



# La Matriz B I R T H

## Informed Consent

May I first begin by saying that it is my complete pleasure and honor to serve you and your new baby in this your journey.

As it is my honor it is also my responsibility to support your informed decision to birth your baby where you feel is the best choice. Having a planned out of hospital birth is your right and your responsibility as a birthing mother. Midwifery care is so special to me because we, both client and Midwife establish mutual respect and reciprocity within our responsibilities. Families birthing in an out of hospital setting must take extra responsibility in this area as birthing outside of the hospital means not having access to modern hospital technologies. You have the legal right to refuse any testing or treatment; you may be required to sign additional forms for any care received or refused. To offer my best care, I must work within certain guidelines that help us determine optimal health and safety for mother and baby.

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### Philosophy of Care

The Midwives Model of Care™ is a fundamentally different approach to pregnancy and childbirth than contemporary obstetrics. Midwifery care is uniquely nurturing, hands-on care before, during, and after birth. Midwives are health care professionals specializing in pregnancy and childbirth who develop a trusting relationship with their clients, which results in confident, supported labor and birth. Midwives are trained to provide comprehensive prenatal care and education, guide labor and birth, address complications, and care for newborns. The Midwives Model of Care™ is based on the fact that pregnancy and birth are normal life events. The application of this model has been proven to reduce to incidence of birth injury, trauma, and cesarean section. The Midwives Model of Care™ includes:

- Monitoring the physical, psychological and social well-being of the mother throughout the childbearing cycle
- Providing the mother with individualized education, counseling, and prenatal care, continuous hands-on assistance during labor and delivery, and postpartum support
- Minimizing technological interventions and

- Identifying and referring women who require obstetrical attention.

## Background

Bianca Mercado aka Tema was born and raised in San Jose Ca. and has been living in San Diego since 2010. She has five children of her own, the last of which, were born with midwives outside of the hospital. She attended National College of Midwifery for her direct-entry into Midwifery as well as apprenticed for 3 year with Birth Roots Maternity Women's Health and Maternity Center. She maintains certifications in Neonatal Resuscitation, and adult, infant and child CPR. She is currently practicing as a Licensed Midwife and has attended over 150 births.

## Scope of Practice

The community scope of practice for homebirth midwives in the San Diego area includes: preconception counseling; prenatal care, including labs; attendance at the labor and birth, using traditional midwifery skills as well as pharmaceuticals and western diagnostic tools; postpartum, newborn and breastfeeding care, including newborn medications and labs; and well-woman care, including labs.

## Prenatal Care

Prenatal care will commence with a comprehensive initial prenatal followed by an in depth nutritional counseling visit. The typical schedule includes a group or private prenatal visit every two weeks thereafter. Private visits average 60 minutes in duration but may be adjusted to suit each family's needs. A prenatal home-visit is scheduled at approximately 36 -37 weeks for those planning a home delivery.

## Labor and Delivery Care

I will provide as much or as little labor support as you request with regular attention, as necessary, to monitor mom and baby. Our optimal care depends on your clear communication about your needs. Should complications arise, we will discuss options as the situation allows for the safety of mom and/or baby. I will arrive at the birth within a reasonable amount of time after you request our presence, and I will stay an average of four hours after the birth to ensure mother and baby are stable. I welcome your other children's presences; they must have an additional caregiver present. In the case of transport to a hospital, Tema and/or one of her agents will remain with you through birth but will be legally limited to emotional and informational support.

## Postpartum Care

Phone visits are made the following day and throughout the first week. A home visit is made within 48 hours postpartum and at one week; additional office visits are scheduled throughout the first 2-12 weeks. We encourage you to have household help after the birth; we can provide you with referrals to postpartum doula



services upon request. In the event of hospital transport, Tema and/or one of her agents, will make phone and/or hospital visits until you are home, and then on the postpartum visit schedule as above.

## Newborn Care

Although I will perform routine newborn and postnatal examinations, I cannot provide the same services as a pediatrician. I expect you to interview and choose a pediatrician during your pregnancy and to take the baby for a routine physician evaluation within the first week, sooner if there is cause. The state of California requires that your baby receive a newborn screening blood test, which we will perform in the first week; we will provide you with this information during your pregnancy.

## Licensure

The Licensed Midwifery Practice Act requires that women choosing midwifery care with a Licensed Midwife be informed of specific details regarding the midwife's practice, detailed in the Licensed Midwife Disclosure Form. In the state of California, the California Medical Board regulates the practice of midwifery, and requires that midwives be licensed. Although licensure does not create nor ensure competent midwives, we have chosen to pursue licensure by the state of California.

## Fees

Fees are clearly outlined in the Financial Agreement you receive and sign upon contract of care. Your agreement to complete payment to us equals our agreement to continue care for you, thus we reserve the right to discontinue care at any time if we do not receive payment as contracted. By signing this document or the Financial Agreement, you grant permission for us to release your medical records if requested by your insurance company in the review of claims and grant assignment of payment to us from your insurance company. Any applicable overpayment will be refunded within a reasonable timeframe.

## Questions and Complaints

Should you have any questions or complaints about the care I provide, we hope that you try to facilitate resolution by direct contact and communication with us. If you feel it necessary to file a formal complaint, you may do so through the Medical Board of California, 1430 Howe Avenue, Suite 100, Sacramento, California 95825-3236, phone 916.263.2389.



We, \_\_\_\_\_ (mother) and \_\_\_\_\_ (partner), willfully enter into this midwife-client relationship as outlined in this two-page document entitled Informed Consent Agreement. We understand and agree with the information contained herein and have made copies of this document for our records. We acknowledge the Medical Board's mandate for physician supervision of midwives, and with our signatures below, we express our understanding that no physician supervision is available to us, and we refuse a supervising physician for our care. By signing below, we consent for Bianca Mercado aka Tema and/or assigned agents to provide any care deemed necessary to the pregnant woman and her child.

\_\_\_\_\_  
Mother's Signature\_\_\_\_\_  
Mother's Name\_\_\_\_\_  
Date\_\_\_\_\_  
Partner's Signature\_\_\_\_\_  
Partner's Name\_\_\_\_\_  
Date\_\_\_\_\_  
Midwife's Signature\_\_\_\_\_  
Bianca Mercado L.M. CPM  
Midwife's Name\_\_\_\_\_  
Date

