



Rainier Valley Midwives Home to Hospital Program

[H2H]

We understand that the current pandemic can feel frightening for families expecting a baby. Trying to plan for how you will birth under changing guidelines and rules can feel overwhelming. We hope these options will help ease your fear while allowing you to retain your choice regarding where you birth and help you receive all of the attention and care you and baby need in the weeks after you birth.

Please note: At this time hospitals in the greater Seattle area are discharging parents and babies at 18-24 hours as long as both are stable. You will receive all newborn screens normally administered in the first 24 hours at the hospital. If you enroll in our Early Labor [H2H] program, we will make every effort to match you with the same team for your postpartum care. We know this continuity improves health outcomes because your provider team will know your history and story and be able to pick up your care seamlessly. Families report it feels safer and providers enjoy the opportunity to connect with you personally.

EARLY LABOR PROGRAM

In an effort to help families who are planning a hospital birth, midwives are available to talk with you on the phone as needed, and come to your home during the course of early labor to help you go to the hospital when you are considered in "active labor." *Active labor* is defined as progress to six centimeters dilation. Arriving at the hospital having achieved this much progress will reduce the amount of time you are there. It will also reduce the number of times you may need to go in and out of triage prior to being considered active and able to stay for your labor and birth. In our experience it helps reduce interventions and prime you for a healthy, wonderful birth.

You are a good fit for this program if:

1. You and the people in your household have not had exposure and are not sick with suspected or confirmed COVID 19 Coronavirus.
2. You have had a healthy pregnancy
3. You do not have a history of cesarean delivery
4. You are between 37 weeks and 41 weeks pregnant at the time of labor
5. Your nurse midwife or doctor has not told you that you have any additional risk factors
6. You live within 20 minutes of the hospital you plan to deliver at

To participate in this program:

1. Request your prenatal records be sent to us. Make sure you do not sign anything that says you are transferring care; you are simply getting "collaborative care" or "concurrent care". Most doctors use MyChart or an Electronic Health Record that allows you to request records. Some may need a phone call or an in-office signature. They can be faxed to 888-435-9983.
2. Request a tele-visit. These visits are conducted online or on your phone. We will help you setup access and an appointment. A midwife will call you to discuss your goals and work with you to create a care plan. You can submit a request online: go to MyRVCC.org and click COVID-19 in the top menu or [Click Here](#) You can call for an appointment: 206-712-7352 You can email for an appointment: info@MyRVCC.org
3. Once you are enrolled in this program you will sign a consent for care and schedule your first tele-visit.



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4. We accept Medicaid and almost all insurance plans. We will confirm that this service is covered for you before enrolling you in the program. If you prefer to cash pay, we offer sliding scale services based on need.

How it works:

1. When you have regular contractions or your water breaks, you will call the midwife and your doula if you chose to have one.
2. The midwife will work with you on the phone to create a plan as needed while the doula comes to your home to provide you with support.
3. When it is appropriate, the midwife will come to your home to support and assess you during labor and continue to offer phone check-ins as needed. This time can last from a few hours to a couple of days so a plan will be made with you and can change as your labor progresses. Your midwife will check your vitals, baby's heartbeat and with consent, your progress.
4. When the midwife confirms you are at 6 centimeters dilated, she will give you a form with your vitals, baby's heart rate, and the progression of your labor to that point. You will take that to the hospital where your doctor will then be responsible for your care.

We do not provide IV fluids or treatment for Group B Strep Positive patients unless we have a clear plan agreed to by your physician and your midwife.

You can also receive postpartum care as part of this program or as a stand-alone service.

[Click her to request a consult visit](#)

POSTPARTUM CARE PROGRAM

Normal care of the newborn includes a metabolic screen and congenital heart screen when your baby is just after but as close as possible to 24 hours old. These are normally done before families are discharged from the hospital.

Normal evaluation of the mother's or birthing parent's health provides a sense of security over the first days and weeks postpartum.

Midwives are trained to provide full newborn care, including a hearing screen, and birth parent health for up to six weeks. We normally recommend a pediatric visit at two weeks.

Midwives normally do home visits several times in the first week and then see parents at weeks 2, 4, and 6 postpartum.

You are a good fit for this program if:

1. You and the people in your household do not have suspected or confirmed COVID 19 Coronavirus
2. You would like a healthcare professional to evaluate your health and assess in the first weeks after birth, is gaining weight, and support lactation in the weeks after your birth
3. You have had a vaginal or cesarean birth (you may need to have staples from the cesarean removed in your doctor's office but we can do all other postpartum care prior to your six week visit with your doctor). This includes packing incisions if yours requires that care.



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[H2H]

4. Your nurse midwife, doctor, or pediatrician has not told you that you have additional risk factors that need close supervision in a medical office

To participate in this program:

1. If you are enrolled in our [H2H] Early Labor Program, simply let your midwife know that you would like to extend into the postpartum care program
2. If not, [click here](#) and complete our form for an online consult (to reduce risk of exposure we will send you a zoom link and you will meet with our midwifery team to make a plan for care) You can do this anytime prior to labor or if you have just had a baby you can enroll anytime in the first two weeks postpartum
3. Prior to discharge from the hospital, request that they send a copy of your and baby's records to 888-435-9983.
4. Message us through your chart or call your midwife directly to let them know you have given birth and are ready to start your postpartum care. You will receive a visit from our team to run screens and tests for baby and assess your healing. After that visit you will have a combination of televisits and homevisits through six weeks of care.

TO SCHEDULE

To schedule a visit to discuss transferring all of your care into our midwifery services for a home or birth center birth:

You can submit a request for a visit online: [Click Here](#)

You can call for an appointment or help locating a midwife near you: 206-712-7352

You can text for an appointment: 206-261-2312