

Your Healthcare Team

During pregnancy, labor, and birth

Our goal is to surround you and your family in a nurturing and safe environment during your pregnancy and the birth of your baby. We look forward to providing the most sensitive and highest level of care.

Choosing Your Team

Each woman and each pregnancy is different. UW Medicine offers a range of choices to meet each woman's personal healthcare needs and preferences during pregnancy, whether her pregnancy is routine or high-risk.

The UW Medicine obstetrics team is dedicated to the well-being of you and your baby. UW Medicine obstetrics providers include obstetrician-gynecologists, maternal-fetal medicine specialists, and family medicine physicians. All are highly trained experts in caring for pregnant women.

Our obstetrics team partners with many other healthcare professionals at UW Medicine to address issues that may complicate a pregnancy. This includes genetics counselors, nurses, social workers, pediatricians, and neonatologists. We are here to build a team of experts that will provide the best care for you and your baby.

Care During Pregnancy

Here are some of the providers and staff you may see during your visits:

- *Attending Obstetrician/Gynecologist (OB/GYN)* – Your attending OB/GYN doctor supervises your prenatal care during clinic visits. Attending obstetricians are on the faculty of University of Washington School of Medicine.
- *Attending Family Medicine Physician* – Your family medicine doctor supervises your care during your pregnancy visits in the



Your healthcare team will be with you during your pregnancy, labor, and birth process.



UW Medicine obstetrics providers are highly trained experts in caring for pregnant women.

office, and when you come in for your delivery. Attending family medicine doctors are on the faculty of University of Washington School of Medicine.

- *Perinatologist/Maternal Fetal Medicine (MFM) Specialist* – Perinatologists/MFM specialists are obstetricians who have advanced training in high-risk pregnancies. They are highly skilled in diagnosing and treating disorders of the pregnant woman and fetus throughout pregnancy and childbirth.
- *Perinatal Fellow* – Fellows are obstetricians who are receiving advanced training in high-risk pregnancies. Your doctor may be a perinatal fellow.
- *Resident Physician* – Resident physicians are medical doctors who are getting advanced training in their specialty, either obstetrics/gynecology or family medicine. Your prenatal visits may be with a resident who will follow you throughout your pregnancy. Residents are supervised by attending obstetricians or family medicine physicians.
- *Advanced Registered Nurse Practitioner (ARNP)* – These nurses have advanced training in caring for patients and diagnosing and treating illnesses. In some clinics, nurse practitioners manage healthy pregnancies.
- *Registered Nurse (RN)* – This nurse will see you at your prenatal visits and help coordinate your care. In some clinics, RNs who are specialists in pregnancy and birth provide information on pregnancy-related subjects, including high-risk pregnancies. When you come to deliver your baby, you will be assigned a nurse during labor who is dedicated to working with you.
- *Medical Assistant* – Medical assistants coordinate the flow of patients through the clinic, escort you to your exam room, and assist during tests or procedures.
- *Medical Student* – Medical students are in training to become doctors. Sometimes they join the obstetric team during clinic visits and on the Labor & Delivery Unit. They may help with your care.
- *Nursing Student* – Nursing students are training to become nurses. Sometimes they join the obstetric team during clinic visits and on the Labor & Delivery Unit. They may help with your care.



Lactation consultants can help you get started with breastfeeding after your baby is born.

- **Childbirth Educator** – Childbirth educators teach classes on pregnancy, birth, breastfeeding, newborn care, parenting, and infant safety.
- **Genetic Counselors** – These professionals provide information and answer questions about genetic concerns or environmental exposures. They also offer tests for those who may be at risk for chromosomal disorders.
- **Laboratory Staff** – These technicians draw blood and run blood tests as needed.
- **Pharmacist** – A pharmacist teaches you about your medicines and fills any prescriptions you may need.
- **Radiologist** – A radiologist is a medical doctor who specializes in using medical imaging techniques to look inside the body. A radiologist will read your ultrasound scan.
- **Registered Dietitian** – A registered dietitian can help you learn about and choose healthy foods for you and your baby during pregnancy.
- **Social Worker** – A social worker may be available to discuss personal or family concerns, issues related to finances, and resources to help you find the services you need.
- **Ultrasound Technician** – An ultrasound technician does ultrasound scans of your baby during pregnancy.

Care During Labor and Birth

When you come to Labor & Delivery to give birth, you will be greeted by the front desk staff. A registered nurse will be a key member of your care team serving as an advocate who stays with you during the birth and right after the birth of your baby.

Your healthcare provider is one member of your team of healthcare professionals. You may see the same provider you see in clinic. If your provider is not available, you will be cared for by one of the other providers your provider works with.

During your labor and birth, you may also meet some of these healthcare professionals:

- **Anesthesiologist** – An anesthesiologist is a medical doctor who provides medicine for pain relief during labor and birth, such as a combined spinal epidural or general anesthesia.

- *Neonatologist* – A neonatologist is a medical doctor who cares for newborns and premature babies. This doctor can assess your baby’s breathing, heart rate, and general well-being after the birth.
- *Pediatrician* – A pediatrician is a medical doctor who specializes in caring for newborns and children.
- *Respiratory Therapist* – A respiratory therapist provides treatment for patients who are having a hard time breathing.
- *Lactation Consultants* – Lactation consultants are registered nurses who are specially trained to provide education and help with breastfeeding at the hospital and after you go home.

Resources

See the chapter “Helpful Phone Numbers” in this book for a listing of the UW Medicine prenatal clinics.

Questions?

Your questions are important. If you have questions about your care team, ask your healthcare provider at your next clinic visit.