



INFORMED CHOICE DISCLOSURE

PHILOSOPHY OF CARE

Nine Moons Midwifery, LLC strives to provide individualized care to a diverse group of women and their families by spending time getting to know clients in order to better serve them. Nine Moons Midwifery, LLC believes that women are the best source of knowledge about their own bodies, and encourages women to build partnerships with their midwives while acknowledging their own vital and active role in their care. Nine Moons Midwifery, LLC believes that babies should be welcomed into the world with as light an environmental impact as possible, and promote the use of environmentally sustainable supplies whenever possible.

EDUCATION AND BACKGROUND

Nine Moons Midwifery, LLC is owned by Debbie Wong, CPM. Debbie earned a Bachelor of Science degree in Midwifery from Birthingway College of Midwifery, Portland, OR. While in school, she apprenticed with a Portland area midwife attending homebirths, birth center births, and providing doula care in the hospital. Debbie was certified by the North American Registry of Midwives as a Certified Professional Midwife (CPM) in March 2009. In November 2010, Debbie moved to Charlottesville, VA to join Mountain View Midwives as an Assistant Midwife. Upon moving to VA, she became a Licensed Midwife through the VA Board of Medicine. While working in this practice she started incorporating Arvigo Techniques Maya Abdominal Therapy to her prenatal care. In September 2011, Debbie opened Nine Moons Midwifery, LLC and serves as a primary midwife.

CARE AND SERVICES PROVIDED

PRENATAL CARE

Care typically involves prenatal visits monthly starting at 12 weeks through 32 weeks, then every 2 weeks at 34 to 36 weeks, and weekly after that until birth. The 36 week visit is a home visit to familiarize ourselves with the location of the client's home, other family members or pets, and to assist in preparing clients for labor and birth at home.

Prenatal visits are scheduled to last 90 minutes. Each visit will include assessment of client's vital signs, development and growth, any necessary lab work, a urine dip, and fetal assessment. Nine Moons Midwifery, LLC provides up-to-date and unbiased informed choice on various prenatal tests and procedures, and will spend time discussing options with clients. Visits also typically include discussion of physical discomforts and emotional challenges, family adjustment to pregnancy, as well as expectations and preparation for labor and birth. Nine Moons Midwifery, LLC will help to



assess the client's nutritional status and may offer recommendations for dietary support as well as herbal supplement suggestions. Starting at the 20 week prenatal visit, Nine Moons Midwifery, LLC will offer Arvigo Techniques Maya Abdominal Therapy (ATMAT). ATMAT is a non-invasive external therapy that aligns a displaced uterus.

LABOR AND BIRTH CARE

Nine Moons Midwifery, LLC is on call for clients after 37 weeks of pregnancy, and will provide attentive and knowledgeable care throughout labor, birth and the postpartum period. In the event that the client enters into labor prior to 37 weeks, due to the risks and complications associated with premature birth, care will be transferred to the physician at the hospital.

Nine Moons Midwifery, LLC provides ongoing assessment of maternal and fetal well-being (for example, listening to fetal heart rate, mother's pulse, blood pressure, etc), provide informed choice and offer recommendations and alternatives when complications or challenges occur, and offer physical and emotional support to the client and her partner. Nine Moons Midwifery, LLC is trained to provide Neonatal Resuscitation and suture perineal tears. After the birth of the baby, Nine Moons Midwifery, LLC will assess the well-being of mother and baby, assist with breastfeeding as needed, examine the newborn, and ensure the comfort and safety of mom and baby prior to leaving the home.

In the event of a medical transport to a hospital, Nine Moons Midwifery, LLC will accompany the client and assume the role of doula and advocate for the client's wishes.

POSTPARTUM CARE

Nine Moons Midwifery, LLC offer 5 postpartum visits, including 3 home visits. Nine Moons Midwifery, LLC will return to your home at day 1, day 3 or 4, and again at 7 days. The final 2 visits occur at 3 weeks and 6-8 weeks postpartum, and are office visits. Each postpartum visit will include assessment of mom and baby's vital signs, general comfort and well-being, newborn development and behavior patterns, recovery from the birthing process, and assistance with breastfeeding. Nine Moons Midwifery, LLC also spends time discussing the client's concerns and challenges in her transition to motherhood, as well as nutritional guidance and family planning. The last visit may include a Pap smear if needed.

FEES

The complete fee for prenatal care, labor and birth attendance and postpartum care through the first 8 weeks of baby's life is \$3200. This fee includes prenatal and postpartum office visits, on-call status for Nine Moons Midwifery, LLC, and care during labor and birth. Other routine or recommended services (such as lab tests, supplements or ultrasound) will incur an additional cost. Please see the Financial Agreement for complete details.



I have read and understand the information provided in this Informed Choice Disclosure and accept the arrangements discussed herein.

Client's Signature

Date

Client's Name (please print)

Partner's Signature

Date

Partner's Name (please print)