

Throughout your prenatal visits or birth experience, we may use terms such as “mother” or “father”. However, parenting takes on many forms and some parents may wish to use other terms. We also use “breastfeeding” while some prefer “chestfeeding”. If this applies to you, please let us know and we will respect the terms you identify with.

Welcome!

On behalf of our entire team, we would like to welcome you to our clinic. We are happy you have joined our group and look forward to working with you to support you during your pregnancy and afterward as well. At any point during this process, you will likely have questions. We invite you to ask these questions at any point. We want you to feel comfortable and ensure your concerns are fully addressed.

We are a team of doctors and midwives who work together to provide prenatal care and delivery to healthy patients, with no high-risk problems that might require specialist care in Calgary. In addition, we have obstetrician backup who can provide advice or Caesarean-sections and anesthetists to help us with epidurals and emergencies.

In addition to prenatal visits and delivery care, we also offer the following services:

- Assessment and treatment for miscarriages in the first trimester
- Emergency assessments throughout your pregnancy
- Maternal and newborn care until 6 weeks after delivery
- Phototherapy treatment for newborns with jaundice
- IUD insertions 3 months after delivery

We have 15 doctors and 4 midwives in our group. Because we are a team, you will see different group members when you come here for your prenatal visits and it may be any of us who will attend on your delivery day. Because of our team model, we cannot guarantee that you will or will not see any one care provider for all of your visits and we encourage patients to meet as many of us as possible so that when you deliver, you are more likely to know the person who will attend to you and your baby.

Feel free to like or follow our Facebook and Instagram pages (search *High River Maternity Clinic*) to connect with other parents-to-be, get updated on future events, and read helpful posts. Our website, www.HighRiverMaternity.ca, is also a great resource with many helpful things you can read through. You can also watch a video detailing the recent renovation!

LOW-RISK CRITERIA

The definition of a low-risk pregnancy is difficult and, sometimes, for reasons beyond anyone’s control, we must refer patients to specialists in Calgary. We do not refer lightly and would always prefer for you to deliver here. If we refer you to a specialist in Calgary, it is to ensure the safety of your health and your baby’s health. Please feel free to discuss any referrals being made so you are comfortable with the reasons behind it. Some reasons we may consider transferring your care to Calgary:

- **Weight gain:** Gaining weight is a normal and natural part of pregnancy, however either too much or too little weight gain can increase the risk of complications in pregnancy and delivery. This is why we monitor your weight at your prenatal appointments. If we are concerned about weight changes over several prenatal visits,

we may do additional investigations such as more bloodwork or ultrasounds, and consultations with specialists. We may also suggest a referral to our local dietitian for assessment and advice. If your BMI climbs above 41, we may suggest a referral to Calgary for delivery.

- **Diabetes:** We screen some patients for gestational diabetes in their pregnancies. If you are diagnosed with gestational diabetes, we will refer you to our local diabetes educator for advice on how to monitor and manage your diabetes. Although many cases of gestational diabetes can be managed without additional medicines, some people may need to start medications. If you need oral medications or insulin to help control your diabetes, we will transfer your care to Calgary to ensure you are cared for by experts who specialize in pregnancy-related diabetes.
- **Blood pressure:** We routinely check blood pressure at every visit. Occasionally, some patients' blood pressure increases towards the end of pregnancy. If you require medication to help control high blood pressure, we will consider transferring your care to Calgary.
- **Other reasons for transfer to Calgary** may pop up throughout your prenatal visits or your labour. We will review these with you on a case-by-case basis as early as possible.

STUDENTS AND OTHER LEARNERS:

Throughout the year, we have learners at various levels of education in our clinic. You may encounter:

- Medical students, who are learning the clinical skills of interviewing and physical examination
- Residents, who are doctors that have finished medical school and are training in their chosen specialty with supervision
- Midwives in training

Our learners are supervised and reviewed by our physicians/midwives and are part of our team. We understand and respect that there may be times when our patients do not wish to be assessed by our learners. We appreciate you allowing our learners to be involved in your prenatal care and/or delivery in whatever capacity you feel comfortable. Our students are conscientious, thorough, and hard-working individuals who value every opportunity to interact with patients.

A NOTE ON PERSONAL TRAUMA

Statistics suggest that 1 in 3 women experience personal trauma (such as abuse, assault, violence, etc.) at some point in their life. We also will ask you about your adverse childhood experiences (ACEs). Often, these experiences might affect your prenatal care or delivery. We recognize that it takes a lot of courage to speak about these events. If you have been affected by any trauma, we encourage you to let us know if there is anything we can do to make your experience here a safer one. We can easily arrange a visit with our midwives at our TLC Clinic who can work with you on a modified birth plan to help make birth a more positive experience. These conversations will be kept strictly confidential and will only be shared with the healthcare team directly involved in your care. If this applies to you, please let us know.

We hope your prenatal care and delivery will be wonderful experiences here in High River. We are here to ensure the safety of you and your baby. At any point, please let us know if you have questions or concerns.