



**MATERNIDAD LA LUZ, THE BIRTH PLACE, INC.** is a Texas state licensed community birth center, offering you and your family a place to have a safe, supportive, and natural birth. Since 1987, over 12,500 babies have been born at our birth center with skilled, professional midwives licensed by the State of Texas. Maternidad La Luz is also a nationally accredited school of midwifery that has graduated over 500 midwives who are providing midwifery care to women all over the world.

## **WHAT IS A MIDWIFE?**

The Texas Midwifery Board defines midwifery as the practice of providing the necessary supervision, care, and advice to a woman during normal pregnancy, labor, and the postpartum period; conducting a normal delivery of a child; and providing normal newborn care. Midwives are people who practice midwifery and have met the Texas licensing requirements established by the midwifery board rules.

Midwifery is a long-standing tradition in Texas health care because midwives:

- Offer a safe, more economic alternative to hospital birth,
- Provide more personalized and respectful care,
- Work in partnership with their clients,
- Are less dependent on technology, and
- Provide family-centered care.

*Are midwives safe?* Worldwide research indicates that outcomes for midwife-attended births, including planned out-of-hospital births, are as good as or better than outcomes for physician-supervised hospital deliveries.

Making the right choice for a birth place is an important decision. We hope that you and your family will take the time to look at our birth center and ask questions. We look forward to sharing this special time with you.

## **THE MIDWIVES MODEL OF CARE®**

Maternidad La Luz integrates the principles of the Midwives Model of Care in all aspects of pregnancy, birth and postpartum care. We recognize that pregnancy and childbirth are normal, healthy life processes, not diseases. 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 birth, and postpartum support;
- Minimizing technological interventions; and
- Identifying and referring women who require obstetrical attention.

The Midwives Model of Care results in less chance of complications, fewer interventions, and a healthier birth for you and for your baby. The application of this woman-centered model of care has been proven to reduce the incidence of birth injury, trauma, and cesarean section.

## **WHAT TO EXPECT FROM YOUR CARE AT MATERNIDAD LA LUZ**

At Maternidad La Luz we value the right of every woman to experience birth feeling safe, empowered, and nurtured. We encourage you to have your family or friends with you throughout your pregnancy, labor, and birth. Their support and involvement will help you to feel more comfortable and relaxed.

### **Initial Appointment**

Your initial appointment gives us a chance to get acquainted and to discuss your upcoming birth. It includes a review of your medical and obstetrical history, a physical examination, initial laboratory work, current health assessment, a pap smear, and gonorrhea and chlamydia screens. Some of these may be spread over your first several appointments, depending on the stage of your pregnancy.

### **Prenatal Care**

During prenatal appointments, a midwife monitors you and your baby, and provides an opportunity to address questions or concerns that you may have. Appointments will include monitoring of maternal weight gain, blood pressure, and uterine growth; determination of fetal position and heart rate; and screening for early detection of complications and infections.

Childbirth education plays an important role in midwifery care. Maternidad La Luz offers classes and videos to prepare you and your family for your birth experience. Classes and videos include: nutrition and exercise, pregnancy, stages of labor, positions for labor, breastfeeding, and postpartum care of mother and baby.

### **Labor And Birth**

During your labor and birth, the midwife will provide personalized physical and emotional support. She will monitor your progress, assist you with relaxation and breathing techniques, and assess you and your baby for possible complications. At Maternidad La Luz we use no pain medication during labor and childbirth, but use natural methods to assist you in having a satisfying birth experience.

After the birth, you and your baby will stay at the center for approximately 6 hours. During this time the midwife will assess you and your newborn, administer infant eye prophylaxis, perform the newborn screen (heel stick) to screen for certain serious metabolic and hematological disorders, and provide breastfeeding support. We will also prepare the documents necessary for your baby's Texas birth certificate.

### **Homebirth**

Sometimes Maternidad La Luz is able to provide homebirth services in Texas and New Mexico. If you wish to consider this option, please discuss it with one of the staff midwives.

### **Postpartum**

There are five or six postpartum visits scheduled. At these visits we ensure that you and your baby are doing well and help with breastfeeding if needed. At your 5-day postpartum appointment, your baby's birth certificate will be ready for you to review and sign. At your 12-day postpartum appointment, we will do a second newborn screen. At your 6-week postpartum visit you may have a second Pap exam if you wish.

## **CLIENT'S RIGHTS AND RESPONSIBILITIES**

Although there is a standard of care applied to every client, you will be evaluated and cared for appropriately as an individual by the staff at Maternidad La Luz. As a client of Maternidad La Luz, it is your right and responsibility to understand all of the care that is offered to you. You have the right to question and/or decline any service or test that is offered. However, declining certain services or tests may make you ineligible to continue receiving care at Maternidad La Luz.

You have the responsibility to take care of yourself to the best of your ability through good nutrition, exercise, rest, and coming to your scheduled appointments and childbirth education.

## **IMPORTANT CLIENT INFORMATION**

In order to be accepted as a client at the center you must meet the requirements set out by the Texas Department of State Health Services. This document defines our scope of practice. These rules help protect you and your baby. The law may require that you have a consultation with a Texas licensed physician or be referred to a hospital for certain conditions.

Maternidad La Luz cannot guarantee that your baby will be born at the center or in the United States. In an emergency, you will be transported to the nearest hospital, usually University Medical Center (UMC). We make every attempt to accompany our clients to the hospital in the event of a transport. If transported, financial arrangements with the hospital are the responsibility of the client. The hospital staff will evaluate you and decide if need to be admitted or if you may be permitted to return to the care of Maternidad La Luz or your physician.

Maternidad La Luz does not allow videos of births. We will help you with still photos of your baby's birth if you bring your own camera.

Maternidad La Luz may need to consult by phone or in writing with a health care provider regarding you or your baby. This may include your personal physician or a health care provider that we work with.

Neither Maternidad La Luz nor its staff carries liability or malpractice insurance.

By signing below I acknowledge that I have read and understand the contents of this document, and that I have had the opportunity to discuss it with the midwife. All of my questions concerning this document have been answered to my satisfaction.

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Signature

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Date

## Payment Agreement

I agree to pay Maternidad La Luz \$695.00 for midwifery services in payments, or \$595.00 if paid in full today. I understand that I may begin my care with a \$150.00 deposit. I understand that I am expected to pay in full by the 36<sup>th</sup> week of my pregnancy. The fee for a home birth is \$1250.00. I understand that if I am in labor when I come for my initial appointment, I will pay \$800.00 in full.

The fee includes the following:

- Initial appointment fee
- Prenatal appointments
- Laboratory tests (blood work, Pap smear, gonorrhea & chlamydia tests, plasma glucose test)
- Nutritional counseling
- Childbirth education
- Labor and birth, including water birth and VBAC
- Immediate postpartum care
- Postpartum appointments
- Preparation of birth certificate if baby is born at MLL

The fee does NOT include the following:

- Additional laboratory fees
- Any consultation with a physician
- Hospital costs
- Ambulance costs
- Pediatrician costs
- Sonograms
- Suturing, if needed (\$50.00-\$100.00)
- RhoGAM, if needed (\$95.00)
- Baby cord blood sample if you are Rh negative (\$25.00)
- IV therapy, if needed (\$25.00)

### REFUND POLICY

If you are transported before the baby is born, or for any reason you do not birth at Maternidad La Luz, you are still required to pay for the prenatal care you have received. The charges will be calculated in the following manner.

- **\$300.00** is the registration and initial appointment fee. This money will not be refunded under any circumstances.
- **\$35.00** is charged for each additional prenatal appointment and each labor check.
- **\$150.00 Facility fee** is charged if you are admitted in labor. This fee is not refundable.

The sum total of the above fees will be subtracted from the amount you have paid.

For example:

Registration fee	\$300.00	Total amount paid	\$695.00
2PN appointments	+ 70.00	Minus care received	<u>555.00</u>
1 Labor check	+35.00	Refund	\$140.00
Facility Fee	<u>+150.00</u>		
	555.00		

If you have had several prenatal appointments, it is possible that you will not get a refund. If, for whatever reason, you or your baby needs to be transported to a hospital or clinic after the birth, there will be NO REFUND of your money. However, you and your baby are still entitled to postpartum appointments at no additional cost.

I, \_\_\_\_\_, have read and understand this policy and have had an opportunity to have my questions answered.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## INFORMED CHOICE AND DISCLOSURE STATEMENT

According to Texas Law, Texas Occupations Code Ch. 203, the Midwife is required by the law to disclose in oral and written form to a prospective client the limitations of the skills and practices of the midwife. The Informed Choice and Disclosure Statement meets these legal requirements. Each midwife may also expand the document into a more extensive information choice agreement reflecting details of her/his practice.

- A. According to the Midwifery Law, the midwife:
1. Assists only with normal childbirth except in an emergency situation that poses an immediate threat to the life of the mother or newborn.
  2. Encourages each client to seek prenatal, postpartum, and newborn care if not offered as part of the midwife's service.
  3. Advises each client to seek medical care if the client develops signs or symptoms of a complication related to pregnancy.
  4. Does not use forceps or surgical instruments for any procedure other than cutting the umbilical cord or providing emergency first aid during delivery.
  5. Does not remove the placenta by invasive techniques.
  6. Does not advance or retard labor or delivery by using medicines or mechanical devices.
  7. Does not administer a prescription drug except under the supervision of a physician licensed by the State of Texas, with the exception of oxygen and state approved prophylaxis to prevent blindness of the infant.
  8. Does not knowingly or intentionally falsify or make false statements on a birth certificate application. (This offense is prosecutable as a felony of the third degree.)
  9. Does not use professional titles other than Licensed Midwife or Certified Professional Midwife (CPM) if certified by NARM.
  10. Has explained to the client all the other legal requirements which are applicable to the midwife's practice:
    - The newborn screening law requires every newborn to receive testing for certain diseases. A midwife is trained to do compulsory newborn screening, or has made arrangements for it to be done by an appropriate health care facility or physician.
    - A newborn baby must receive eye prophylaxis within two hours of birth to prevent possible blindness from infection.
    - A serology blood test for syphilis and Hepatitis B is necessary during pregnancy and on admission for birth.
    - A serology blood test for HIV is necessary at the first prenatal visit and during the third trimester, unless the mother objects. The result of the test is confidential, not anonymous.
    - Communicable diseases must be reported.
    - Registration is necessary for both births and deaths.
    - Compliance with provisions of the Dangerous Drug Act and the Controlled Substances Act is necessary, and other laws as applicable.
  11. Has made this form available to the client in English and Spanish.
  12. Has made the statistics specified by the Texas Midwifery Board available to each client.

B. Should the client have a complaint about the care she receives from the midwife, she may contact the DSHS Midwifery Program, orally or in writing:

Texas Department of State Health Services  
Midwifery Program MC – 1982 Professional Licensing & Certification Unit  
1100 West 49<sup>th</sup> Street  
Austin, TX 78756  
(512) 834-4523 or 1(800) 942-5540

A copy of the complaint form is available on the Texas Midwifery Board website at:

<http://www.dshs.state.tx.us/midwife/>

C. The midwives must also supply the client with the following information:

- The expiration date of the midwife’s license is March 2011.
- All midwives at Maternidad La Luz are certified in CPR and neonatal resuscitation.
- Medical arrangement: A licensed staff midwife will assess the client and her baby, and make the appropriate arrangements for consult. If it is an emergency 911 will be activated and they will make the appropriate transport.
- Education. All Maternidad La Luz midwives:
  - have attended and passed an approved midwifery training course
  - are licensed in the State of Texas
  - participate in continuing education
  - work in a Texas licensed birth center

D. Midwifery Experience at Maternidad La Luz

- The center opened in March 1987: We have been practicing midwifery for 24 years.
- We have attended over 12,500 births as primary care givers.

All of the above requirements and acts in sections A – D have been disclosed to me orally and in written form and I understand them.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date