



Coastal Midwifery and Women's Health

Whole person care. delivered.

13 Rules for Women's Healthcare Providers:

According to some unknown male midwife

1. NO ONE WILL EVER KNOW YOUR CLIENT BETTER THAN SHE DOES!!!
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2. If someone's meds are working well, FOR THE LOVE OF GOD DON'T MESS WITH THEM!!
3. Every client has the right to refuse, stop or pause any examination, for any reason, at any time, without any explanation needed.
4. Informed consent is EVERYTHING! Every woman has the right to make her own informed decisions regarding her care. Your job is to present risks vs. benefits, and then let her make the decision. Then respect her decision, even if you don't agree with it!
5. Listen more than you talk. Back away from the keyboard. Put the phone down. Look her in the eyes and listen to her!
6. At least 1 in 4 women are survivors of sexual trauma - that's at least 5 people in a clinic day. You MUST learn about trauma-informed care.
7. Be very careful about labels and assumptions!!! Incorrect diagnoses (e.g., drug seeking behavior, bipolar disorder, etc.) stick to the chart like meconium, and can doom someone to shoddy care forever!
8. Ask about pain....and *believe her answer*. Countless women live with chronic pain every day, and may not tell you, for fear of not being taken seriously. If she says something is wrong, she's almost always correct!

9. If a multip says she's about to have a baby, *believe her!!!*

10. **No one knows everything.** If she's lived with a rare condition all her life, I guarantee you she knows more about it than you do. Be humble and ask questions.

11. Don't be in a hurry, even when you are!

12. **There is no substitute for knowing your client.** Learn everything you can about her. Take every opportunity to talk with her. Meet her family. Labor with her, if you can. Trust is built over time.

13. Don't be a dick.

#mrmidwife Dr. Jacob Mearse, 2019