

Welcome to Care with River & Mountain Midwives

Care Schedule

You will be scheduled for routine visits once monthly until your 28th week of pregnancy. From your 32nd until your 36th week, you will be scheduled for visits every two weeks. Finally, from your 36th week onward you will visit once weekly. Extra visits are scheduled as needed. Appointments are held at our offices in New Paltz or Newburgh. We will visit your home at least once after the 36th week to confirm directions, check your birth supplies, and help you envision how your home will become your birth space.

Most visits last about 45 minutes. During this time we discuss your concerns, your health and plans for your birth. Education is an integral part of the midwifery model of care. Physical prenatal assessments include urinalysis, monitoring blood pressure, hydration and weight, assessing fetal growth, heart rate, size, position and well-being.

After you have your baby, a midwife will visit your family in your home on postpartum days 1, 3 and 7. At 2 weeks, mother and baby will have a check-up at one of our offices. After that, most families bring their babies to family practice doctors, nurse-practitioners or pediatricians as needed. You will return for a final check up at 4-6 weeks postpartum.

Forms and Documentation

In your client portal you will find information and a number of forms to read carefully, fill out, e-sign and save before your next visit. These are:

- **Informed Disclosure, Consent, and Financial Agreement for Homebirth** - Both parents read and sign this document after the initial interview and bring it to the first visit. If you have questions or concerns about this document, bring them to your appointment before signing. If you have made special financial arrangements with River & Mountain, these will be detailed at the time of your visit and written into your agreement.
- **Transfer of Care** - review our plan for consultation, collaboration and/or transfer of care, should these be necessary
- **Shared Decision Making Document** - a list of conditions that may require transfer or referral
- **Records Release** - authorization for River & Mountain Midwives to obtain your health information *only if you have been seeing another provider during your current pregnancy*
- **L/BAC Informed Consent** - Labor/Birth After Cesarean informed consent is *only applicable to those who have had a prior cesarean section*

Other information, including a recommended reading list and notice of privacy practices, can also be found on the website: www.riverandmountain.net

MANA Consent – We participate in a study being conducted by the Midwives Alliance of North America, collecting data to evaluate planned out of hospital births and the Midwifery Model of Care. If you give VERBAL consent to have your data included, we will assign a random ID number to accompany your data. Consent must be received before you have your baby for your statistics to be included in the study.

Contact Information & Important Instructions

Some days we are in the office and others we are out on the road at births, at meetings and with our families. If you need to reach River & Mountain to schedule or change an appointment, or for another non-urgent inquiry, please call our office. The midwives or office staff will answer your call when we are in. If your call goes through to voice mail, please leave a message and someone will call you back within the day. **The office can be reached at (845) 256-5430.**

However, if you feel sick, are experiencing an emergency related to your pregnancy, are in labor, or need to reach us immediately for any other reason, first try the office phone. If there is no answer, leave a message and then call a midwife on her mobile phone. In these situations, we want you to reach a midwife directly, so if one midwife does not answer her phone, please leave a message and call all numbers listed below until you reach another.

Texting & Emailing

In order to protect your privacy and ensure clear communication, we ask that **any clinical or urgent concern** be addressed with a phone call. Any communication that requires a conversation should not be texted or emailed. Please remember that the midwives can never turn their mobile phones off, as we are **always** on call. This means text messages received during office visits or while we are driving or at births is a distraction which may compromise someone else's privacy or our safety. Our shared electronic health record, ClientCare East, provides a secure way to email us about non-urgent concerns.

- **Clients are given cell phone numbers at their first visit. They can also be found in the ClientCare patient portal**

We look forward to working with you!

Susanrachel Condon LM Susan Rannestad LM, IBCLC