

# St. E's Midwife Services: Compassionate Health Care throughout the Life Cycle



*Welcoming a new baby can be among the most exciting times in a family's life. The journey to that special moment includes many decisions ranging from whether to breast feed or to take Lamaze classes all the way to choosing between an obstetrician or partnering with a certified nurse midwife for your birth.*

**M**ichele Moynihan, 34 years-old originally from Allston, MA, is one such woman who actively chose between these two options. Michele and her husband Chris are enthusiastic advocates of St. Elizabeth's Midwifery Program and used the service for her first-born son Hayden and her newborn baby girl Juliette Elise Moynihan.

As a nursing student, during her first pregnancy, she was aware of the different options of giving birth. Originally, Moynihan wanted to deliver her firstborn at home because she believes that birth is not a clinical or surgical procedure but a natural process that a woman's body is equipped to handle. However, after much thought, she realized that in the event there are complications during home birth she wanted immediate access to expert care. As a result, Moynihan chose midwifery because of its holistic approach to pregnancy and delivery while receiving care from a Certified Nurse Midwife (CNM) with access to a hospital's specialty resources.

According to St. E's Midwife Kathleen (Kathy) Jones McWilliams, CNM, MSN, women seek midwives because they want a less medical and more social approach to birth and desire more knowledge and autonomy regarding birth and motherhood. "I think women choose to have their babies with us because of our personal and supportive touch and we also have access to a facility that is already known for its warm environment and accessibility to high risk care if needed. Expecting mothers want a partner who is skilled, competent, confident and is able to give advice on and respond to complications during pregnancy and birth from a broad knowledge base. "



**Kathy Jones McWilliams,**  
CNM, MSN

## Is Midwifery Right for You?

Midwifery care is on the rise as more women seek the personal care midwives offer. Women seek midwives for family planning, prenatal care, birth, postpartum care, vaginal infections, menopause and other gynecological care. St. Elizabeth's midwives listen to, care for and empower women and their families throughout the complete woman's health life cycle.

### Services we offer:

- Gynecological care for women of all ages
- Comprehensive prenatal care including regular appointments, childbirth education, medication prescription if needed
- Complete birthing care through labor and delivery including relaxation, epidurals, emotional support
- Postpartum care
- Family planning
- Education of medical options so that patients can determine their care
- Referral to medical specialists as needed
- Multilingual services as needed

“I chose to go to St. E’s because I get the best of both worlds - the Midwifery Program and access to their specialists and services....”

Moynihan, who currently lives in Rutland, MA, an hour-and-a-half west of Boston, previously lived in Watertown, MA and, while located in the area, chose to have her son Hayden, now 3-years-old, at St. E’s.

According to Moynihan, “I chose to go to St. E’s because I get the best of both worlds - the Midwifery Program and access to their specialists and services. This combination of offerings proved to be useful during my first pregnancy where I had a low Amniotic Fluid Index (AFI), which is a numbered score that measures fetal well-being. Having access to the Midwifery Service along with St. E’s Maternal Fetal Medicine (MFM) services helped me get through my first pregnancy.”

According to Moynihan, her midwife, Kathy Jones McWilliams, CNM, MSN, has a different approach to patient care. “The lines of communication are always open between us. Kathy also makes herself available to answer any questions that my husband or other family members may have about my birth. During labor with my son, I pushed a nine pound baby for three hours straight and Kathy was there to coach me during the entire delivery. She showed me different positions and techniques on how to turn in the right direction so that he was in a good place when he came out.”

Jones McWilliams states, “My time with patients is very relaxed and comfortable. I try to give them as much of my time as possible. I do not want them to feel like I am just crossing off items on a checklist.” Moynihan adds, “I was

nervous about my pregnancies because I previously had two miscarriages. Kathy was very personable, kind, thoughtful and supportive throughout both pregnancies.”

Moynihan also believes that midwives help mothers look at the long-term picture. “Kathy also helped me make postpartum decisions for my pregnancy. She helped outline the pros and cons of certain aspects such as breast feeding. She encourages an open dialogue during my visits and thinks way beyond after the baby is born.”

Completely satisfied with her relationship with her experience at St. E’s, Moynihan decided to work with Jones McWilliams again while pregnant with her second child. For the last two months of her pregnancy, Moynihan was required to see her midwife once a week. “Even though my family doesn’t live nearby anymore, I don’t mind driving the three hour round trip to see Kathy at St. Elizabeth’s because I know that I will receive high quality care and I know that I am in good hands. The Midwifery Program at St. E’s provided me with an intimate setting to give birth with access to medical experts and technology.”

***For more information about the St. Elizabeth’s Midwifery Services or to make an appointment with a Certified Nurse Midwife, contact 617-562-7007.***

**St. Elizabeth’s Medical Center**  
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