



WELCOME TO OUR CLINIC

Welcome!

Midwifery Services of Durham and Markham Stouffville Midwives welcomes you to midwifery care. This letter will provide you with information about our clinic. We are pleased that you have chosen to work with us and look forward to providing excellent care to you and your newborn.

Prenatal Care and Appointments

Regular visits with one of your team of midwives is an important aspect of pregnancy as each visit should be a time for you to ask questions and voice any concerns you may be having. It is also when the midwife will conduct an examination to ensure that you and your baby are well, to offer the appropriate tests, and discuss relevant topics for each stage of the pregnancy.

Clinic is from Monday to Wednesday and times offered vary on the Midwife running clinic. Typically, appointments are between the hours of 8:00 am to 4:00 pm. **However, Clinic times may vary due to your Midwife being on call in the evenings, attending deliveries, providing home visits and labour assessments outside of clinic hours.**

Regular prenatal appointments, following the intake, are approximately 20-30 minutes in length, and usually are once a month for the first 28 weeks, every two weeks until 36 weeks, and then once a week until your baby is born.

Model of Care

We work in a shared care model where clients are assigned to a team of midwives. Our goal is to provide clients with many opportunities to meet each midwife on their team. Within your team, your chart will be assigned a **coordinating midwife**. This midwife will review your chart on a regular basis to ensure all documentation, testing and results are up to date. Your midwives work together to provide prenatal, labour

Where We Deliver

Our practice delivers only at Markham Stouffville Hospital, on The Alongside Midwifery Unit.

Students

We are a teaching practice, so in addition to the Registered Midwives, midwifery students are associated with our practice. These students are enrolled in the Midwifery Baccalaureate Program and spend about 50% of their education time in a 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, she 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.

and birth, and postpartum care. A midwife is on call 24/7 to answer any urgent pages, assess labour and attend deliveries. Normally there are two midwives present at birth. The backup Midwife that attends your birth will be a Midwife from one of our teams, or an AMU Hospitalist. ***There is always a chance that a known midwife from your team may not be your primary during labour and delivery because your Midwife is attending another birth, or sleeping due to a prior delivery.*** In any case, we are all committed to practicing in a very similar way so that you can develop a relationship of trust with all of us.

Labour and Birth Care

Your midwife team is available by pager to answer questions and provide reassurance during early labour. When you think you may be in active labour, your midwife will either assess you at your home or meet you at the hospital. If your labour is induced, your midwives will work together with the obstetrical staff to ensure you receive seamless care. Inductions involving oxytocin do not require a transfer of care to the obstetrician on-call. Midwives are trained to recognize and manage emergencies that can occasionally arise, and will involve hospital staff (obstetricians, family doctors, nurses, etc.) if needed, however at a normal birth, your midwife will catch the baby, provide you support during labour, perform a newborn exam after delivery, and help with breastfeeding prior to being discharged from the hospital.

Postpartum Care at Home

Midwives provide care to both client and baby for six weeks after the birth. This is called postpartum care. Whether your baby is born at home or in the hospital, your midwife will provide care in your home within 24 hours of the birth. Clients will have several appointments at home during the first week to monitor their health and provide breastfeeding support. They ensure the client is recovering well, both physically and emotionally. Due to the nature of your midwife being on call during this time for home visits, you may receive postpartum care from a midwife from one of our teams at our practice. Home visits are arranged with the on-call midwife, so timing will vary depending on availability. We recommend staying close to home in the first week after birth.

Postpartum Care at Clinic

Clients and their baby are seen in the clinic several times between 2 and 6 weeks. Midwives provide physical examinations of the baby, which include checking: weight, length, heart, lungs, healing of umbilical stump, hearing, and overall physical development. After six weeks, clients are discharged from midwifery care and will begin to see their family doctor. We offer group postpartum sessions, which gives parents and babies a chance to connect with others.

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.

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