

## **Notes from Meet the Midwives Class**

*We are happy that you have decided to meet with us and hope that it helps you feel more comfortable about coming to Labor and Delivery and working with us. Please ask any questions that you have in the chat during the meeting. These notes encompass information that is on the Power Point that we present during the class for you to refer to as needed.*

### **What's Special about delivering at Kaiser Permanente South Sacramento?**

Certified Nurse Midwives; low cesarean rate; high success rate for VBAC (Vaginal Birth After Cesarean).

Private rooms and a uniquely supportive environment.

### **What are Certified Nurse Midwives?**

Specialists in normal pregnancy and birth; Registered Nurses with advanced training in the Art and Science of midwifery; California and State licensed and nationally board certified.

### **Midwifery Philosophy of Care:**

Pregnancy and birth are normal body processes

We believe in personalized education and counseling, shared decision making, support to have the birth you want, empowerment to give birth safely and confidently, and support for your breast feeding goals.

### **Midwifery Care at Kaiser South Sacramento:**

You can see us for Prenatal Office Visits, in the Triage area of Labor and Delivery, throughout your stay in Labor and Delivery, in the Mother Baby Unit and for a Postpartum Checkup 4-6 weeks after the birth.

### **Who's On Your Team?**

Midwives, Obstetricians including our hospitalists, Registered Nurses, Certified Registered Nurse Anesthetists and Anesthesiologists, OB technicians, Respiratory Therapists, Pediatricians and Special Care Nursery Nurses, Lactation Consultants, Housekeeping staff, UC Davis Emergency Residents and Student Midwives, your doula, if desired.

### **New Policies for Labor and Delivery due to COVID-19 Pandemic**

One visitor permitted on Labor and Delivery and Mother Baby Unit; COVID testing on admission to the hospital; labor tubs are not in use; please wear a mask when possible; staying at home in early labor is sheltering in place. A doula is also permitted if it is arranged ahead of time with your prenatal provider.

### **Your pediatrician will recommend:**

Limit the number of people who come into contact with your baby after you go home; any helpers should be sheltering in place and wear a mask; everyone needs to wash hands frequently; avoid contact with anyone who is sick for at least the first 2 months; Breast Feeding!

**Midwives recommend:**

Attending Childbirth classes and Thrive Baby class; Sharing your Birth Preferences; Doulas; walking throughout your pregnancy and in labor; staying home in early labor; Breast Feeding; Online Pregnancy support group and Baby and Me postpartum support group.

**Midwives recommend while in the hospital:**

Intermittent auscultation of baby's heart rate in labor; saline lock IV; movement and frequent position changes in labor; eat and drink as desired; pain medication as desired; physical and emotional support.

**Midwifery Tricks of the Trade:**

Position changes to help baby rotate; peanut ball; exercise "birthing" ball; *Rebozo*; hydrotherapy in the shower; TENS unit; various positions for pushing and delivery; perineal support.

**Research shows midwifery care helps you:**

Give birth without pain medicine if desired; have a satisfying birth experience; give birth without cesarean, forceps or vacuum; shorter labor and hospital stay; decreased risk of infection, birth injury, vaginal trauma and episiotomy.

**When there are complications, midwives:**

Identify and diagnose complications in pregnancy, labor and postpartum; collaborate with doctors if needed; assist in cesarean deliveries.

**Safety in Labor:**

Majority of pregnancies and births are uncomplicated but about 50% have some risk factors; the welfare of both mother and baby is our top priority; feelings of disappointment can occur when labor is different than envisioned; we are available after delivery to review your experience and answer questions about what happened with you and your support person.

**Our Promise To You:**

We will do everything we can to ensure that you and your baby are safe, healthy,  
and have a supported, satisfying experience.

**Resources:**

[Spinningbabies.com](http://Spinningbabies.com)

Kaiser's childbirth classes, Thrive Baby class and Healthy Beginnings online newsletter

[Evidencebasedbirth.org](http://Evidencebasedbirth.org)

*Mindful Birthing* by Nancy Bardake

*Giving Birth with Confidence* by Judith Lothian and Charlotte De Vries