

Midwifery at Concord OBGYN

What is a Midwife?

- Certified Nurse Midwives (CNM) are independent, licensed women's health care specialists. We have a Master's degree, and have been certified by the American Midwifery Certification Board (AMCB). Although midwives are best known for delivering babies, we see women of all ages for a wide range of health issues. We follow established professional guidelines and evidence based practices.

What Makes Midwifery Care Unique?

- Midwives are strong advocates for informed decision-making. We encourage you to be an active participant in your healthcare. During exams, we spend time educating you about your body, and discuss changes you're experiencing. We help you decide what testing or medicines are right for you. We approach pregnancy as a normal physiologic process. Our process includes "watchful waiting" and not intervening in the natural process of birth. Our training has a considerable focus on labor support, natural methods of managing pain and contractions, and understanding the fetus in relation to your pelvis.
- The choice to see a midwife is a personal one. Some patients prefer to see a midwife, but others may like to see our doctors instead.

Do Midwives Only Do Home Births?

- While some midwives do offer home births, the midwives at Concord OBGYN only deliver babies in the hospital.

Do I Need a Doctor to Deliver My Baby?

- In most cases, a midwife can deliver your baby. If a problem arises during labor, midwives are trained to recognize problems and take appropriate action. Midwives work collaboratively with the doctors at Concord OBGYN. We let the doctor know when we admit you, and we update them on your labor progress. If something in the normal labor course changes and we need to consult with a doctor, they are present and available 24/7. Having a baby can be unpredictable, and we want to ensure that you have access to the best and safest care possible.

What Kind of Training Do Midwives Receive?

- There are different types of midwives, with different training backgrounds. The midwives who practice at Concord OBGYN are all Certified Nurse Midwives (CNM), which means we have Master's degrees, with education in nursing and midwifery. Some midwives may hold a doctorate degree, or other degrees as well.

If a Midwife Delivers my Baby, Can I still have an Epidural?

- Absolutely! At Emerson Hospital, we have 24/7 access to anesthesiology services. We can order your epidural when you decide that you are ready for it. You may wish not to have medication, but find out you prefer a medicated experience. People change their minds all the time!
- Midwives can counsel you on all pharmacological and non-pharmacological pain management options. We are trained in providing individualized labor support. This includes breathing techniques, ambulating and changing positions, hydrotherapy, massage and pelvic positioning. Midwives teach and encourage your birthing partner how to support you through labor.
- It is a privilege to be with you during this momentous time. We will happily support and encourage you in whatever you choose for your birth experience. We will talk about what YOU want, and we will work toward that goal with you.

Do Midwives Perform C-Sections?

- No. A midwife is not a surgeon. If it is necessary for you to have a cesarean section, one of our qualified OBGYNs will perform the surgery. Your midwife may be in the operating room to assist as you meet your new baby.

Can I see a Midwife if I am not Pregnant?

- Yes! Midwives are trained to take care of women across their lifespan. We can provide gynecology care and contraception counseling. We can provide STD Screening, abortion counseling, order labs and imaging studies, prescribe medications, place IUD's and perform certain procedures and biopsies. Just like in pregnancy, should something arise where you need specialized GYN care from a doctor, we would consult with our fellow doctors and refer to them for surgery or complex medical situations.