



## **Women's Circle Nurse-Midwife Services Inc.**

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### **Informed Disclosure and Consent**

The following consent explains home-birth benefits, Women's Circle Inc. services, safety equipment, staff Certified Nurse Midwife experience, management of special circumstances, expectations, and the potential risks of childbearing to mother and baby.

#### **Home-birth**

Home-birth offers a woman a great sense of empowerment in all aspects of her care. Surrounded by supportive people of her own choosing in a comfortable and familiar environment, a woman may feel remarkably less inhibited in expressing her natural and individual responses to labor. Laboring women can, according to their own values, choose how to involve their children in the birth experience. Women are given the freedom to move and choose positions that are comfortable for them while in labor. Breastfeeding and family bonding are uninterrupted in their most natural setting. Expecting the process of labor and birth to unfold smoothly but educated in prevention and treatment of complications, midwives are ever vigilant but non-interfering.

Statistically, fewer complications occur in the home. Studies repeatedly document the safety of planned home-birth for healthy women and their newborns. This is especially related to reduced exposure to infection, the decreased use of interventions at home (which often lead to many of the complications seen in hospitals) and the easier flow of labor and birth that occurs within the familiar and comfortable surroundings at home. Laboring at home increases a healthy woman's likelihood of a birth that is both satisfying and safe.

#### **Services**

Women's Circle Inc. offers prenatal care, home-birth service and postpartum care for normal low risk pregnancies by a Certified Nurse Midwife (CNM).

Prenatal visits are at the office. Visits are one hour long to allow plenty of time to discuss all aspects of the family's pregnancy journey. They will occur once a month from 4-28 weeks, twice a month from 28-34 weeks, and then every week until birth. Your 36 week visit will be at your home. This is the only prenatal visit at your home. Your prenatal

visits will consist of but are not limited to: Physical assessments and discussion of your blood pressure, weight, fundal height measurements, fetal heart tones, assessment of baby's position and movement, nutrition, general health and lifestyle, exercise and emotional health. You will be offered all routine lab work with an informed consent. Prenatal visits are your own special time that is set-aside for just you to address all of your concerns, questions, and emotions surrounding you and your baby. The midwife will help you to stay informed, educated and prepared for not only pregnancy and childbirth but also for the new role of parenting. During this time both trust and confidence develop with your midwife, which helps to foster this normal and healthy process.

The CNM will be on call for you when you are 36 wks. until your birth and is available to answer questions in between visits. You can expect that the CNM will be with you throughout your labor and birth. She will be there to provide support during labor and to evaluate your labor progress as well as address any concerns that warrant additional medical help. The midwife will help you have a safe birth and make sure that you are informed throughout the journey.

The CNM and birth assistant will continue to take care of mother and baby to ensure that they are stable after the birth. Midwife care after the birth includes care of both mom and baby and a full newborn exam. There will be 2 home-visits after the birth on day 1 and 3, depending on your needs. These visits may include assessing you, helping with breastfeeding, weighing the baby and doing the baby's PKU test, which is optional. Two follow-up postpartum visits will be done at 2 and 6 weeks in the office. The midwife is available for normal newborn care for the first six weeks following birth and after that time care will be provided by the pediatric provider of parent's choice.

### **Safety Equipment**

We have taken every reasonable precaution to ensure your safety, comfort, and satisfaction. Women's Circle Inc. will bring to your birth all the standard medications and equipment that may be used (if needed) for normal childbirth at home including oxygen, resuscitation equipment, fetal monitoring devices, suction equipment, postpartum oxytocin and methergine injections (in case of hemorrhage), Vitamin K and Erythromycin eye ointment.

### **Education and Training**

Angela Kreider is a Certified Nurse Midwife in California. She has attended over 800 births in home, hospital and birth center settings. She attended Loyola University Chicago receiving her Bachelors of Science in Nursing in 1999. After completing her nursing degree, she spent five years working as a Registered Nurse in a rural hospital in Eastern Nevada where she cared for laboring women and their families, and also cared for patients in the Intensive Care and Emergency room. In 2003, she completed her Certified Nurse Midwife education and then later received her Masters of Science in Nursing from Frontier University based in Hyden, Kentucky. Her work as a certified nurse-midwife has included working in a rural hospital in New Mexico for two years, an Indian Reservation in South Dakota and more recently Northern California serving the

Yuba- Sutter area since 2007. Angela has developed a strong faith in the normalcy of pregnancy, labor and birth and has developed great skill and compassion in supporting women through this amazing journey.

Angela has cared for laboring women both in and out of the hospital throughout her career, but prefers the home environment where the normal labor and birth process can unfold undisturbed. Angela is licensed in the State of California as a Certified Nurse Midwife #NM 1785, and Registered Nurse #708617. She is a member of the American College of Nurse Midwives in good standing and also holds current certification in both CPR and Neonatal Resuscitation care. Angela had her first daughter in the hospital in 1995 and her second daughter in an out of hospital birth center/water-birth with a midwife (2002). Angela does not carry malpractice insurance. Angela's training and license permit her to provide home-birth services for healthy, low risk women and babies.

### **Management of Special Circumstances**

In the event of either a complication or at the midwife's own discretion, if the midwife determines that the well-being of the mother or baby is at risk, she will recommend transport to the hospital that will best be able to meet your needs. All decisions regarding your care will be discussed with you. Please be advised that the midwife will expect cooperation of both mother and partner if transport becomes necessary. You and/or your baby will be transported by car or by ambulance, whichever is appropriate and your care will be transferred to the back up doctor on call of the hospital that is either chosen by the clients or the nearest hospital. In the event of an emergency, 911 will be called. Any charges resulting from transport or hospitalization are the client's responsibility. Women's Circle Inc. reserves the right to release any client from their care at any time with appropriate notice and referrals.

### **Expectations**

To provide the safest care possible for you and your baby you are required to notify the midwife of any serious health conditions or diseases that you or your partner have or have been exposed to before or during this pregnancy.

The midwife expects you to attend all your scheduled prenatal visits and be on time for every appointment. She expects that the payment arrangement will be honored. She expects that you understand that home-birth is for low risk, healthy mothers and that if you choose to smoke, drink or choose other unhealthy lifestyle choices she may not be able to continue care with you. She requires complete honesty about all things surrounding your pregnancy. These expectations guarantee you the highest level of care possible. Staying active is very important, we strongly recommend a minimum of 30 minutes of walking daily. Staying well hydrated is equally important, avoid caffeine, and drink 64 ounces of water daily.

### **Childbirth Risks**

All births, regardless of the setting (hospital, birthing center or home) carry a certain degree of risk. Even with low risk pregnancies and births, complications can arise.

Generally, when complications do arise there is ample time to transport to the hospital. Occasionally, complications must be dealt with at home. Some complications that can occur are: prolonged labor, dehydration, retained placenta, prolapse of the umbilical cord, postpartum hemorrhage, shoulder dystocia, breech presentation, psychological dystocia, presence of meconium, birth defects, prematurity, fetal distress, respiratory arrest and stillbirth.

Home-birth care is equivalent to “first line management” of complications available in the hospital, but the midwife's skill and available personnel may not match what is available in some hospital teams for more rare, unpredictable and complex complications. These second level interventions include suctioning into the lungs for meconium discovered at birth, providing drugs that jolt the baby's heart into action during resuscitations, use of transfusions to treat shock and major hemorrhage, stabilization of babies with defects, and emergency cesarean surgery for various intrapartum emergencies. Going without these treatments or the extra transit time to the hospital, may adversely affect the health of the mother and baby.

### **Physician Back- Up**

The back up physician who would take care of you, if necessary, is the on call physician in any hospital.

During your pregnancy if there are any complications that arise, appropriate referral will be made to one of our local obstetricians.

### **Informed Consent**

Client(s):

I have chosen to have a home-birth based on what we believe to be a thorough examination of the alternatives. I have discussed our prenatal care and birth options between ourselves, and with the midwife to the extent we think necessary. I have read the Informed Disclosure Statement above, and all of our questions regarding the midwife's background and experience have been answered to our satisfaction. As a result, we have asked Women's Circle Inc. to provide prenatal care and assist us in our home-birth. In requesting the services of Women's Circle we freely exercise our right to seek the type of maternity services that we feel are best for our baby and ourselves.

**In choosing to have a home-birth, I/we are aware of possible risks involved and I/we knowingly accept any and all risks and responsibilities for this home-birth and the health of our baby and us. I realize that no matter how carefully our risk status is assessed; emergencies or other unforeseen events can arise resulting in poor outcome. We have read the list of childbirth risks and understand that this list is incomplete, and we are free to ask for further clarification of these and other risks. I agree to transfer mother and or infant to physician management if our midwife deems this necessary. We are fully aware that in the event of a complication or emergency, there are fewer diagnostic and therapeutic measures available at a home-birth than there would be in a hospital setting, including some that may be life saving.**

I understand that we may stop using our midwife's services at any time and that the midwife may choose to release me from her care if she finds this necessary. She would provide me with a proper amount of time to find a new provider and also give me referrals for care.

I take full responsibility for our decision to have a home-birth and hereby release Women's Circle Inc., Angela Kreider CNM and all assistants from liability for complications that may develop during the course of my pregnancy, labor, birth or postpartum time.

I further release Women's Circle Inc. and Angela Kreider CNM and all assistants from liability resulting from my refusal to accept medical treatments or procedures for my unborn/newborn child or myself.

**Affirmation**

**At leisure, I have read and understood this Informed Disclosure and Consent document. I have discussed any questions to my satisfaction with the midwives and do not have any further questions regarding its content at this time. We, the undersigned, understand the operation of this practice and its limitations. I affirm that I have read and fully understand all of the above.**

\_\_\_\_\_  
(Print) Name of Mother                      Signature of Mother                      Date

\_\_\_\_\_  
(Print) Name of Partner                      Signature of Partner                      Date

\_\_\_\_\_  
Certified Nurse-Midwife Signature                      Date