

POTW Montrice Services

What is montrice care? Is a montrice the same thing as a doula?

Yes and no. Montrice services are similar to that of a doula, with just a few differences. A doula does not perform clinical tasks. The montrice fulfills the role of a doula plus provides clinical support. Someone providing montrice service is one who has training in assessing a woman's vital signs, palpate fetal position, monitoring fetal heart tones, and checking cervical progress (when requested).

When the woman arrives at the hospital the montrice then serves in the role of a doula, providing no clinical support. This is an excellent option for women who wish to labor at home as long as possible before arriving at the hospital.

Are there things a montrice will not do? Yes!

* Offer medical advice.

* Relay your consent or non-consent to the hospital staff or care provider on your behalf.

* Make decisions for you.

Montrice services include:

- One-hour prenatal visits scheduled monthly as needed
- Discussing your wishes for labor and birth and help developing a birth wish list
- Discussing the role in which you desire the montrice to have during your labor and birth
- Learning and practicing relaxation and comfort measures
- Learning various positions for labor and birth
- General overview of the labor and birth process (this does not replace a childbirth preparation course)
- Learning how to make informed choices
- Taking maternal vitals, listening to fetal heart tones, and palpating fetal position
- Cervical checks upon your request, at-term and only if indicated
- Email and phone support between 9:00am and 9:00pm
- 24/7 email and phone support starting three weeks before your due date
- On-call for you starting two weeks before your due date
- Helping Dad/partner with comfort measures during labor and birth
- Labor and birth support, Stay for a minimum of 2 hours after birth
- Three postpartum visits, more if needed
- Breastfeeding support
- Newborn care