

## Welcome Letter

Welcome to Peace Maternity!

Our team of family doctors provide low risk obstetrical services in the Peace Region. We work as an interdisciplinary team to provide you with the safest care possible. Prenatal clinics are booked every Monday, Tuesday and Thursday afternoon with the doctor on call for the day. Our hope is that you will get to meet all of us before delivery.

Our team includes

- Dr Norah McKay
- Dr Autumn Mochinski
- Dr Heather Shonoski
- Dr Paul Kirvan

We have a passion for medical education and so often have learners working with us. These may include medical students and residents. They are always directly supervised by a physician. Your contribution to the education of our future doctors is appreciated.

We work closely with our local Family Practice Surgeons and Anaesthesiologists. Should you develop higher risk features in pregnancy or need a cesarian section we will work together with these skilled physicians.

We occasionally provide 'shared care' arrangements with Obstetricians located in Grande Prairie or Edmonton to reduce the travel burden for patients with complex pregnancy conditions.

If you need to be seen at the hospital please let the staff know you are under the care of the Peace Maternity group.

### Prenatal Appointments

At each appointment you will have your blood pressure checked, baby's heart rate measured and your belly measured by the nurse. You will then see the doctor to go over any specific questions, concerns or results. We follow the Alberta provincial guidelines for when prenatal visits are booked for healthy pregnancies. We can always add visits for specific concerns that arise.



[www.peacematernity.ca](http://www.peacematernity.ca)

Medication prescriptions are sent electronically to your pharmacy of choice during the visit. Forms are not an 'insured service' and so a fee may be charged for completion.

Normal results of labs and ultrasounds can be accessed at [MyHealth Records Alberta](#). For abnormal results you will be contacted. Please feel free to book an extra appointment if you wish to go over results.



## Delivery

Deliveries occur at the Peace River Community Health Center. We will review when to present to hospital, pain control and labour in the weeks leading up to the birth.

## Postpartum Visits

Postpartum visits occur at 1-2 weeks and 6-8 weeks for mom and baby checkups. Additional visits for lactation consults or contraception management may also be requested.

## Emergencies

If you have decreased fetal movement, bleeding, a gush or continual trickle of fluid, strong painful contractions, feel unwell, note an elevated blood pressure or have any other urgent concerns please present to hospital. Call 911 if needed.

If it is practical and safe to present to the Peace River Community Health Center you will be seen in the emergency department if under 24 weeks of pregnancy. You will be seen in the acute care ward if above 24 weeks.

If you live far away from our hospital it may be safer to present to your local hospital. We can provide advice to your doctor if needed.

Healthlink (811) is an excellent resource for medical advice and help with triaging the urgency of medical concerns after hours.