

The Natural Birth House



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Acadiana • Northshore



At the BirthHouse, we are dedicated to providing safe, modernized maternity care with a strong core of traditional midwifery values!

We work hard to ensure that our clients feel educated, supported and informed. Our practice provides respectful and personalized care that promotes optimal health, focuses on wellness, and fosters a birth experience that is memorable and empowering!



MATERNAL OUTCOMES IN U.S

PUBLISHED IN 2020

Low-risk moms with term,
vertex babies

<u>POTENTIAL MORBIDITY</u>	<u>HOSPITAL</u>	<u>PLANNED MIDWIFE</u> <small>Out-of Hospital</small>
Cesrean Section	31.9%	<6%
Vaginal Tearing	22.4%	7.9%
Infection	2.6%	0.7%
Labor Induction	25.7%	1.4%
BREASTFEEDING INITIATION	72.8%	94.5%

SOURCE:
Birth Settings in
America Outcomes, Quality,
Access, and Choice (2020)

The Natural Birth House

@CajunStork
YouTube

BirthHouse Mamas are much more likely to have a vaginal birth, less likely to have medical interventions in their birth and are more likely to continue breastfeeding than mothers who deliver in local hospitals!

#Midwivesrock



We take
Special
Requests!

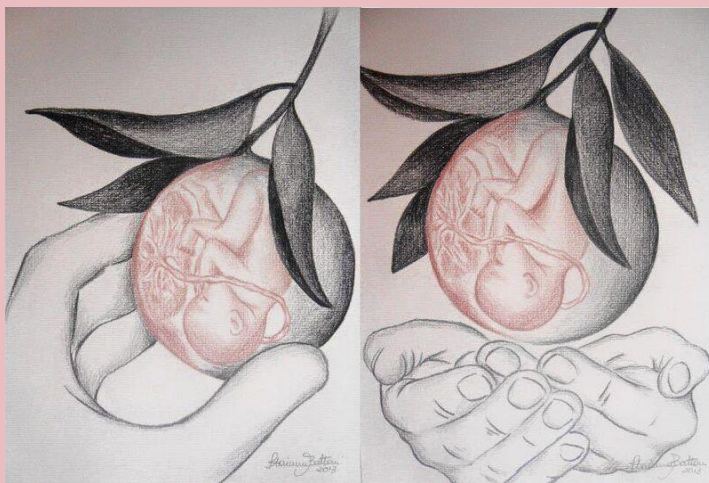


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Frequently Asked Questions

- ❖ How is a midwife different from an OB/Gyn?
- ❖ How is a birth center different from a hospital?
- ❖ Who can use a birth center?
- ❖ Is out-of-hospital births safe?
- ❖ Can i switch to the birth center if I am already seeing a OB? Do I need my OB's permission to switch?
- ❖ How do I become a client at the birth center?
- ❖ When is it too late to transfer into care?
- ❖ What will me prenatal care be like?
- ❖ Who will be at my birth?
- ❖ What is provided for the baby?
- ❖ What kind of care will my baby and I receive after birth?
- ❖ What happens if I transfer out of your care?
- ❖ What hospitals do you use for transfers? What is the distance?



[Click here to learn more about the Midwife Model of Care \(MMOC\)](#)



How is a midwife different from an OB/Gyn?

A midwife specialized in low-risk pregnancies, and focuses on optimal health and prevention of common problems. Her training and experience allow her to optimize the health of both mom and baby, ensure their continued safety, and recognize when problems arise. Midwives follow a model of care that views pregnancy and birth as a normal life event that does not require routine intervention.

The midwives at The Natural BirthHouse are **Certified Professional Midwives (CPM)** who are licensed by the Louisiana State Board of Medical Examiners.

How is a birth center different from a hospital?

Birth centers are equipped to provide you with the same standard of care as physicians' offices and hospitals, but in a more private, supportive, home-like environment. The ample one-on-one time spent with the midwives helps to ensure a highly individualized experience and maximum comfort during labor and birth.

Who can use a birth center?

Birth centers are a safe option for women with low-risk pregnancies. The Louisiana State Board of Medical Examiners set the standards of what is considered low-risk, and what situations require transfer of care to a physician. (Sadly, the LSBME does not currently allow midwives to attend VBACs out of the hospital).



Is out-of-hospital birth safe?

Yes. Birth centers are recognized as a safe alternative to the hospital birth for healthy, low-risk pregnancies.

Studies like this one show that low-risk births attended by licensed midwives have equal or better outcomes with fewer interventions when compared to similar births in the hospital.

A midwife can recognize and treat many common issues that may arise during pregnancy, labor, and birth, and can assist in obtaining necessary medical care through collaborative treatment with a physician and/or nearby hospital.



During labor, midwives monitor both mother and baby, and can provide things like IV fluids, antihemorrhagic medications, oxygen, resuscitation, and suturing. If an emergency does arise, or if mother or baby requires more extensive medical attention, the midwives and staff are prepared to initiate a timely and efficient transfer to a local hospital.



Yes, we have emergency medical equipment!

(We just don't use any of it "routinely")

- ❖ IV fluids
- ❖ Oxygen, suction and resuscitation equipment
- ❖ Antihemorrhagic drugs (for afterbirth bleeding)
- ❖ Lidocaine and suturing material
- ❖ Vitamin K and eye ointment for the baby, IV antibiotics for Group B Strep, and more..



[What equipment do midwives bring to births?](#)



© Liz Yvonne



How do I become a client at the birth center?

(As easy at 1,2,3)

- 1. See OB and complete initial prenatal lab work**
- 2. Schedule 30-minute consultation**
(can be scheduled before OB appointment)
- 3. Schedule initial visit at The Natural BirthHouse and become officially accepted into care!**



Can I switch to the birth center if I'm already seeing an OB? Do I need my OB's permission to switch?

Yes, you may switch into midwifery care if you are already seeing an OB. Your midwife will become your primary healthcare provider for your pregnancy on the day of your initial visit. It is okay if your OB is not supportive of you switching to a midwife. We have OBGYNs to consult with you if you were to need a physician evaluation for any reason. Your OB will allow you to return to their care AFTER the birth.

When is it too late to transfer into care?

We prefer clients to transfer in early pregnancy, around 12-16 weeks. However, we realize you may be further along and want to transfer now. Although there is no limit on how late you can transfer into care, we do need time to obtain your medical records, review and perform your initial visit.

Transfers after 30 weeks will only be accepted if you have had routine prenatal care beforehand.



Can I switch to the birth center if I'm already seeing an OB? Do I need my OB's permission to switch?



Prenatal care with midwives is very different than traditional prenatal care from OBGYNs. Often there is very little, if any, wait time. Your appointment will consist of unrushed 30 minute one-on-one time with your midwife. Children and family members are always welcome to join you and even participate in the experience. By the time you deliver your baby, you will have spent several hours of direct one-on-one time with your midwives.

[Click here to see a great example of the difference between midwife and OB appointments.](#)



**We believe pregnancy
and birth are a
NORMAL life event
that does not require
routine interventions**



Who will be at my birth?

No strangers
at your birth!



During your labor, you will be attended by one midwife and one birth assistant. We will make efforts to arrange for you to meet your birth assistant during your pregnancy, when possible.

The midwife is responsible for your care throughout your entire time with us, but may delegate skill-appropriate tasks to the birth assistant such as taking blood pressure, assisting you with breastfeeding, etc...

We strongly encourage you to hire a doula for labor support for your birth.





“ We are always aware of how much of an amazing, unique little person your baby is. We will do our best to make their first experiences as gentle as possible!”



What is provided for the baby?

- ❖ Complete head-to-toe newborn exam including weight, length, reflexes, etc...
- ❖ Vitamin K and Erythromycin Eye ointment
- ❖ Pediatric Referral
 - This includes all of the information your pediatrician will want to know about your pregnancy, lab test, the birth and your newborn at the initial visit
- ❖ PKU and Hearing screen
 - State mandated testing
- ❖ Glucose testing (if needed)
- ❖ Blood type and RH, along with other testing that may be required for babies born to Rh-mothers (cord blood)
- ❖ Birth Certificate and social security number
- ❖ Weight checks and breast feeding assessments for 6 weeks
- ❖ Also, for mothers who test positive for Group B Strep, we do provide antibiotic prophylaxis during labor [as recommended by CDC](#)



More about how midwives keep babies SAFE!



*Love at
first
sight!*



**Enjoy immediate skin-to-skin and
uninterrupted first hour(s) together**



What kind of care will my baby and I receive after delivery?

After the birth, you will remain in our care for up to 6 hours and then will be discharged from the birth center to return home. The midwives will be connecting with you frequently via a mixture of phone calls and HOME VISIT appointments on days 1, 2, 3, 7-10 and 6 weeks postpartum. These first weeks with baby are so important and additional appointments can be made if necessary to ensure a supported transition (no extra charge).

During this time the midwife will perform health assessments for you and your healthy newborn. In addition, she can provide breastfeeding support and can make referrals if necessary.

What happens if I transfer out of your care?

A birth center is a place for low-risk deliveries. Our midwives perform ongoing risk assessments to ensure you receive appropriate healthcare throughout your time with us. Should risk-factors arise you will be transferred to a physician or hospital. The financial aspects of this are outlined in your financial contract, but basically you are only billed for the services provided up to the time of transfer. . If you are transferred during the labor/birth, the midwife will remain with you. All clients > 37 weeks will receive postpartum care from our midwives, even if a hospital transfer was required.



What hospital do you use for transfers? What is the distance?

We are located between the two major hospitals with labor & delivery and NICU availability. Each is about 6 miles or less (10-15 minutes) from the birth center.

This is great because clients may choose their preferred hospital in the instance a transfer would be required. Your preferred hospital will be chosen at your initial visit as part of your Emergency Care Plan.

In the instance of a rare birth emergency, the American College of Obstetrics & Gynecologists (ACOG) recommends “30 minutes from decision to incision” and the American Academy of Pediatrics Pediatrics



(AAP) recommends “20 minutes for maximal patient safety.”

Our birth center is well within these recommended timeframes!



Insurance, Fees and Discounts:

The typical uncomplicated hospital birth cost more than \$15,000! In addition to paying your physician during pregnancy, you should expect a variety of in and out-of-network bills to trickle in after the birth.

These bills include:

- ❖ Hospital Delivery Fee
- ❖ Labs and medication fees
- ❖ Separate bills from the anesthesiologist and possible nurse anesthetist in addition to the medications (epidural)
- ❖ Newborn care fees
- ❖ Pediatrician in-hospital visit fee
- ❖ Postpartum car expenses

This is an actual hospital bill for an uncomplicated vaginal birth in Acadiana in 2016. It does NOT include the fee this mom has already paid to the physician, nor the newborn care fees.

DEPARTMENTAL CHARGE SUMMARY		
DEPT	DESCRIPTION	AMOUNT
0610	2 EAST	1,293.00
0660	LABOR AND DELIVERY	13,023.00
0712	PHARMACY	1,104.00
0716	IV ADMIXTURES	603.00
0718	CENTRAL SUPPLY	441.00
0736	LAB	404.00
0758	BLOOD BANK	373.00
TOTAL CHARGES:		17,241.00



General Birth Center Fees



We too will bill your insurance, but you will not be getting any surprise bills from us!

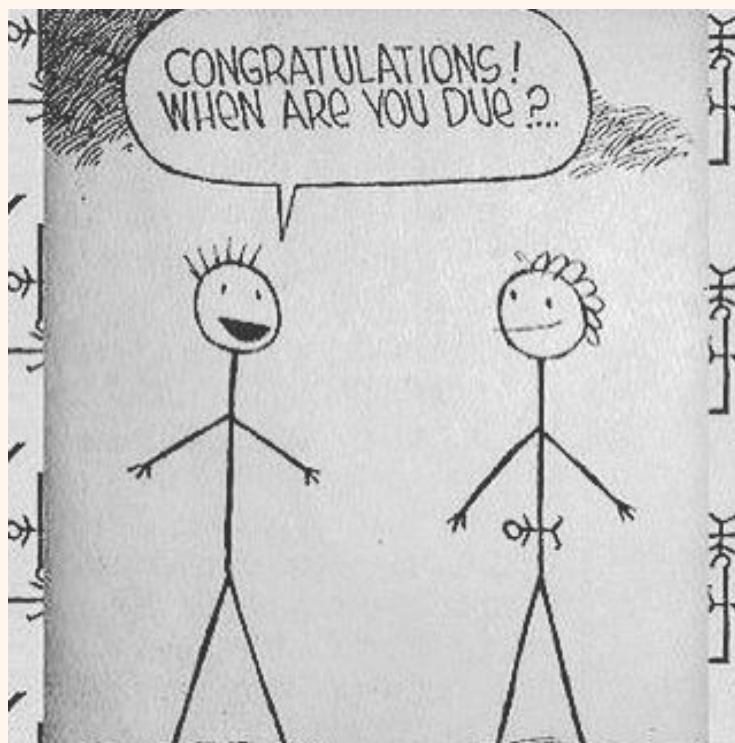
As usual, what you personally pay depends on your coverage, deductibles, co-insurance, etc.. After the consultation, we can do a verification of benefits with your insurance company to get your specific fee schedule.

If you do not have maternity insurance, we will pay our affordable **flat rate cash-pay** fee.



Most families will pay less out of pocket at our birth center than for a comparative hospital birth

We can help compare the costs for you! Please be sure to fill out a *Verification of Benefits* form to obtain your quote.



Your fee includes:

30-60 minute appointments for complete prenatal, birth and postpartum care including home visits as well as nutritional counseling, risk assessment, some diagnostic testing, birth preparation, newborn care education, birth certificate filing, breastfeeding support and family planning consultation. Your birth assistant and birth supply kit are also covered.

It does not include:

Fees for lab work, doulas, ultrasound(s), physician consultation, non-emergent medications, hospital care, emergency transportation or the cost of a few supplies you are asked to purchase for your birth.

How payments work:

- ❖ \$50 Consultation Fee (applied towards total fee)
- ❖ \$500 Initial Visit Fee (applied towards total fee)
- ❖ \$200 minimum payment at each visit until balance is paid

Finance options ARE available!



Methods of Payment:

- ❖ Cash
- ❖ Check
- ❖ Credit card
- ❖ Tax deductible health saving account (HSA)
- ❖ Flexible spending account (FSA)
- ❖ Gift certificates
- ❖ Paypal
- ❖ Venmo
- ❖ Square

Bartering on a case-by-case basis up to \$2,000.



**Veterans or Spouse of
Veterans
10% off total fee (cash pay)**



The way you feel throughout pregnancy and becoming a mother matters!

We admire your desire to take charge of your birth experience. We respect that there is ultimately no one who will love and know what is better for you and your baby than yourself!

You have the right to choose a safe and satisfying birth experience.

It is our pleasure to serve and honor you during your pregnancy and birth experience in every way we can!



Contact us to take your next step
to becoming a BirthHouse Mama!

Check out the
birth center
created

JUST FOR YOU!



The Natural Birth House



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