



Midwife Services



## Consider a Midwife for Your Birthing Experience

Cleveland Clinic's Obstetrics and Family Maternity Center provides world-class medical expertise and family-focused care. Certified nurse midwives are key members of our birthing team. They offer personalized maternity care. Midwives care for you from your first prenatal visit, through labor and delivery, until after your baby is born.

At Cleveland Clinic, midwives care for women at low risk of intervention during pregnancy, labor and delivery. Obstetricians care for women at low or medium risk of intervention. Maternal-fetal medicine specialists care for women at high risk of intervention.

For more information about midwifery at Cleveland Clinic, visit [clevelandclinic.org/midwife](http://clevelandclinic.org/midwife)

### Highly educated and trained

Cleveland Clinic nurse midwives are nurse practitioners who are trained as midwives:

- They have a bachelor of science in nursing (BSN).
- They also have a master of science in nursing (MSN) with training in inpatient care and in outpatient Ob/Gyn and women's care.
- They have passed both a registered nurse (RN) and a certified nurse midwife (CNM) exam.

### What's special about midwives

Midwives bring a unique sense of compassion, mutual respect and companionship to the birthing experience. Throughout pregnancy, they:

- Get to know the expectant mother on a personal basis.
- Are available 24/7 to listen to and address any concerns the expectant family may have.
- Educate families about mother and infant care, nutrition, exercise and breast-feeding.
- Encourage fathers and other support people to take part in prenatal care, delivery and support after birth.
- Advise families about birth control methods, introducing siblings to a newborn, and what to expect the first few weeks at home.

### What midwives offer at the hospital

Midwives make every attempt to abide by the family's decisions about the birthing process, as long as the health and safety of mother and baby are preserved. Midwives are experienced in



managing labor and stay with patients throughout the process, often from the time of admission until after delivery. They not only monitor the health status of mother and baby; they also pay attention to the emotional and social needs of the expectant family.

Midwives support the expectant family's wishes for a natural birthing experience. However, they can provide a full range of pain relief options when requested, including:

- Water therapy
- Hypnobirthing
- Pain medications
- Epidurals

If a problem should arise during labor, the midwife can immediately access the obstetrician on call. Depending on the circumstances, she may simply consult with the obstetrician and proceed. If intervention becomes necessary, she and the doctor may agree that it is best to refer the patient to the obstetrician for delivery. However, the midwife will remain with the patient.

After delivery, the midwife attends to the new mother's medical and emotional needs and helps the new family as they adjust to the baby.

### **CenteringPregnancy® appointments**

CenteringPregnancy appointments prepare women well for the challenges and excitement of labor, delivery and parenting.

These two-hour appointments offer expectant mothers one-on-one care with a midwife plus a group session with eight to 12 other women in a similar stage of pregnancy.

They offer significantly more time with a provider than traditional appointments and allow expectant mothers to share experiences.

After the provider examines each woman privately and addresses any concerns, she meets with the group to:

- Share information on pregnancy and parenting
- Answer any questions from the group
- Offer tips on pregnancy discomfort, nutrition, stress management, labor and delivery, breastfeeding and infant care

### **Midwives offer care beyond childbirth**

In addition to care throughout the pregnancy cycle, Cleveland Clinic nurse midwives offer routine gynecologic care for women of all ages. Our midwives:

- Perform annual exams (well woman care)
- Provide preventive care (contraception, nutrition counseling)
- Treat uncomplicated gynecologic problems (urinary tract infections, STDs)
- Prescribe medication
- Manage menopause

### **Convenient care — East, South and West**

Cleveland Clinic midwives deliver babies at Fairview Hospital and Hillcrest Hospital. They offer prenatal and routine gynecologic care at nine family health and specialty centers on Cleveland's west, south and east sides.

For the most current information about our midwives and the locations where they see patients, visit [clevelandclinic.org](http://clevelandclinic.org). Using our Find a Doctor tool, search for “midwife” under specialists.

### **Cleveland Clinic Regional Birthing Hospitals**

#### **Fairview Hospital**

18101 Lorain Ave.  
Cleveland, OH 44111  
216.476.7000

#### **Hillcrest Hospital**

6780 Mayfield Road  
Mayfield Heights, OH 44124  
440.312.4500

### **Special Delivery Unit for Serious/Complex Medical Conditions**

The specialists serving this unit will communicate with each woman's chosen care provider throughout pregnancy and delivery. If you have questions, please call Birthing Services at 800.223.2273.

#### **Cleveland Clinic Children's Special Delivery Unit**

Cleveland Clinic main campus  
9500 Euclid Ave.  
Cleveland, Ohio 44195



**Every life deserves world class care.**

9500 Euclid Ave., Cleveland, OH 44195

The Ob/Gyn & Women's Health Institute provides a full spectrum of care for women from adolescence through mature adulthood. Institute members provide collaborative care for gynecological cancers, infertility, incontinence, pelvic floor disorders and other women's health issues in a supportive environment enhanced by innovative research. The Ob/Gyn & Women's Health Institute is one of 27 institutes at Cleveland Clinic, a nonprofit, academic medical center ranked among the nation's top hospitals by *U.S. News & World Report*. More than 4,000 staff physicians and researchers in 140 specialties at Cleveland Clinic collaborate to give every patient the best outcome and experience.  
[clevelandclinic.org](http://clevelandclinic.org)

©2016 The Cleveland Clinic Foundation

15-OBG-060