

# Inlet Community Birth Program

## Welcome

Congratulations on your pregnancy! We are pleased and honoured that you have chosen to receive care with us. We look forward to getting to know you and your family during one of the most exciting and fulfilling times in your life. Here are some details about our practice.

At Inlet Birth, two styles of care are offered:

- “Standard model” midwifery care—the Blue team is a small team of midwives that provide shared care to a smaller caseload of clients. Blue team clients will be cared for by their midwives in individual visits, and whichever Blue team midwife is on call the day that you give birth will attend you in labour.
- “Collaborative maternity care”—the Purple team is comprised of a larger team of midwives, family physicians, and nurses who provide interdisciplinary care to clients. Purple team midwives and family physicians are on call in 12- or 24-hour shifts. Purple team clients will be offered either group-based care in the Connecting Pregnancy model, or individual visits.

Both teams provide postpartum care in hospital, at home visits, and at our clinic. During your time at Inlet Birth, you may need to see your family doctor for health concerns that are unrelated to pregnancy. Your team will provide all pregnancy- and postpartum-related care for you. Regardless of style of care, all Inlet Birth care providers facilitate care for you throughout your pregnancy, labour and birth, and for you and your newborn until approximately six weeks after your baby is born that is based on the following principles:

**Client-centred care:** We personalize your care to ensure that your health care needs are met. We view pregnancy and childbirth as normal states of health, and also watch carefully for complications. We strive to support you in maintaining a healthy lifestyle that will sustain you through pregnancy, birth, and into parenthood.

**Informed choice:** Your care involves a partnership between you and your care providers. We respect your autonomy—you are the primary decision maker in your care. We will provide information about various topics, discuss the benefits and risks of available tests and procedures, and ensure that your questions are fully answered so that you can make the best decisions for you and your family.

**Continuity of care:** We work in teams, sharing responsibility for your care. You will have ample opportunity to get to know your care providers, and at least one of us will attend your birth. Knowing and trusting your caregivers is crucial for you to have the best possible pregnancy, birth, and postpartum period.

**Choice of birthplace:** You will have the choice to birth at home or at hospital. Homebirth is available for healthy clients who are experiencing a normal pregnancy. Your care providers will discuss this option with you during your pregnancy so that you can make an informed choice.

**Consultation or transfer:** If you or your newborn experience complications during the course of your care with us, it may be necessary for us to consult with a specialist. Should you have a serious health concern, we may recommend transferring care to a specialist. In almost all of these instances, if you wish it, we will remain involved in a supportive role.

For more details about our practice, please visit our web site at: <http://inletbirth.ca>

**Contacting your team:**

For non-urgent calls, you can reach us at our office line: **778-355-9596**.

If your call is urgent, call the **Urgent Line** at **604-945-2468**, press '0' to reach the answering service 24/7. Request either the Blue or Purple team. The answering service will page the on-call care provider for you. If your call is not returned within 15 minutes, please page again. If you are not able to reach the on-call care provider and you feel that the situation is serious, please go directly to the hospital or phone 911 for emergency assistance. If you are not sure if the situation is urgent, please refer to the handout *Paging the On-Call Care Provider*.

**Appointment schedule:**

The schedule of visits during your care with us will be:

6 – 28 weeks	Every 4 or 5 weeks
29 – 36 weeks	Every 2 or 3 weeks
37 – 40 weeks	Weekly until delivery
Birth – 6 weeks	Every few days for the first week, then bi-weekly until 6 weeks

**Appointment times:**

Our clinic hours are typically scheduled Monday through Friday, between 8 am and 4 pm. Some group care will be offered in the evenings. Most of your visits will be 30 to 45 minutes long. Please bear in mind that the first and last appointments of the day are in the most demand, and there will likely be times when we have to book appointments during the middle of your work day. Please also note that our office requires a minimum of 1-2 business days' notice to reschedule appointments.

**Library deposit:**

If you would like to check out items from our library, please bring a \$20 cash deposit. We will refund your deposit once materials have been returned.

**Midwifery and medical students:**

We are a teaching practice, and we sometimes have a midwifery or medical student who participates in your care. You always have the option of declining a student's participation. We hope that you will consider welcoming student involvement. By doing so, you can contribute to the education and training of future care providers, and benefit from the learner's unique enthusiasm and perspective.

We look forward to providing care for you during this very special time in your life!