

Planned Hospital Birth with Midwifery Care Associates

All MCA midwives have full clinical privileges at **Capital Health-Hopewell Medical Center**. CHH is a new, beautiful, and baby friendly hospital with wonderful support for breastfeeding and midwives. Families may choose to have hospital birth for a multitude of reasons, whether medically indicated or elective. For more information on Capital Health or to schedule a hospital tour, please visit: <https://www.capitalhealth.org/medical-services/maternity>

Low Risk Planned Hospital Birth

Capital Health is very supportive of midwifery care and of our clients' birth wishes. This is what low risk, elective hospital birth clients can expect at Capital Health.

- An initial 20 minutes of listening to the baby with wireless, continuous monitors. Then if all sounds normal, intermittent monitoring is initiated.
- Encouraged eating and drinking throughout labor; wearing whatever is comfortable for our clients, and LOTS of movement.
- Sometimes blood work or a saline lock (heplock) is used, but generally this is deferred unless there are specific medical reasons.
- One registered nurse during labor, and two nurses present for birth of baby. Sometimes a pediatric team will also be present, but will leave assuming all is well with baby once born.
- Labor and birth in any position. Labor up to pushing permissible in Jacuzzi tub, but not actual birth of baby. Birth balls and peanut balls are provided.
- One or two nights (defined as "midnights") in the hospital after birth. Usually two nights, but sometimes early discharge is permissible if hospital pediatrician agrees.

Vaginal Birth after Cesarean

One reason a family may need a hospital birth is if the mother is too high risk to birth at home. The most common cause of this at Midwifery Care Associates is because of a history of a prior cesarean birth. All of our families who desire a vaginal birth after a cesarean (VBAC) have their babies at Capital. Our success rate in achieving VBAC is incredibly high. There are some additional monitoring parameters for our VBAC families:

- A consult appointment with our Maternal Fetal Medicine department during pregnancy to rule out any reasons why a person should not attempt a VBAC.
- A saline lock (heplock). This is IV access, but unless there are complications, no actual IV tubing or fluids will be required, so this does not deter movement at all. This also involves getting some blood work taken when you first arrive to the hospital.
- Continuous monitoring of the baby and contractions while in labor at the hospital. This is done with waterproof, wireless monitors. The Jacuzzi tub and showers are encouraged, and no cords are required!
- Unless a true emergency arises, should the need for a repeat cesarean arise, that will be a conversation with the family and the midwife first and foremost, without unsolicited involvement of an OBGYN. Then, our very supportive in-house backup physicians at Capital Women's Group will obtain consent and perform the actual procedure. The midwife will also be a support person in the operating room, taking pictures of the baby and holding hands.