

Plum Team Intro Package

Congratulations on Your Pregnancy!

Some people have planned their pregnancy for a long time, while for others their pregnancy is a big change and a surprise that takes getting used to. For most people, pregnancy, birth and the early postpartum is a time of mixed feelings, sometimes conflicting-- happiness & excitement, and perhaps worry or uncertainty.

It is our hope for all families in our care that this time becomes one of empowerment, where you have the support to learn about your choices and make informed decisions about your health and that of your baby. This document is designed to introduce you to midwifery care and our team.

What is a Registered Midwife?

Midwives are experts in healthy pregnancy and birth. Registered Midwives in BC offer primary maternity care to healthy pregnant people and their newborn babies through pregnancy, labor and birth, until six weeks postpartum. We order and interpret tests, discuss results, and screen for physical and emotional health. We provide your care at our clinic in Chinatown with regular visits in pregnancy and postpartum. We provide care during birth either at home or hospital. The first week of postpartum visits will be in your home. We practice evidence-based, person-centred maternity and newborn care and we are an established part of the BC health care system.

In Vancouver, low-risk pregnant people can choose either a midwife or a family doctor as their primary care provider. If specialist care is needed during pregnancy or postpartum we can make referrals to specialists such as obstetricians or pediatricians.

At your intake appointment we can discuss if midwifery care is right for you and answer any questions you have about midwifery care in pregnancy/birth/postpartum.

Plum Team



Aimee Odegard, RM

I'm Aimee (she/her) and I am so grateful to be part of the Plum Team at Strathcona Midwifery Collective. I am a settler of Scandinavian and Mennonite ancestry and was born in Mission, BC, the unceded land of the Stó:lō people. I now live in Vancouver, on the unceded land of the xwməθkwəyəm (Musqueam),

Skwxwú7mesh (Squamish), and Selílw itulh (Tsleil-Waututh) Nations.

I live right here in Strathcona with my husband and 4 kids, ages 13-19. Prior to completing my midwifery degree at UBC I was a birth photographer and doula for 8 years. Over the course of my degree at UBC I worked with clients throughout BC, in Abbotsford, East Van, Hazelton, and on FIR square at BC Women's hospital.

The first time I witnessed and photographed a birth I knew that this was a profession I wanted to pursue. There is such beauty and strength in the birth process. For me, being a midwife means walking alongside people during one of the most powerful and vulnerable times in their lives.

The journey through pregnancy to birth and parenting is often full of uncertainty and questions. It's my joy to come alongside people during this time, answering questions and building confidence. I look forward to serving the people of the neighbourhood I live in, with a focus on providing kind and competent care for those who may not have been treated with warmth in previous medical encounters.

When I'm not doing the work of midwifery, I love to immerse myself in the wild beauty of the world— whether hiking on the north shore or tending to new life in my garden. I live in wide-eyed wonder at everyday miracles and that's how I approach the entry into parenthood.



Samara Oscroft, RM

Hi there! I am just thrilled to be join Strathcona Midwifery Collective, with the Plum Team. I am a recent graduate of the UBC Midwifery Program and I am so excited to continue to practice in my neighbourhood and community.

I was born and raised on Treaty 6 territory, in amiskwaciy-wâskahikan (Edmonton, AB), which is where I fostered my passion for birth work as a full spectrum doula, supporting families through the transition from person to parent. My community inspired me to pursue midwifery and I moved to BC.

Outside of my passion for reproductive health and justice, I am an avid reader and lover of stories, both consuming and creating them, especially in the form of

table top role-playing games. If I'm not sucked into a story, you might find me exploring East Vancouver or cooing over my cats

Callaway Stephanson-Pate, RM

When I was young, I knew that when I grew up I wanted to be involved in birth work. Upon discovering midwifery, I immediately fell in love with the focus on providing informed choice, evidence-based care and the ability to build relationships with clients and their families.

I graduated from the McMaster Midwifery Education Program, and through my time there, had the opportunity to learn from midwives in Ontario, Manitoba and British Columbia.

I moved to BC in 2016 but grew up in Winnipeg, Manitoba on the traditional territories of the Anishinaabeg, Cree, Dakota, Dene, Métis, and



Oji-Cree people. I come from Icelandic, African American, British and Dutch-German heritage.

In my free time I love to travel, explore the west coast, hike and do yoga. I am very grateful to be a part of your care and look forward to meeting you!

Kirsten Taylor, RM

I am ecstatic to be working among the fantastic midwives at Strathcona Midwifery Collective. You'll find me working on the Plum team. I can't wait to continue providing care to families of all shapes in Vancouver. I am a settler of Scottish and English ancestry. I feel extremely grateful for the open hearts of every family in our care, and am forever thankful for those who have invited me to be a part of their pregnancy and birth stories. I deliver midwifery care in English and some Spanish, and my pronouns are she/her.

I grew up in rural Nova Scotia, in the unceded lands of the Mi'kmaq people. I remember being obsessed with pregnant people when I was a child, often making my dolls pregnant and staring at bellies. I was first properly introduced to midwifery while in a development course during my first degree, a Bachelor of Science in Neuroscience from Dalhousie University, in 2012. This sparked my ever-evolving and growing passion for feminism, reproductive rights, and birth. In 2016, I graduated with a Bachelor of Health Sciences in Midwifery from McMaster University with Honours. I've had the wonderful opportunity to work in Toronto for the first several years of my practice and then made the move to BC in 2021. I have a special interest in working with families who are new to Canada, and queer families.

When I'm not 'midwifing', you can often find me dancing around my house, reading, getting tattoos, doing yoga, or nearby the ocean. I have been dancing for over 16 years, and in 2012 founded a dance/art collective with a close friend and collaborator in Nova Scotia. Being a dance artist has helped me connect deeply with movement and the human body, and I bring that knowledge back with me in to the world of birth.





Jessica Wilson RM

I am grateful to live and work on the unceded land of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səlilwətaɫ (Tsleil-Waututh) people. I am excited to be part of the incredible team of midwives at Strathcona Midwifery Collective, providing care to my community in East Van.

I completed my midwifery training at UBC and had practicums in both rural and urban sites. While doing my training I spent time in the FIR clinic at BCWH where I enjoyed working with folks with addictions in pregnancy. This is an area I hope to continue to work in going forward. One of the reasons I am so excited to be at Strathcona is to work in a clinic that creates a safe space for queer families to receive midwifery care. Strathcona has a

longstanding reputation for supporting Queer and Trans folks in pregnancy and providing additional support groups and educational opportunities.

I came into midwifery through a curiosity of engaging with birth through a trauma informed care lens. Midwifery encompasses many aspects of health care that I am interested in. Namely, providing person-centred, trauma-informed care. I really enjoy educating folks about their bodies and empowering them to make choices that feel like the best for them and their families. I have an extensive background in depression and anxiety research and practice, as well as an addictions background. I enjoy incorporating that experience into working in these areas of midwifery.

For fun, I love backcountry hiking and camping in the mountains, surfing in Tofino, and exploring the interior and islands of BC. I am often on the move traveling as much as I can. I am also an artist and will be caught painting once and a while, and I love a good book cozied up with my dog.

Our Care

We offer **fully MSP covered pregnancy/birth and postpartum care for people of all situations and ages.** Our midwifery team attends approximately 14 births a month. Prenatal visits focus on the physical and emotional aspects of pregnancy, birth and postpartum, preparations for birth and the post-natal period, as well as routine monitoring of maternal and fetal well-being.

Our postpartum care includes frequent home visits in the first week, and visits in clinic until 6 weeks postpartum. Postpartum visits include parent and newborn exams, feeding support, parenting education, and psychosocial support.

We have excellent referral relationships with obstetricians, pediatricians and other specialists in our community. At times, due to developing health concerns during a pregnancy, birth or postpartum, care will be shared with a specialist and rarely, primary care will be transferred to a specialist. Should this occur, we will continue to provide supportive care in most circumstances.

We offer choice of birth place, either in a home or hospital setting. Place of birth is determined by each person's preference and their clinical needs based on their medical history and ongoing pregnancy. Our team provides hospital birth at BC Women's Hospital. For people considering homebirth, you will have the opportunity to explore this option with your midwives in discussions throughout the pregnancy.

Labour Care. One of your midwives will be in attendance once progressive labour is established, either at home or at the hospital. In a homebirth setting, we must have at least two qualified providers present for the birth, both experienced in labour care and certified in neonatal resuscitation. We call a back-up midwife from Strathcona Midwifery Collective or another local practice to attend once you have near the end stage of labour. All midwives carry oxygen, neonatal resuscitation equipment, IV fluids and supplies, medications for postpartum use, and suture supplies and local anesthetics. Should the situation indicate a need for additional equipment or specialists, we will recommend and arrange for transfer into hospital.

We are a teaching practice. In the interests of supporting the future of midwifery in B.C. and enabling more people to have access to midwifery care our team trains students from the UBC midwifery program. We also on occasion have student doctors or nurses who come to learn from us. Families participate in the teaching of students, and can invite any assigned student to participate in office visits, home visits and birth care. We encourage you to support student midwives and the growth of midwifery in B.C. by welcoming a student's

involvement with your care, however, the participation of students in your care is always optional.

How to Reach Us

Administrative questions (e.g., appointment scheduling or off-work letters) can be directed to our amazing office assistants. They can be reached at the office Monday to Friday at **604-558-1701**. They can also be reached by email at **admins@shaw.ca**. Emails are not answered over the weekend. Please do not email regarding concerns about your health, use our pager for that.

PAGER NUMBER for the Team: 604-239-5409

Please see the document below “How to Reach Your Midwives” for instructions on how and when to contact us. This document will outline the use of our urgent and non-urgent lines.

We hope you found this welcome package helpful. We look forward to supporting you through your pregnancy, birth and postpartum.

Warmly,

Plum Team:

Aimee Odegard RM

Callaway Stephanson-Pate RM

Jessica Wilson RM

Kirsten Taylor RM

Samara Oscroft RM

How to Reach the Midwives:

To reach the on call Midwife: (604) 239-5409

First press 1 to reach the Plum team, at this point you will be prompted to choose urgent or non-urgent.

URGENT PAGE - PRESS 1 - use for emergencies, for example:

- Bleeding—bright red active vaginal bleeding
- Labour or water breaking before 37 weeks
- Decreased fetal movement—if you are 28wks or greater and you notice your baby is moving less than normal, drink some cold juice & lie down in a quiet place. If you feel less than 6 movements in 2 hours, or if you are still concerned, please page
- Urgent concerns that you think require a hospital assessment
- You are in labour after 37 weeks and have reached the contraction pattern 3-1-1 (as discussed in appointments)
- Concerns with your baby's breathing or anything you might be considering going to the emergency room for

After you call and follow the prompts, hangup and wait for the midwife to call you back.

Please stay off the line and ensure your ringer is on. You'll receive a call from your Midwife within 15 minutes.

If you do not receive a response within 15 mins, please page again. In the rare event of not being able to reach your midwife, please call BC Women's Hospital at 604-875-2424 and ask for the Urgent Care Centre or St. Paul's hospital labour and delivery at 604-806-8349.

NON-URGENT MESSAGE - PRESS 2 - for non-emergency use

We ask that you try to save questions for your next appointment but understand that some concerns are time sensitive and cannot wait a couple of weeks. If you leave a non-urgent message we will either call you back within 24hrs or email you a response.

Leave your full name, week of pregnancy and a detailed message about the reason for your call.

Examples of reasons to leave a non-urgent message: returning a call from the midwife, reporting extreme nausea/vomiting in the first trimester, ache or pain that you'd like to check in about, reporting baby weight.

Plum Team Visit Schedule

This is an outline of what may be covered at each visit, adjustments may be made to cover topics at different times as needed. We invite you to bring any questions you have to your appointments.

Intake 45 -60 min phone call

- Intro to Midwifery Scope/model/team
- How to contact/pager
- Dating Ultrasound requisition
- Prenatal Bloodwork requisition
- Genetic Screening Discussion
- Release of records
- Medical History

12-14 weeks 30 min in clinic

- Finish History
- Physical Exam
- Consider PRISM referral
- Discuss Monitoring or induction by 40 weeks for >40yrs or other risk factors
- Discuss and give requisition for detailed ultrasound

17-18 weeks 30 min in clinic

- Diet/exercise
- Planned place of birth discussion

21-22 weeks 30 min in clinic

- Chart Review
- Review detailed Ultrasound results
- Gestational diabetes screen discussion
- Give requisition for bloodwork
- Prescribe Rhogam if RH neg
- Discuss prenatal classes and doula

26-27 weeks 30 min in clinic

- Discuss pre-term labour, fetal movement, and pre-eclampsia symptoms
- Give Rhogam if RH neg
- Discuss vaccines in pregnancy: TDAP/FLU/COVID/RSV

30 weeks 30 min in clinic

- Mental health screening
- Review AMA/BMI/GDM monitoring/IOL
- Discuss Newborn Procedures

33 weeks 30 min in clinic

- Discuss Group B Strep screening
- Discuss delivery of the placenta
- Perineal massage
- Prescribe Valcyclovir if history of genital HSV

36 weeks 30-45 min in clinic

- Chart Review
- Stop ASA if taking
- Group B Strep swab
- Review when to page
- Early vs Active labour/birth plan
- Give Homebirth kit and records
- Disc Feeding prep/colostrum kit

38 week 30 min in clinic

- Group B Strep results, discuss antibiotics
- Cervical readiness/labour prep

39 weeks 30 min in clinic

- Postpartum Support
- Newborn Care

40 weeks 30 min in clinic

- Discuss stretch and sweep
- Discuss postdates monitoring and induction of labour