



Informed Choice Disclosure



Philosophy of Care

Nest Midwifery strives to provide individualized care to a diverse group of women and their families by spending time getting to know clients in order to better serve them. Nest Midwifery believes that women are the best source of knowledge about their own bodies, and encourages women to build partnerships with their midwives while acknowledging their own vital and active role in their care. Nest Midwifery believes that babies should be welcomed into the world with as light an environmental impact as possible, and promote the use of homemade, reusable or borrowed baby supplies whenever possible.

Education and Background

Nest Midwifery is owned and operated by Kimberly Kincade, Laurie Perron Mednick, and Jen Warnock. Kim, Laurie, and Jen are graduates of Birthingway College of Midwifery, each receiving a Certificate of Midwifery. Kim and Jen have also received a Bachelor of Science degree in Midwifery (BSM). All three midwives apprenticed in the Portland area, attending homebirths, birth center births and providing doula care in the hospital. Each midwife is certified by NARM (the North American Registry of Midwives) as a Certified Professional Midwife (CPM).

Care and Services Provided

Nest Midwifery offers comprehensive, individualized care for the entire childbearing year.

Comprehensive Prenatal Care

Care typically involves prenatal visits monthly through 32 weeks, then every 2 weeks at 34 to 36 weeks, and weekly after that until birth. The 36 week visit is a home visit to familiarize Nest Midwives with the location of the client's home, other family members or pets, and to assist in preparing clients for labor and birth at home.

Each hour-long prenatal visit will include assessment of client's vital signs, development and growth, any necessary lab work, a urine dip, and fetal assessment. Nest Midwives provide up-to-date and unbiased informed choice on various prenatal tests and procedures, and will

spend time discussing options with clients. Visits also typically include discussion of physical discomforts and emotional challenges, family adjustment to pregnancy, as well as expectations and preparation for labor and birth. Nest Midwives help to assess the client's nutritional status and may offer recommendations for dietary support as well as herbal supplement suggestions.

Mindful Labor and Birth Care

Nest Midwives are on call for clients after 36 weeks of pregnancy, and will provide attentive and knowledgeable care throughout labor, birth and the postpartum period.

Nest Midwives provide ongoing assessment of maternal and fetal well-being (for example, listening to fetal heart rate, mother's pulse, blood pressure, etc), provide informed choice and offer recommendations and alternatives when complications or challenges occur, and offer physical and emotional support to the client and her partner. In addition, Nest Midwives are trained and equipped to suture perineal tears, administer intravenous fluids, oxygen, homeopathic or herbal remedies, as well as some pharmaceuticals. After the birth of the baby, Nest Midwives will assess the well-being of mother and baby, assist with breastfeeding as needed, examine the newborn, and ensure the comfort and safety of mom and baby prior to leaving the home. In the event of a medical transport to a hospital, Nest Midwives will accompany the client and assume the role of doula and advocate for the client's wishes.

Postpartum Care

Nest Midwives offer 6 postpartum visits, including 3 home visits, each lasting about 1 hour long. Nest Midwives will return to your home at day 1, day 3 or 4, and again at 7 days. The final 3 visits occur at 2, 4 and 6-8 weeks postpartum, and are office visits.

Each postpartum visit will include assessment of mom and baby's vital signs, general comfort and well-being, newborn development and behavior patterns, recovery from the birthing process, and assistance with breastfeeding. Nest midwives also spend time discussing the client's concerns and challenges in her transition to motherhood, as well as nutritional guidance and family planning. The last visit may include a Pap smear if needed.

Extended Postpartum Care

Nest Midwives offer additional services in the postpartum and extended postpartum period. Womb Recentring & Abdominal Massage and Pelvic Floor Assessment & Reconditioning are available at an additional charge.

Additional Services Offered by Nest Midwifery

- Preconception counseling
- Natural Family Planning
- Nutritional counseling
- Laboratory services
- Herbal & homeopathic remedies
- Water birth
- Well woman gyn care & exams
- Lactation education & support
- Birth certificates
- Aware parenting info & networking

Fees

The complete fee for prenatal care, labor and birth attendance and postpartum care through the first 8 weeks of baby's life is \$3400. This fee includes prenatal and postpartum office visits, on-call status for Nest Midwives, and care during labor and birth. Other routine or recommended services (such as lab tests, supplements or ultrasound) will incur an additional cost. Please see the *Financial Agreement* for complete details. Clients may choose to submit claims to their own health insurance carriers for reimbursement.

Additional Information

- Certified Practicing Midwives (CPMs) in the State of Oregon are *not* covered by malpractice insurance. While this keeps fees low, it also means that clients are active in the decision-making process during their care, and assume responsibility for the outcome of their birthing experience.
- Nest Midwifery serves healthy women through a variety of physical, emotional and mental challenges. However, occasionally complications and conditions occur through the course of pregnancy, birth and postpartum which warrants consultation or transfer to a naturopathic physician, medical doctor or other healthcare professional. Please see our *Risk Assessment Criteria* which outlines such conditions.

I have read and understand the information provided in this *Informed Choice Disclosure* and accept the arrangements discussed herein.

Client Name (Please print) _____

Client Signature _____ Date _____

Client Name (Please print) _____

Client Signature _____ Date _____