

WELCOME TO THE T.I.M.E. PROGRAM

Our midwifery team is looking forward to being involved in the care of your pregnancy and postpartum alongside Maternal Fetal Medicine (MFM).

This document is an introduction to how we will assist the team in supporting your journey.

If you have further questions or concerns about how the midwives will be involved in your care, do not hesitate to reach out to us at the contact information in this pamphlet, or talk to your MFM Obstetrician.



HOW TO REACH US...

There are a number of ways to reach your midwifery team, whether you have a general question or an urgent concern that requires paging (Do not use pager when emergency medical services are needed. In such an event, dial 911).

PHONE: 519-685-8500 ext.

PAGER: 519-685-8500 ext. 19759

19759@beep.lhsc.on.ca

EMAIL: TimeProgram@lhsc.on.ca



For more information about midwives
in Ontario:

OntarioMidwives.ca



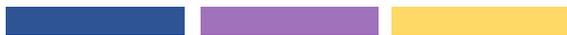
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[Twitter.com/OntarioMidwives](https://twitter.com/OntarioMidwives)
[Instagram.com/OntarioMidwives](https://www.instagram.com/OntarioMidwives)

London Health Sciences –
Department of Midwifery:
[Instagram.com/ldnontmidwifery](https://www.instagram.com/ldnontmidwifery)



T.I.M.E. PROGRAM

The Interprofessional
Midwifery-Maternal Fetal Medicine
Expanded Program





WHAT HAPPENS AFTER MY CARE WITH THE MIDWIVES?

Six weeks after delivery, you will be discharged from the care of your midwifery team, and your family doctor will receive the health records related to your care with us. If a family doctor is needed for your baby, we suggest beginning to look for one in the first few weeks after birth, however in most cases, they will not need to be clinically involved with the care of your baby until being discharged from the midwives. Sometimes if you or your baby are having health concerns that are more complex, the family doctor or another specialist healthcare provider may be involved, however the midwives can help arrange any referrals or additional appointments as needed.

WILL MY CARE LOOK DIFFERENT?

Your pregnancy and delivery will remain under the care of the MFM team, with the addition of visits with the midwives to answer your questions, provide education on topics related to your pregnancy, and to debrief difficult visits whenever you feel is needed. You will also be able to contact your midwives as needed either for general or urgent concerns.

WHAT HAPPENS AFTER DELIVERY?

In the postpartum, when you are stable and discharged from the hospital, the midwives will become your clinical care provider for six weeks. This allows us to provide care to you in any setting, including your home, bedside in the Neonatal Intensive Care Unit (NICU), or in any other place you might find yourself. It allows you to receive the postpartum care and support you need without having to make appointments and travel to a separate care provider.

In the case of newborns who are discharged from the hospital, the midwifery team will be their primary care provider for six weeks. We will assist with infant feeding in any setting, provide necessary tests and screens, offer referrals when needed, and do regular weight checks. The pager will be your convenient way to connect with your midwives and find immediate support for urgent concerns at any time, day or night.

More time for you in your pregnancy and postpartum.

WHAT IS A MIDWIFE?

Midwives are health-care professionals and experts in providing safe, research-based care. They have graduated from a four-year university science degree where they study low-risk and normal pregnancy, birth, and newborn care.

BUT MY PREGNANCY IS NOT LOW RISK. AM I STILL ELIGIBLE?

YES! This is a unique and innovative model that supports midwives to work with high-risk pregnant people because we are partnered with your MFM specialist. We can provide additional support by setting aside time to answer your questions and concerns, offer additional community-based resources, be a listening ear, and provide access to a pager for your more urgent questions and concerns.