



### What is a MIDWIFE?

"Midwife" traditionally means "with woman." Certified nurse-midwives are registered nurses with a Master of Science in nursing from nationally accredited higher learning institutions and a national certification from the American College of Nurse-Midwives. Nurse-midwives are widely recognized as having expertise in caring for healthy women.

### What is a RESIDENT PHYSICIAN?

A resident physician is a doctor who has graduated from medical school with a doctoral degree, and is pursuing specialty training as an employee of the hospital. Obstetrics-Gynecology residency is 4 years, comprised of about 15,000 hours of hands-on learning that is closely supervised by our senior attending physicians and midwives.

### How do we work TOGETHER for you?

You can expect that the direct, hands-on care you receive will be from both a midwife and resident physician working together, side by side. Midwives will be involved in care decisions for women experiencing medically uncomplicated labors.

At Kaiser Permanente, our goal is to partner with you to:

- **SUPPORT** you through your childbirth journey
- **RESPECT** your beliefs and choices
- **PERSONALIZE** your care experience
- **EMPOWER** you to make informed decisions about your care

After all, shouldn't your care be as unique as you are?



## Midwife-led care services

at Kaiser Permanente  
Oakland Medical Center

Supporting your unique birth experience

[kp.org/oakland/obgyn](http://kp.org/oakland/obgyn)

# What to expect



## Midwife-led care

Our midwives provide hands-on care to you while providing a learning environment for our resident physician program. During labor, delivery, and after birth, our midwives contribute their professional clinical expertise and their knowledge of scientific research about the best birth practices to provide the highest quality care aligned with your personal values and goals.

## Team care

Your care team is led by your midwife and an attending physician who supervise Labor and Delivery activity, as well as 2 to 4 resident physicians who are involved in the care of our patients. Your registered bedside nurse will be your primary partner during your stay, working to meet your needs. Anesthesia providers, lactation consultants, perinatologists, neonatologists, pediatricians, and social workers may complete your team.

The Labor and Delivery team in Oakland has the capacity to care for every one of our pregnant members. We are able to care for women along the spectrum of health. A full range of medical interventions is available as needed. Any interventions that we believe will benefit you and your baby will be discussed with you. We are able and honored to care for ALL our mothers-to-be.

## We RESPECT ...

- The process and beauty of birth
- You, your body, your birth preferences
- Your right to make decisions about your care that meet your goals

## We SUPPORT ...

- Your emotional and physical well-being
- Movement and nutrition in labor
- A team of your choice, including up to 3 partners, family members, doulas, and/or friends

## We PERSONALIZE ...

- Your experience, plans, and intentions for coping with labor
- Monitoring of your baby to help ensure a safe and healthy delivery
- Timing of the clamping and cutting of the umbilical cord

## We EMPOWER ...

- Bonding with your baby via skin-to-skin contact and early breastfeeding
- Allowing your body to discover how to give birth on its own time

## Get in touch

Labor and Delivery  
Oakland Medical Center  
3600 Broadway, 3rd Floor  
Oakland, CA 94611

**Direct line** (24-hour labor advice)

..... **510-752-6274**

TTY for the hearing/speech impaired..... **711**

Health Education (offers childbirth and meet-the-care-team classes as well as facility tours) ..... **510-752-6150**

We strongly recommend childbirth preparation classes to help you and your birth partner understand labor and giving birth, and learn coping skills for labor, pain relief options, infant care, and breastfeeding. Some classes may require a fee.

For more information, visit [kp.org/oakland/obgyn](http://kp.org/oakland/obgyn).