

WELCOME TO MIDWIFERY SERVICES OF DURHAM

Focusing on caring for parents and newborns in different settings, a shared respect for childbearing individuals, their families and communities

Introduction

Midwifery Services of Durham welcomes you to midwifery care. This letter will provide some highlights about what you can expect from prenatal care, postnatal care, and everything in between. We look forward to working with you, your newborn, and your family!

Prenatal Care and Appointments

Regular visits with your midwives is an important aspect of pregnancy. Each visit is an opportunity for you to ask questions and voice any concerns you may be experiencing. It is when your midwife will conduct an examination to ensure that you and your baby are well. Appointments are offered at different intervals depending on the gestational age of your pregnancy and the care that you require. During these appointments your team will provide you information on relevant topics and offer tests that provide clinical information that will help to guide your care.

Prenatal appointments are **typically** offered Monday to Wednesday between 8am to 4pm. However, appointment times can vary depending on which midwife is running clinic that day. Midwives can be in clinic **and** on call, which means that even when they are planning their clinic days they are responsible for providing care for clients who require: home visits, labour support, births, and any urgent assessments. This sometimes means that the clinic may need to be rescheduled or cancelled, for which we appreciate your patience and understanding.

The intake appointment is approximately 1 hour. Follow up appointments are approximately 20-30 minutes. You can view the prenatal appointment schedule on **page 3**.

Where we Deliver

We are proud to offer both hospital and home birth options in our community. Our practice has hospital privileges at Oak Valley Health, formerly known as Markham Stouffville Hospital, where we have the Alongside Midwifery Unit (AMU), the very first full scope Midwifery Unit in Canada. You can find additional information on the AMU on our website: www.durhammidwives.com

Students

We are a teaching practice, so in addition to the Registered Midwives, midwifery students provide care to clients in their assigned teams. These students are enrolled in the Midwifery Baccalaureate Program and spend about 50% of their education time in Midwifery Practice.

- A Midwife will always be present or nearby when you are with the student.
- The student will be at as many of your visits as possible so you can get to know each other.
- The student will usually be at your birth. They may be watching, helping to take care of you, or catching your baby. The midwife will show the student how to care for you and your baby.



ONTARIO MIDWIVES OVERVIEW

Model of Care | Labour and Birth Care | Postpartum and Newborn Care

Model of Care

At Midwifery Services of Durham we work both in primary (one midwife) and shared care (team) models. In shared care, we give many opportunities for clients to meet each midwife on their team. All clients are assigned a coordinating midwife, who will review your chart on a regular basis to ensure all documentation, testing, and results are up to date. A midwife is on call 24/7 to answer emergencies, assess labour, and attend births. Typically there are at least two midwives present at births. The backup midwife will either be from one of our other teams or the hospitalist midwife on the AMU. In some cases, there may be a chance that a known midwife from your team is not your primary during labour and delivery. This could be because your assigned midwife is attending another birth or sleeping after a previous delivery. In any case, we are all committed to practicing in a similar way so that you can develop a relationship of trust with all of us.

Labour and Birth Care

When you think you may be in active labour, your midwife will either assess you at your home, meet you at the hospital or have you assessed by the AMU hospitalist. If your labour is induced, your midwife will work together with the obstetrical staff to ensure you receive seamless care. Inductions involving oxytocin do not require a transfer of care to an OB. Midwives are trained to recognize and manage emergencies that can occasionally arise, and will involve hospital staff, if needed. However, for a straightforward delivery, your midwife will be there to catch, provide you support during labour, perform a newborn exam after delivery and help with breastfeeding prior to being discharged from the hospital.

Postnatal & Newborn Care

We provide care to you and your baby for up to six weeks after birth. Whether your baby was born at home or in hospital, your midwife will provide care in your home within the first week following the birth. You will receive several home visits to monitor the baby's health, provide breastfeeding support and check on your well-being. This ensures we know that you are recovering well both physically and emotionally. Home visits are arranged with the on-call midwife, so timing will vary depending on acuity - regardless we recommend staying close to home in the first week after birth.

You and your baby are also seen in the clinic several times between 2-6 weeks postpartum. A physical examination of the baby will be performed to ensure they are meeting their developmental milestones. The midwives will also check in on you and your well being and offer a physical assessment to ensure you are healing. Your final visit with us is at 6 weeks and arrangements can be made with your family doctor at 8 weeks for ongoing care.

For more information and resources about our clinic, please visit our website at www.durhammidwives.com.

Congratulations again on your pregnancy; we look forward to providing excellent care to you and your newborn.

PRENATAL CARE SCHEDULE

Your blood pressure will be checked at every appointment. From 15 weeks on will include listening to baby with a doppler & from 20 weeks on the midwife will measure fundal height.

NULLIPS (First baby)

9 to 11 weeks

Intake appointment

15-16 weeks

Review testing/genetic screening. Offer anatomy scan.

20-21 weeks

Review anatomy scan, discuss upcoming test. Hospital registration and prenatal class

25 weeks

Discuss signs of preterm labour, choice of birth place and gestation diabetes screening

28 weeks

Discuss test done to date, fetal movement and kick counts awareness, birth plans

31 weeks

Regular check in

34 weeks

Discuss what to expect if OB involvement is needed. Review Group B Strep (GBS) screening, Fetal movement, what to bring to the hospital, early discharge. Prepare for home birth (if planned)

36 weeks

GBS screen, when to page in labour, pain management, coping in early labour. Stages of labour.

38 weeks

Newborn discussion and discuss postdates management.

39 weeks

Newborn discussion, review when to call in labour

40 weeks

Postdates management and ultrasounds. Natural ways to induce labour, prepare for birth.

41+ weeks

Offer stretch and sweep, discuss/schedule induction, fetal movement, kick count discussion.

42 weeks

Offer stretch and sweep, discuss/schedule induction, fetal movement. Review plan for baby

MULTIPS

9 to 11 weeks

Intake appointment

15-16 weeks

Review testing/genetic screening. Offer anatomy scan.

20-21 weeks

Review anatomy scan, discuss upcoming test. Hospital registration and prenatal class

25 weeks

Discuss signs of preterm labour, choice of birth place and gestation diabetes screening

30 weeks

Discuss test done to date, fetal movement and kick counts awareness, birth plans

33 weeks

Discuss what to expect if OB involvement is needed. Review Group B Strep (GBS) screening, Fetal movement, what to bring to the hospital, early discharge. Prepare for home birth (if planned)

36 weeks

GBS screen, when to page in labour, pain management, coping in early labour. Stages of labour.

38 weeks

Newborn discussion and discuss postdates management.

39 weeks - *Optional for multips*

Newborn discussion, review when to call in labour

40 weeks

Postdates management and ultrasounds, Natural ways to induce labour, prepare for birth.

41+ weeks

Offer stretch and sweep, discuss/schedule induction, fetal movement, kick count discussion.

42 weeks

Offer stretch and sweep, discuss/schedule induction, fetal movement. Review plan for baby