



## Perinatal Services

### Program Overview and Outcomes

The Perinatal Services Program’s interprofessional and interdisciplinary team has provided full-scope women’s health care since 1980. The program is led by Certified Nurse-Midwives (CNMs) with collaborating Obstetricians and CNMs at Sutter Medical Group- Yolo for high-risk consultations and inpatient services. Program patients are seen at the three major clinic sites in Davis, Woodland and West Sacramento, as well as three satellite clinic sites in Dixon, Winters and the Yolo County Jail. An average of 1200 births/year are collectively attended by staff and private practice partner CNMs at Sutter Davis Hospital, where 70% of babies are caught by CNMs and midwifery care is available 24/7.

The CommuniCare Perinatal Services Program has long been recognized at the national level for best practices. Most recently, in 2017 the American College of Nurse-Midwives identified CommuniCare as one of the top 3 midwifery and interprofessional maternity care practices nationally for a low cesarean birth rate among healthy women who have not had a prior cesarean. Similarly, Sutter Davis consistently has the lowest overall hospital cesarean birth rate in California. These and other stellar outcomes of the Program were featured in an award winning 2011 article published in the Journal of Obstetrics and Gynecology after selection by the American Colleges of Obstetricians and Gynecologists, and Nurse-Midwives. In 2014, a full-length documentary, The Mama Sherpas, featured CommuniCare as an exemplar perinatal program with interprofessional collaboration by Midwives and Obstetricians.

Service	Description
<b>Reproductive and Women’s Health Care</b>	<p>Staff Midwives are federally designated primary care providers who care for women across the lifespan, and most are also dually trained and/or board certified as Women’s Health Nurse-Practitioners. During the childbearing year, our staff Midwives/Nurse Practitioners conduct pregnancy verification and risk assessments, provide prenatal care including limited obstetric ultrasounds, independently attend conventional and underwater births, provide services to surgeons as First Assistant for Cesarean Sections at Sutter Davis Hospital, and offer a range of postpartum care including inpatient and outpatient exams, education, breastfeeding support, and birth control options. In collaboration with partner Obstetricians, the Program offers the option of vaginal birth after cesareans and vaginal birth for twins in select circumstances at Sutter Davis Hospital. Vaginal breech births may also be an option at Sutter Sacramento Hospital with two of our collaborating Obstetricians. Higher risk conditions require referrals to perinatology centers throughout northern California.</p> <p>Outside of pregnancy, our staff Midwives/Nurse Practitioners offer continuity of women’s health care to perinatal patients after childbirth, as well as other patients seeking midwifery care for annual physical exams and health maintenance activities, care for common health and gynecological conditions, birth control management and preconception care. Perinatal Program providers also</p>

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	<p>treat our patients' partners for sexually transmitted infections, and collaborate with Teen Clinic and Primary Care Department clinicians to provide health care for adolescent girls, including pregnancy testing and options counseling.</p>
<p><b>Comprehensive Perinatal Services Program</b></p>	<p>The Program's excellent perinatal outcomes are achieved in collaboration between a variety of care provider types at CommuniCare and use of evidence-based care practices. During pregnancy and the postpartum period, families receiving care at CommuniCare are enrolled in our California Department of Public Health's Comprehensive Perinatal Services Program and receive care from our Health Educators, a Social Worker, Registered Dietician, and International Board-Certified Lactation Consultant in addition to staff Midwives/Nurse Practitioners. Each woman is assigned a Health Educator who is responsible for providing her with individualized information as well as opportunities to participate in classes about childbirth, car seats, breastfeeding, sibling preparation, newborn nutrition and cloth diapering. Participants in key education sessions receive a free car seat and breast pump for attending, among other incentives. For example, lack of diapers can contribute to postpartum depression so the Program gifts every woman a box of diapers after the birth of her baby. We are also associated with the Linus Project which contributes homemade baby blankets for each family in the Program.</p>
<p><b>Sweet Success Program</b></p>	<p>Families receiving prenatal care in the Program benefit from our affiliation with the State of California's Sweet Success Program for diabetes in pregnancy which provides clinical guidelines and continuing education on best practices to ensure high quality care. Women with diabetes in pregnancy frequently see the Midwives/Nurse Practitioners and perinatal Registered Dietician <b>for blood</b> sugar and nutrition reviews as well as medication management and specialized testing if applicable. For diabetes and other high-risk conditions in pregnancy, our Midwives/Nurse Practitioners review care plans with consulting Obstetricians at weekly case management meetings.</p>
<p><b>Perinatal Mental Health and Substance Use</b></p>	<p>Women receiving care in the Program are regularly screened for perinatal mental health disorders and substance use. When indicated, Midwives/Nurse Practitioners collaborate with the Perinatal Social Worker and Behavioral Health Department providers to offer support for psychosocial stressors, and the treatment of perinatal mood disorders and medication assisted treatment of substance use disorders. Additionally, Midwives regularly participate in CommuniCare's Perinatal Day Treatment Program's group sessions for women in addiction recovery.</p>