What is a midwife? Certified Nurse Midwives (CNM’s) are professional licensed health care providers with advanced educational degrees. Midwives are experts in normal pregnancy, delivery and postpartum care. At the same time, they are vigilant and skilled in detecting complications that may require a higher level of care. CNM’s are also highly qualified to provide gynecological care for women from adolescence through menopause and beyond; providing reproductive and contraception counseling and prescriptions, performing minor procedures such as placement of an IUD’s and contraceptive implants, treating uncomplicated infections, and providing well woman exams and pap smears.

Our CNM’s practice as part of the OB-Gyn team; providing high quality, personalized, respectful, evidence-based, holistic care to our patients. It has been shown that midwifery care safely reduces the need for interventions during labor and delivery, such as episiotomy and cesarean section. Midwives respect pregnancy as a state of health and childbirth as a normal, physiologic process. Focusing on the woman and using technology appropriately helps prevent many complications. Like most Certified Nurse Midwives, our CNM’s provide complete obstetric care, including in-hospital deliveries. For those who choose it, midwifery care includes options such as pain medication or epidural for labor. Midwives encourage women to be part of their care team, with decision-making as a shared responsibility. Clients actively participate in their care. Midwives understand the power of birth and the importance of a safe and respectful experience for the mother and family.

By truly listening to women, we can provide individualized care. With a midwife, a woman can expect to get the best care available.

**Collaborative Practice:** Our Midwives and Physicians work collaboratively to provide patient and family centered, professional, high quality, safe Women’s Healthcare. During your pregnancy and childbirth our Physicians are available to assist if you are at increased risk and during emergencies. Our Physicians are also available to assist with gynecologic problems such as abnormal uterine bleeding or pelvic pain, if necessary. If you choose a Midwife birth experience or choose a midwife for gynecologic care, the midwife will remain your primary provider.

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