------|
| <input type="checkbox"/> Lecture | <input type="checkbox"/> Hands-on Practice | <input type="checkbox"/> Group Discussion | <input type="checkbox"/> Power point |
| <input type="checkbox"/> Class book | <input type="checkbox"/> Videos | <input type="checkbox"/> Role Play | <input type="checkbox"/> Handouts |
| <input type="checkbox"/> Homework | <input type="checkbox"/> Hypnosis Practice | | |

6. Evaluation of Class: NA = Not at all, 1= Poor, 5= Excellent

		Poor				Excellent	
	NA	1	2	3	4	5	
This class met my expectation	NA	1	2	3	4	5	
I understand the warning signs in pregnancy and when to call my doctor/midwife:							
– Before the class	NA	1	2	3	4	5	
– After the class	NA	1	2	3	4	5	
I know labor and delivery information:							
– Before the class	NA	1	2	3	4	5	
– After the class	NA	1	2	3	4	5	
I can use the hypnosis techniques:							
– Before the class	NA	1	2	3	4	5	
– After the class	NA	1	2	3	4	5	

Continued on back...

Evaluation of Class: NA = Not at all, 1= Poor, 5= Excellent

	Poor					Excellent
I can use the breathing techniques: – Before the class – After the class	NA	1	2	3	4	5
I can use anchors and deepeners: – Before the class – After the class	NA	1	2	3	4	5
I know labor coping skills (massage, bath tubs, etc.): – Before the class – After the class	NA	1	2	3	4	5
I understand how to use birth balls and different positions for labor: – Before the class – After the class	NA	1	2	3	4	5
I know what a birth plan is and how to talk to my doctor/midwife about it: – Before the class – After the class	NA	1	2	3	4	5
I know where to park and how to get into the hospital when I'm in labor: – Before the class – After the class	NA	1	2	3	4	5
The tour of the hospital made me feel confident in where I should go and what will happen when I arrive: – Before the class – After the class	NA	1	2	3	4	5
I have various ideas, suggestions and plans on how to make postpartum easier:	NA	1	2	3	4	5
I feel confident about my ability to birth or my ability to help her during labor: – Before the class – After the class	NA	1	2	3	4	5

Comments: _____

7. We expected _____ and it was missing
8. Is there anything that would have improved the program? _____

9. What I appreciated most about the class was: _____

Remember, after your baby has arrived St. Mark's Hospital offers:

Amazing Newborn Class,
Birth – Six months
\$20.00 for a four week class

FREE Breastfeeding Support Group
every Friday from noon – 1:30 pm
on the second floor of the Women's Pavilion.
Pre-registration is not necessary, but encouraged.

For additional information or to register:
stmarkshospital.com/childbirthclass
801-268-7940

