

# FAQs about Certified Nurse Midwives during Pregnancy

At Baystate Ob/Gyn Group, Inc., we believe in providing healthcare that meets your individual needs. Our team of physicians and certified nurse midwives is available throughout your pregnancy and delivery to provide you with the care you deserve during this special time. It is important to know that physicians are not the only option for your pregnancy care at Baystate Ob/Gyn Group, Inc. Our team of six certified nurse midwives specializes in routine pregnancy care and delivery. The following FAQs will answer some of the questions you may have about midwifery care. Of course, we are always here to answer any additional questions you have and we encourage you to select the provider that is right for **you**.



Susan Libbos, CNM

## What is a certified nurse midwife (CNM)?

A CNM is a highly educated healthcare practitioner who has received specialized training in nurse midwifery. Midwives focus on the “whole woman” and often offer alternatives to traditional medical interventions while remaining fully supportive of each woman’s personal decisions regarding her healthcare.

## What type of schooling and credentialing do midwives need?

“CNMs must graduate from a nationally accredited education program, pass a rigorous national certification exam, and be licensed to practice. Certification helps to ensure that midwives provide their clients with a safe mechanism for consultation, collaboration, and referral if needed.” ([www.acnm.org](http://www.acnm.org)) All of the midwives at Baystate Ob/Gyn Group, Inc. are certified by the American College of Nurse Midwives.

## If I choose a midwife for my care, can I still get an epidural?

Yes! The midwives in our practice believe in guiding you through your pregnancy and delivery...part of that guidance includes supporting you in your decision for labor pain management, whether that means natural childbirth or an epidural.

## What is the difference between a physician and nurse midwife during labor and delivery?

Our physicians and nurse midwives provide the same level of high quality obstetric care during pregnancy, labor, and delivery for low risk women. Generally speaking, because our midwives are also nurses, the CNMs will also provide much of the support and hands-on nursing care during your labor and delivery experience, along with your assigned labor nurse.

## What type of experience do the midwives have with labor and delivery?

Our six midwives have more than 100 years of labor and delivery experience among them.

## What if complications arise during my pregnancy?

The majority of patients who choose midwifery care remain with the midwives through delivery. However, there are times when care from a physician is more appropriate due to medical reasons. Our midwives work collaboratively with the physicians in our practice and have their complete support when needed. A physician is always on call for any emergencies that may arise during labor and delivery or if a cesarean section is required. Likewise, if medically necessary your pregnancy care will be managed by our team of obstetricians.

## I want to see a female provider for my pregnancy and delivery. What are my options?

Receiving care from the midwives during your pregnancy will increase the likelihood that a female provider will deliver your baby, as all of our CNMs are female. Although this may be a factor in your decision, it is important to remember that medical reasons or other circumstances may require that one of our physicians deliver your baby. (Currently two out of the five obstetricians in our practice are male).

## Can I continue to see a certified nurse midwife for my gyn care after delivery?

Certainly! In addition to pregnancy care, our CNMs also provide routine gyn care.

## Can I meet one of the midwives to explore this option further?

Our practice focuses on your needs. If you are considering midwifery care, we encourage you to schedule one of your appointments with a midwife early in your pregnancy to explore this option further; if you find that you prefer our physicians, you can always resume seeing the doctors (or, vice versa). However, it is important to make this decision as early in the pregnancy as possible so that you can become comfortable with the team of providers who will be on call for your delivery.

## Where do the nurse midwives see patients?

Currently our midwives see patients in our Springfield, West Springfield, South Hadley and East Longmeadow offices.



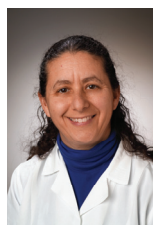
Susan Shepherd, CNM



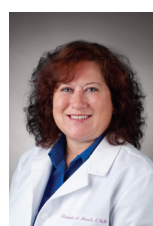
Mary Barber, CNM



Denise Vincent, CNM



Julie Bell, CNM



Elizabeth Howell, CNM

# Prenatal Care Options at Baystate Ob/Gyn Group, Inc.



Our obstetricians and certified nurse midwives are here to provide you with the exemplary care you deserve during this special time. We are proud that our obstetricians and certified nurse midwives ALL:

- perform deliveries at Baystate Medical Center.
- have years of training and experience with pregnancy, labor, and delivery.
- provide 24-hour-a-day on-call coverage.

Our practice offers three types of prenatal care programs. Although there are times when medical needs may influence the type of care most appropriate for you, in most cases the decision is yours. You can be reassured that our certified nurse midwives and obstetricians work collaboratively with one another; patients who choose nurse midwifery care have access to our obstetricians if needed. Common questions about our nurse midwifery program appear on the back of this sheet. We invite you to ask questions so that you can choose the type of care at the beginning of your pregnancy that best matches your needs and expectations.

## **Your three options for pregnancy care at Baystate Ob/Gyn Group, Inc.**

1. Traditional prenatal care from our team of Obstetricians
2. Traditional prenatal care from our team of Certified Nurse Midwives
3. CenteringPregnancy care from our team of Certified Nurse Midwives

### **What is the difference between traditional care and CenteringPregnancy care?**

#### Traditional care

- Your provider (either a certified nurse midwife or obstetrician) conducts your prenatal visit in a private exam room during a one-on-one, 10-15 minute appointment.
- During your appointments, you will have the opportunity to discuss your progress and any questions you may have during your one-on-one visit.
- Appointments are available at varied times of the day and week.

#### CenteringPregnancy care

- Ten of your prenatal visits will be two-hour appointments with a certified nurse midwife and co-facilitator from our staff, conducted in a group setting with other pregnant women.
- Each CenteringPregnancy appointment includes your prenatal “checkup,” conducted in a semi-private area within the group meeting space. (You will remain clothed the entire time, revealing only your abdomen in the semi-private area during your prenatal checkup). The second part of each session includes a group discussion of various prenatal topics.
- During your appointments, you will have the opportunity to discuss your pregnancy and any questions you may have in the group setting.
- Your ten CenteringPregnancy visits occur on the same day of the week at the same time of day. You will meet once per month in the beginning of pregnancy, and twice per month towards the end of pregnancy. Private appointments occur as needed; your internal exams at the end of your pregnancy will occur during private visits.
- We encourage patients to sign up as early as possible for CenteringPregnancy, as the program is offered on a first-come, first-serve basis with a limited number of slots available for each group.