

## ***Informed Disclosure and Consent for Homebirth Care***

### **PART I: DISCLOSURE**

***MoonSong Midwifery*** is committed to providing highly skilled and deeply compassionate care to women and individuals seeking midwifery care. Midwives are trained and certified to provide gynecological care throughout the lifespan as well as prenatal, labor and birth, postpartum and newborn care. I strive to provide culturally competent care to clients of all genders, races, ethnicities, sexual orientations, religions, socio-economic backgrounds and spiritual paths. I offer complete maternity care to clients and families who desire homebirth, are well informed and are committed to partnering with me. Before we decide to work together I want you to be fully informed. A system of open communication, informed disclosure and full consent foster parental responsibility and caregiver accountability.

#### **Credentials**

Certified Nurse Midwife, Licensed to practice midwifery by the State of NY  
Board Certified by the American Midwifery Certification Board  
Registered Nurse, Licensed by the State of NY  
Masters of Science in Nursing and Midwifery, *SUNY Downstate, Brooklyn, NY*  
Bachelors of Science in Nursing, *Samuel Merritt University, Oakland, CA*  
Bachelors of Arts in Sociology, *Smith College, Northampton, MA*

Before founding ***MoonSong Midwifery***, I worked for 7 years as a full scope midwife at Columbia Memorial Hospital, a community hospital in Hudson NY. During this time I ran a weekly breastfeeding support group. Prior to that, I worked as an RN in a variety of settings including at a busy OB-GYN practice in Manhattan, in an elementary school in Pine Planes, NY, at a summer camp in Plymouth, VT and in busy Emergency Rooms in Brooklyn, NY and Berkeley, CA. I was trained as a doula and birthed both of my own children at home in Woodstock, NY. (I was also born at home myself ☺)

I am continually expanding my practice and expertise and aim to incorporate herbal and homeopathic remedies, nutritional healing, breastfeeding techniques and advanced skills in labor and birth support. I also provide referrals for other healing arts including massage, acupuncture, zero balancing, nutrition and psychological services. I am dedicated to meeting each client where they are at and working together to figure out the right path for them.

#### **WHY HOME BIRTH?**

Home is where we are most comfortable and able to relax. Anxiety and fear are lessened at home, which decreases adrenaline and allows the body to work optimally and often with less pain. Healthy women experiencing a normal pregnancy are as safe choosing homebirth with a professional attendant present, as they would be in a hospital.

The ability to tune into your own body and move as needed, to eat and drink as desired, to make whatever sounds you wish, and to decide who you want to be with during labor and birth empowers a woman and supports her in a healthy satisfying manner. Having to decide when to get into a car and drive to a hospital and interrupt the labor process is eliminated when staying home. Women feel strengthened by birth instead of feeling that they gave up control of their

bodies and were rescued by others.

Immediately after birth, the infant and mother are undisturbed, allowing time for them to bond with each other and their family. Breastfeeding is more successful at home and will usually occur spontaneously when the process is uninterrupted. Naturally occurring hormones encourage the birth of the placenta and protect against postpartum hemorrhage.

The baby is introduced to a family full of love rather than a hospital room full of strangers and germs.

## **IS HOME BIRTH SAFE?**

Home birth is a safe and legal option for low risk, healthy women. Home birth midwives create a safe birthing environment in your home while maintaining the homey environment that you love. I carry equipment to your home such as: a doppler for listening to the baby's heart rate, oxygen, IVs, suctioning equipment, select medications and suturing equipment. I am trained in neonatal and adult resuscitation.

There are fewer unnecessary interventions at home, avoiding all of the problems and side effect associated with such interventions.

Although reasonable precautions and careful assessment to ensure the safety of mother and baby are the priority, unforeseen events may arise leading to an unexpected outcome in any setting.

There are fewer diagnostic and therapeutic tools available in the home than in a hospital. The home is not equivalent to hospital facilities that have equipment for dealing with serious problems. Some emergencies are better managed in a hospital setting. If the rare problem develops and a hospital is needed, we will transfer to the most appropriate hospital. I will stay with you throughout the transfer and the birth of your baby. I will resume your postpartum care when you return home.

Statistical data indicates that low-risk homebirth is as safe as hospital birth. When birth emergencies or poor outcomes happen in hospitals, the birth-place is seldom called into question. If the same situation or outcome occurs at home, the choice of homebirth is inevitably called into question. Your midwife cannot guarantee a normal birth or healthy mother or baby and acceptance of a client for homebirth in no way constitutes any such guarantee.

In our culture, midwifery provides an option for parents who believe that pregnancy, childbirth and lactation are natural and healthy experiences. Focusing on the normal does not mean that problems go unrecognized or unattended. Rather, they are viewed as imbalances needing to be righted. They are not expected or feared. If problems occur at home, friends, family members and professionals will invariably question the wisdom of your choices. I ask you to honestly project yourselves into your worst-case scenario and examine how you would feel about your original choices after the fact. Then, please feel free to discuss this with me, so that I can create a trusting relationship with you that recognizes both the wonder of birth and the inherent lack of guarantees in life and in birth. I depend on you, my client, to stand behind me in case of problems in the same way I place myself at personal and political risk so you may have your choice of care and birth-place.

Whenever possible, decisions about your care will be collaborative. Situations may arise in which the professional judgment of the midwife and/or their collaborating physicians must be relied upon exclusively for the safety of mother and baby. Homebirth enrollment with MoonSong is ultimately at my discretion. Your records, physical examinations and laboratory reports will continually evaluate your enrollment. Do not hesitate to ask questions at any time.

**PRENATAL, LABOR and BIRTH & POSTPARTUM CARE**

MoonSong Midwifery provides prenatal care throughout the pregnancy. This includes a free first consult to meet and discuss home birth. If we agree to work together, prenatal visits will be once every four weeks until 30 weeks, then every two weeks until 36 weeks, then at least once a week until delivery (at least one of those visits will be at your home). Visits generally last 45 minutes to an hour. Nutrition, emotional feelings, preparation for birth, and comfort measures as well as explanations and shared decision making about ordering prenatal testing, labs, and ultrasounds will be offered at each visit. Siblings are welcome. Unlimited phone access is available 24/7.

When early labor begins, I will be available by phone. As you become more active or want support I will come to your house. I will offer you skilled labor and birth support. A skilled birth assistant will come during the labor to assist at the birth. Water labor/birth is available. I will stay for at least 2-3 hours after the birth while allowing the family to bond. An initial newborn exam will be done. Vitamin K and erythromycin eye ointment can be administered when informed consent has been given (we will discuss it prenatally). We will help with the clean up after the birth and assist you with breastfeeding if needed.

During the first week postpartum I will visit at least 2-3 times and visit once the second week. I will continue to be available by phone or in person 24/7 throughout the next 6 weeks. I will perform the newborn screening PKU test (metabolism test) at your home. I will provide you with a completed birth certificate for you to bring to your town clerk. I will see you and your baby at my office at 6 weeks postpartum.

Our relationship will be built on trust and getting to know each other prenatally as you prepare for birth. It is gratifying to have a provider you know at your baby’s birth. I limit my practice to approximately 3 to 4 births a month so that I can be there for you and your family.

We the undersigned have read and understood all the statements above. The content of this Informed Disclosure is entirely clear and acceptable to me.

Mother’s signature \_\_\_\_\_

Date \_\_\_\_\_

Partner’s signature \_\_\_\_\_

Date \_\_\_\_\_

Midwife’s signature \_\_\_\_\_

Date \_\_\_\_\_

**PART II: INFORMED CONSENT**

I hereby request enrollment in the homebirth practice of MoonSong Midwifery PLCC, Julia Hausman CNM and professional associates.

*Please initial \_\_\_\_\_*

**Physical Examinations and Authority to Treat**

I engage and authorize the MoonSong Midwifery health care team (which includes Julia Hausman and her assistants) to perform, according to the expertise of each individual, examinations on my person to confirm general health and pregnancy status, obtain specimens and perform diagnostic procedures including but not limited to:

- Prenatal and postpartum and breastfeeding education
- Checking vital signs
- Urinalysis
- Physical examinations including pelvic examination, both vaginal and rectal as needed
- Obtaining cervical, vaginal or rectal specimens
- Obtaining or ordering blood or other specimens for laboratory tests, including ultrasounds
- Prescribing and/or dispensing oral, intramuscular, subcutaneous or intravenous infusions or medications and local anesthesia for suturing
- Artificial rupture of the amniotic membranes (not done routinely)
- Maneuvers to assist with the birth of my baby
- Episiotomy (not done routinely, only if medically necessary) and repair of lacerations if indicated
- Postpartum care including family planning
- Immediate newborn care
- Follow up home visits
- Such other procedures related to childbearing as may be deemed necessary

I understand that even when the above are properly and correctly done, there is a potential for infection, tissue damage, false positive or negative results and other unpredictable medical outcomes. I agree that Julia Hausman and her assistants are responsible for the performance of their own professional acts only and test results shall be the responsibility of those who perform and report them in the laboratory.

*Please initial \_\_\_\_\_*

I grant Julia Hausman full authority to administer any medications and perform any and all treatments, diagnostic procedures and tests, examinations and care to my baby and me as deemed necessary.

*Please initial \_\_\_\_\_*

In case of emergencies, I authorize Julia Hausman to take appropriate measures and to use specialized equipment, or transfer my baby or me to a hospital when required.

*Please initial \_\_\_\_\_*

All of the above is to be performed as deemed necessary or advisable by Julia Hausman in the exercise of her professional judgment. When time permits, all options for medications and/or procedures will be discussed thoroughly with me. In an emergency, I have no reservation regarding the use of or administration to my baby or me of any medications or treatments referred to above.

*Please initial \_\_\_\_\_*

**EARLY TRANSFER**

I understand that if Julia Hausman recognizes signs that indicate the course of my pregnancy may deviate from the norm (even though such deviations may not necessarily adversely affect the outcome of the pregnancy), she will discuss my condition with me in terms of care criteria. Further, if after such discussion it is the decision of Julia that my care during pregnancy should be transferred to another care provider, I agree to abide by this decision regarding transfer at any stage of the pregnancy to the provider of my choice.

*Please initial \_\_\_\_\_*

**CLIENT HISTORY & THE RIGHT TO WITHDRAW**

In view of all of the above, I understand that in the selection and treatment of clients in your practice, you will rely on my medical history and the information about myself that I provide. I affirm that such information is and will be correct and accurate to the best of my knowledge. I understand that I may voluntarily withdraw from enrollment at anytime I wish upon written notice to you.

*Please initial \_\_\_\_\_*

**HIPAA COMPLIANCE**

I understand that my insurance company may request copies of personal information from my medical record in order to process claims on my behalf. It is my responsibility to inform Julia Hausman or her billing agents if I wish to review any information prior to its being provided to my insurer.

*Please initial \_\_\_\_\_*

**Photographs**

If photographs are taken, we give permission for MoonSong Midwifery to use them at client's discretion, on media sites.

*Please initial \_\_\_\_\_*

**AFFIRMATION**

At leisure, I have read and understood this Informed Disclosure & Consent document. I have discussed any questions to my satisfaction with Julia Hausman and I do not have any further questions regarding its content at this time. We, the undersigned, understand the operation of this practice and its limitations. I affirm that I have read and fully understand all of the above.

Signature of client \_\_\_\_\_ Date \_\_\_\_\_

Signature of partner \_\_\_\_\_ Date \_\_\_\_\_

## Conditions, which may require collaboration, referral or transfer:

While the course of childbearing is a healthy human function, I understand that complications may arise unpredictably and suddenly, which may be a hazard of or be aggravated by the stresses of childbearing or being born. Julia Hausman CNM can treat some pregnancy, labor or postpartum complications independently or at home. Others require discussion, consultation, collaboration and/or referral or transfer. These conditions include but are not limited to:

**Congenital Anomalies** – Birth defects may or may not be detectable by prenatal testing.

**Prematurity or Post maturity** – The baby is born before 37 weeks or after 42 weeks gestation.

**Premature Rupture of Membranes without Labor** – The amniotic sac breaks and labor does not begin on its own.

**Arrest of Descent** – The baby does not move through the pelvis in labor because of his or her size or position.

**Fetal Distress** – An abnormal heart rate pattern detected during labor may signal fetal intolerance of labor.

**Meconium-Stained Amniotic Fluid** – The baby-passing stool before birth may indicate fetal stress.

**Shoulder Dystocia** – The baby's shoulders are lodged in the pelvis after the head is born, requiring maternal repositioning and manipulation by the midwife to facilitate birth in a timely manner.

**Cord Prolapse and other Cord Problems** – The umbilical cord is compressed, which reduces the baby's oxygen supply or the cord is very short or wrapped around the baby causing problems

**Uterine Rupture** – A tear in the uterine wall may lead to hemorrhage or other complications.

**Postpartum Hemorrhage** – Excessive blood loss can usually be treated and/or controlled using maneuvers, medications and intravenous fluids.

**Malpresentation** – The baby's head does not enter the pelvis or is poorly positioned.

**Neonatal Asphyxia** – The baby does not breathe independently after birth and requires resuscitation. **Stillbirth** – The baby dies before labor and or birth.

**Cardiac Arrest** – The heart stops beating.

**Amniotic Fluid Embolism** – In this rare complication, amniotic fluid enters maternal circulation, causing respiratory distress.

### ***Absolute Contraindications for Homebirth:***

**Placenta Previa** – The placenta partially or completely covers the cervix, which may cause dangerous bleeding and requires surgical birth. This is diagnosed by ultrasound.

**Placental Abruption** – The placenta separates from the uterine wall before the baby is born.

**Uncontrolled gestational hypertension** – High blood pressure can reduce blood flow to the placenta and restrict fetal growth. It can also make labor challenging for the baby and affect breastfeeding.

**Preeclampsia** – This metabolic disease of pregnancy can restrict fetal growth and is dangerous to both baby and mother. If untreated, preeclampsia can result in seizures and death.

**I am aware of these potential complications and understand that I may request more detailed and complete explanations of these conditions and other risks, consequences and conditions. I do not desire further explanation at this time. I am aware that the practices of medicine, nursing and midwifery are not exact sciences and I acknowledge that no guarantees or assurances have been made to me concerning the results of the treatment, examinations and procedures to be performed.**

Please sign \_\_\_\_\_

Date \_\_\_\_\_

## PLAN FOR CONSULTATION, COLLABORATION AND TRANSFER OF CARE

NY licensed midwives with independent practices provide clinical care and education for women and babies during the childbearing year. Midwives also provide primary care for women throughout the lifespan. Midwifery care includes drawing blood and ordering laboratory studies, prescriptive authority and referrals for genetic testing, ultrasound for fetal evaluation and other screening tests such as mammography and pap smears.

*Please initial* \_\_\_\_\_

Federal regulations require all hospitals to admit laboring women regardless of prior registration or association with a provider on site at that hospital.

*Please initial* \_\_\_\_\_

NY State regulations require that midwives have collaborative relationships with physicians and/or hospitals to facilitate consultation, collaboration and/or transfer of care based on the health status of the patient. These may include but are not limited to obstetricians, perinatologists and pediatricians. MoonSong Midwifery has such a relationship with providers at Columbia Memorial Hospital in Hudson, Northern Dutchess Hospital in Rhinebeck, HealthAlliance Hospital in Kingston, Albany Medical Center in Albany and St. Peter's Hospital in Albany

*Please initial* \_\_\_\_\_

At any time during pregnancy, labor or the postpartum six weeks we may determine it is clinically appropriate for you and/or your baby to have your care provided in another setting or by another provider.

*Please initial* \_\_\_\_\_

If transfer to a physician or hospital becomes necessary, this will be discussed with you and your records will be made available to the collaborating physician and/or hospital.

*Please initial* \_\_\_\_\_

If you require hospital transfer Julia Hausman will accompany you. She will stay with you through labor and birth and make sure you are settled in and nursing before leaving and an advocate for you at the hospital. MoonSong Midwifery will resume postpartum care following hospital discharge.

*Please initial* \_\_\_\_\_

While emergencies are rare, transfers in these cases are made to the most appropriate hospital.

*Please initial* \_\_\_\_\_

All hospital expenses incurred at any time are your responsibility and are not included in our financial agreement.

*Please initial* \_\_\_\_\_

The name and address of my closest hospital is \_\_\_\_\_

The name and address of my preferred hospital is \_\_\_\_\_

Signature of Client \_\_\_\_\_ Date \_\_\_\_\_

Signature of Partner \_\_\_\_\_ Date \_\_\_\_\_