

Welcome to BirthDocs

■ Who We Are

We are a group of family doctors with a special interest in pregnancy and birth. We have joined together to be able to provide women with the best care that we can. Each member of this group has been carefully chosen because they are highly experienced, caring, and share the same philosophy.

■ Our Philosophy

We believe that pregnancy and birth are healthy, natural phases of life. We take a holistic approach, valuing emotional, social and spiritual health as well as physical health and safety for both mother and baby. The whole family is important and their participation is welcome, according to the mother's wishes. We believe in a woman-centered philosophy of care. We work in partnership with the woman and her family giving support, information, and offering choices. The woman is encouraged to take leadership and her choices are respected. We prefer to minimize the use of technology and medications in labour and birth, offering physical and emotional support as a first choice, because this usually results in fewer complications for the mother and baby. However, every person and every birth are different and we respect your choices.

■ Availability and On Call

You will have one main doctor who will care for you for most of your pregnancy. During labour and birth and for emergencies a doctor from our group, **Family Practice Maternity Service Group 2**, is available 24 hours a day. We communicate daily with each other to give the on-call doctor all the current information they might need about you. A "Meet-The-Doctors-Night" event is held 3 times a year in the evening so you can meet the members of the on-call group and have a chance to ask more questions.

■ Your Care for Pregnancy

Your first visit in early pregnancy is where we discuss the philosophy of care, your preferences, and your health history. In some situations, this may require 2 visits, in order to discuss the options for genetic testing with you and your partner. Following this is a visit for a complete physical examination. In the first few months you visit

once a month and then more often when closer to your due date. At your maternity visits we check weight, blood pressure, growth and position of the baby, and listen to the baby's heartbeat. Topics related to that stage of the pregnancy are discussed along with your questions.

■ Connecting Pregnancy

You have the choice to receive the second half of your care in a group setting along with 10 other families who are due in the same month. Health check-ups are combined with prenatal education and support from other members of the group in a "one-stop" visit. Connecting Pregnancy makes your check-ups interesting, fun and provides a place to get to know other expectant families. It is ideal for people who are first-time parents, new to Vancouver, or looking to meet others who are having a baby. For more information and how to sign up see birthdocs website below.

■ Labour, Birth, & Newborn Care

At the time of labour we want you to call us and we will first talk to you on the telephone, day or night. We will help you decide when to come to the hospital and then after we see you, whether to return home or stay. In hospital, your personal nurse gives continuous labour support. The on-call doctor sees you in labour frequently and is present for the birth and 1 hour afterwards caring for you and the baby. Labour support people of your choosing including trained doulas are very welcome. You will receive daily visits in hospital by the doctor on-call until you go home. After discharge from the hospital you will visit your maternity doctor about 4 days later and will return to your regular family doctor when you and baby are stable and well, up to 6 weeks after the birth.

■ Communication and Trust

We feel strongly that the relationship between you and your doctor must be based on good communication and trust of each other. We encourage you to ask questions, give any feedback, and share your concerns so that we can help you have the pregnancy and birth you hope for.

For more information including dates for
Meet the Doctor Night and lots of resources go to:
www.birthdocs.ca

Emergency Phone Number for the On-call Doctor:

604-875-2161

Ask for FPMS Group 2 doctor on call

