



mountain midwifery care

March 23, 2020

COVID-19 Update

Dear Clients of Mountain Midwifery Care,

Thank you for your patience as we try to provide the best care possible during this time. The College of Midwives of Ontario and the Ontario Ministry of Health have mandated that we only provide essential care at this time. We have made a few small changes to our clinic plan in order to limit in-person interactions.

For scheduled in-person visits, your midwife will call you at your appointment time. Please wait in your car. We will start the visit over the phone to answer questions and check in on your current health. For the last 10 minutes, you can come up to the clinic for a brief in-person assessment.

If you are using public transit or if you don't have access to a cell phone, please let us know when we are in touch to plan your appointment.

PRENATAL VISITS

Week 10 – Initial visit – Telephone visit. We can review your health history and organize lab work and ultrasounds need to be arranged. Please plan for 1 hour.

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Week 16 – In person visit. We will listen to the fetal heart rate, take your blood pressure. Any labs that haven't been done yet can be done at this time.

Week 20 – Telephone visit. We will review all lab work done to date and also review the results of your 18-20 week ultrasound.

Week 26 – In person visit. We will measure your symphysis-fundal height. We will check your blood pressure and the fetal heart rate. We will give you a requisition for gestational diabetes testing and give you the pre-registration package from the hospital.

Week 30 – Telephone visit. We will review lab work, discuss fetal movements, and discuss signs and symptoms of preterm labour.

Week 34 – In person visit. We will measure, listen to fetal heart rate, and take your blood pressure.

Week 37 – In person visit. We will measure, listen to fetal heart rate, and take your blood pressure. We will offer a GBS swab.

Week 39 – In person visit. We will offer a cervical exam and stretch and sweep. We will measure, listen to fetal heart rate, and take your blood pressure.

Week 40 – In person visit similar to week 39.

Week 41 – In person visit if needed. We will discuss the need for induction of labour, and organize this as required.



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POSTPARTUM VISITS

First Week: Two home visits

2 Weeks: Clinic visit. Call from the car/parking lot for discussion, then bring up baby for a weight check.

4-6 Weeks: Clinic visit (final visit) . Call from the car/parking lot for discussion, then bring up baby for a weight check. Pap tests will be delayed unless there is a pressing reason to have one done.

You can still reach us by the pager number for urgent concerns.

We hope you are all keeping well both mentally and physically during this unprecedented time!

From all of us at Mountain Midwifery Care