



# Midwifery Services

**Prenatal and Postpartum Care**

**Management of normal/physiologic labor & birth in the hospital**

**Sexual & reproductive healthcare**  
(ex: STI prevention, testing, & treatment)

**Gynecologic & primary care**  
(ex: pap smears, menstrual or vaginal concerns, annual well-woman/well-person exams, etc.)

**Family planning, preconception care, & birth control** (ex: pill, patch, ring, Depo, IUD, Nexplanon)

**Lactation support & newborn care during the first 28 days of baby's life**



Monitoring the physical, psychological, and social well-being of the pregnant/birthing person throughout the childbearing cycle

Providing pregnant/birthing people with individualized education, counseling, and prenatal care, continuous hands-on assistance during labor and birth, and postpartum support

## The Midwifery Model of Care

How midwives take care of their clients

Providing evidence-based care and minimizing unnecessary interventions during labor and birth when there are no complications

Working with other specialists such as OB/GYNs and/or Maternal-Fetal Medicine physicians when necessary



# MEET OUR MIDWIVES!

Tiraé and Hali will be joining our clinician team at our new clinic in Ferguson this fall! You can read more about them in their bios below.



**Tiraé Abernathy, MPH, MSN**  
**Certified Nurse Midwife &**  
**Family Nurse Practitioner**



**Hali Ledet, MPH, MSN**  
**Certified Nurse Midwife &**  
**Family Nurse Practitioner**

# What is the difference between a Midwife and a Doula?

## MIDWIFE

Pregnancy/birth/postpartum/  
GYN Healthcare Providers

Provide preconception, pregnancy, birth, postpartum, newborn, gynecological, and some primary care healthcare services and education

"Catch" / deliver babies and provide medical care



## DOULA

Pregnancy/birth/postpartum  
Support Professionals

Provide emotional and physical support, education, advocacy, and guidance for navigating pregnancy, birth, and/or the postpartum period.

Do not deliver babies or provide medical care

**Midwives and doulas work together to ensure pregnant and birthing people and their families get the best care possible and feel supported during their pregnancy, birth, and postpartum period.**

# What is the difference between a Midwife and an OB/GYN?

## MIDWIFE

Pregnancy/birth/postpartum/  
GYN Healthcare Providers

Practice according to  
Midwifery Model of Care

Experts in the "normal", or  
physiologic pregnancy/birth



## OB/GYN

Pregnancy/birth/postpartum/  
GYN Healthcare Providers

Practice according to  
Medical Model of Care

Experts in managing  
complications of pregnancy

Surgeons

**Midwives and OB/GYNs work together to ensure pregnant and birthing people get the best care possible and appropriate medical management during their pregnancy, birth, and postpartum period.**