



Birth, Babies and Beyond, LLC
Practice Information

Philosophy of care

Welcome to Birth, Babies and Beyond! We are a team comprised of Adeline Kell, ND, LM, Alexandra Demetro ND, LM and Angela Beach-Hart, CPM, LM, LMT. We offer homebirth and naturopathic services for SW Washington and the Portland area. We look forward to serving you and your family!

Having Midwives and Naturopathic Doctors involved in your pregnancy allows you to have continuous health care starting at pregnancy and continuing through the birth, the care of your baby and beyond! We believe at BBB that preventative health for your child begins while your baby is still in the womb, allowing for optimal nutrition and health in the long run.

We support and encourage families who wish to have a natural birthing experience in the comfort and familiar surroundings of their own home.

We will provide you with a comprehensive range of professional services, information, and support to assist you in planning the most comfortable and personal birth experience possible. We offer thorough informed choice, giving you up to date information so you and your family can make decisions regarding your own health care.

Pregnancy is a time of great transformation in a family's life. It is a time when you are changing and maturing not only in your body, but also in your heart and mind. We feel it is an honor to present during this sacred time, and therefore grateful for the privilege of working with you.

The care we provide:

When you hire us as your midwives, the total global fee (see attached financial agreement) will cover your entire care with us. This included the following. During prenatal care, the client shall be seen by the midwives at least once every four weeks until you reach 32 weeks gestation, once every two weeks from 32 until 36 weeks gestation, and weekly after 36 weeks gestation. More visits are done as needed. Each midwife will do one prenatal visit in our home after 36 weeks. After the birth, your midwives will do home visits for the first 3 weeks. Seeing you at 1 day postpartum, 3 days, 1 week and 3 weeks. The final 6 week visit will be back in the office.

At your initial visit with us, we will go over your health history, including any of your previous births, and obstetric care, and assessment of general health, diet, etc. We will do a physical exam which can include; height; weight; blood pressure; pulse; breasts exam (may be deferred); abdomen, to include fundal height, fetal heart tones, position of fetus, and presentation; estimation of gestational age by physical findings; and assessment of varicosities, edema and reflexes. We will run initial lab work, which includes a complete OB panel (blood group, Rh type, and antibody screen; hepatitis B surface antigen; rubella screen; CBC), HIV testing, ferritin, genetic screening if desired, and gonorrhea test and chlamydia testing.

A note about your appointments:

Because our care is slightly unique, in that you will be rotating through the different



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midwives for each visit, it is up to you the client to schedule your visits. You will be reminded after every visit who you will be seeing next and to call that particular midwife to schedule. Also because we are on call, there may be times when we have to cancel your visit last minute as births always take priority.

Informed choice:

We believe in informed choice. This means that we will provide you with clear and unbiased, evidenced based information and allow you to make your own decisions regarding your health care. We believe you know your body best and with education and support, will make the best decision for you and your family. We believe that building a relationship of mutual trust, from the very beginning of care, is key, and that having a relationship of trust can help in the process of informed choice. Some of these tests include: ultrasound, glucose testing, Group B Strep cultures, genetic screens and test, and procedures for the newborn such as neonatal screening, eye prophylaxis, and administration of vitamin K. We will go over all of these tests/procedures with you as they come up throughout your prenatal care.

Our Team:

Birth, Babies and Beyond is comprised of Adeline Kell, Alexandra Demetro, Angela Beach-Hart. BBB is a teaching practice, which means we also have student midwives who works with us. Our current student are Brittany Walker and D'ana Valenzuela You will meet all three midwives as well as the student during your prenatal care. Two of the midwives and the student will attend your birth. We also occasionally have another midwife assist us from time to time. Our backup assistant midwives are Jordanna Macintyre and Maura Jansen. You will not be guaranteed to have a particular midwife at your birth. We use this model of care so that your midwives can also enjoy certain guaranteed times in their life when they can be with their families and rest and recover from being on-call. We believe that by meeting all three midwives you will still receive quality and individualized care.

Adeline Kell and Alexandra Demetro are Naturopathic Doctors (ND) with specialized training in Midwifery services. They are both graduates of NCM (National College of Natural Medicine). Adeline graduated in 2003 and Alexandra in 2002. As well as being licensed as an ND in the states of Oregon and Washington, they are also licensed midwife in Washington (LM).

Angela Beach-Hart graduated from Birthingway College of Midwifery in 2013. She is a direct entry midwife, a CPM and a licensed midwife in the state of Washington as well as a licensed massage therapist in Oregon.



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Transport

While a homebirth is the ideal and our goal it is not the most important. Our aim as midwives is to help our clients have their experience be the best and safest for them, under the circumstances, while respecting their choices. Sometimes transport to hospital is necessary during pregnancy, labor or in the postpartum period. If this is the case we can transfer you and/or the baby either by car (in a non emergency) or by ambulance (in an emergency.) In an emergency transport we contact EMT's (Emergency Medical Technicians) to assist with medical support and transport to the hospital. We will stay with you throughout the transport and continue care as an advocate but will no longer be your primary care provider. At the hospital, at least one, of the midwives will provide emotional support and serve as a liaison with medical personnel so that your wishes can be met as closely as possible.

If you have a preference for a particular hospital, we will transport you to that facility. Otherwise, we would usually transfer care to Salmon Creek in Vancouver or Emanuel Hospital in N. Portland. We have built a good relationship with their midwives, nurses and physicians and they are supportive in caring for home birth clients who are transporting to the hospital. They also have a neonatal intensive care unit. Other hospitals that provide neonatal intensive care units are Saint Vincent's, Providence and OHSU in Portland and Peacehealth in Vancouver.

Legalities:

- BBB and the midwives do not carry malpractice insurance
- Home birth attended by a midwife is legal in Oregon and Washington, with the following applying:
 - The midwife must file a birth certificate within one week of the birth.
 - The midwife must test the infant for metabolic disorders [Newborn screening test, PKU], unless the parents decline and sign a waiver.
 - The midwife must administer vitamin K [to protect against newborn hemolytic (bleeding) disorder] unless the parents deny permission and sign a waiver.
 - The midwife will administer newborn eye prophylaxis if the mother tests positive for gonorrhea or chlamydia to protect against their effects.
 - A written plan for transport and emergency transport.
- You can view the complete Oregon laws at http://www.oregon.gov/OHLA/DEM/pages/midwifery_laws_rules.aspx
- You can view the Washington Laws at <http://www.doh.wa.gov/LicensesPermitsandCertificates/ProfessionsNewReneworUpdate/Midwife/Laws.aspx>



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Financial and Homebirth agreement:

These are included with your initial paperwork. The Homebirth Agreement outlines the responsibilities of the clients and the midwives. When signed by the you, you are stating that you have read, understand and agree to all that is included in the Informed Choice Agreement including the Risk Criteria information. The Financial Agreement lists fees, the payment schedule and insurance billing. If and when it is mutually agreed upon that we are entering into a client/midwife relationship, sign each document. The originals will be kept in your file and you will be given copies for your records.

HIPPA

We will provide a copy of the HIPPA (Health Insurance Portability and Accountability Act) Notice of Privacy Practices and also ask that you sign a HIPAA form for our files. The HIPAA privacy regulations ensure privacy protections for patients by limiting the ways that health plans, pharmacies, hospitals and other covered entities can use patients' personal medical information. The regulations protect medical records and other individually identifiable health information, whether it is on paper, in computers or communicated orally

MANA Birth Statistics:

We will request permission so that we can enter information about your pregnancy, birth and postpartum into a database being kept to document the safety and outcomes of planned home birth. This is a confidential process and you may decline to participate. You can read more about MANA (Midwives Alliance of North America) here:

<http://mana.org/research/mana-stats>

Risk assessment criteria

Midwives, under the laws in Oregon and Washington, are required to assess the appropriateness for out-of-hospital birth for each client and transfer care accordingly. Please see our absolute and non-absolute hand out for more information. You can also access this information at

For Oregon:

http://www.oregon.gov/OHLA/DEM/docs/DEM_rules/DEM_01-01-2011_Permanent_Rules_Final.pdf

For Washington:

<http://www.washingtonmidwives.org/for-midwives/indications-consultation.html>