

***Sacred Midwifery***  
***Zaina Keeley, CPM, LM***

**Informed Consent:** Please read over and sign

Dear Client,

The purpose of this letter is to inform you about my training and qualifications as a midwife, and some information about myself and philosophies about birth. This is in order for you to make an informed decision about your birth. Please ask any questions that arise about the information below.

I am the mother of two children, both born at home with a trained midwife. I have been studying birth and midwifery since 1999. I am a Certified Professional Midwife, CPM, which is a national licensure. Also, I am a licensed midwife, LM, in the state of Virginia. I received the majority of my training through the apprenticeship mode, working alongside a practicing midwife and participating in hands on care. I have also done academic training through the wonderful program of Ancient Art Midwifery Institute, in addition to working in a stand alone independent birth center and having some doula experience. On top of that I have attended many midwifery workshops and classes, and am also certified in Neonatal Resuscitation and CPR. I will participate regularly in peer review with the midwives in my community, and seek continuing education in the field of midwifery. I have attended a large amount of births in a variety of settings.

I believe that birth is a natural physiological process that should be respected and cared for. It should be given its time and guarded as sacred. A trained midwife can monitor the physical, psychological, and social well-being of the mother for anything out of the ordinary or things that will need more of a medical support. As well as monitoring the condition of the baby with a hands on approach. The birthing mother should be in the environment that best makes her feel comfortable and relaxed. I do not think that drugs should be a normal part of birth and that technological interventions should be minimized and avoided when possible. I follow the Midwives Model of Care, which has been proven to reduce the incidence of birth injury, trauma, and cesarean section.

**Treatments and Procedures:** I will provide pre-natal and postpartum care as your midwife. Our schedule of visits will be one visit a month up to 30 weeks, then a visit every one or two weeks until your birth. If prenatals are not in your home, I will do a home visit around 36 weeks to see your space and supplies. During each visit I will examine you and the baby and answer any questions. Following the birth, I will stay for 2-3 hours or until mom and baby are stable. Then I will provide two postpartum visits in your home. (Please see my Practice Guidelines for more details.)

As a CPM I do not have any training as a nurse or nurse midwife and therefore do not have hospital privileges. During pregnancy, it may be necessary for you to consult a physician if a problem arises. In the event of a transport, I will completely transfer care to the hospital but may accompany you. In some emergencies, Emergency Medical Services may have to be called.

Currently I am prohibited from prescribing, possessing or administering any controlled substances.

I do not carry, nor am I required to carry, malpractice or liability insurance of any kind.

The CPM certification has in place a grievance process where a complaint can be made in writing and usually reviewed in a peer review process. A complaint must be received within 18 months of conclusion of care.

Refusal by the client of any procedure required by law will require written documentation.

I encourage you to research your choices and actively participate in your birth in an educated way. I am available to offer my knowledge and experience where possible. I believe that a woman should be supported to trust her body and to follow her instincts, to allow her body to do what it is naturally meant to do. Birth happens everyday all over the planet and can bond woman to each other. It is important for the birthing couple to have a healthcare provider that supports their participation and education, and with whom they can receive a continuity of care with comfort and trust.

My office is currently in the Natural Paths to Wellness office. I am not associated with this doctors' office. We will be handling our own scheduling and payments together.

Thank you,

Zaina Mary Keeley, CPM, LM

I have read and understand the above consent letter.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Midwife Signature \_\_\_\_\_ Date \_\_\_\_\_