



## Midwifery Care Associates

We are a midwifery group within Simmonds, Martin & Helmbrecht and attend births at Shady Grove Adventist Hospital in Rockville, Maryland, and Frederick Health Hospital in Frederick, Maryland.

We offer the full scope of midwifery services including prenatal care, labor support, birth and postpartum care, annual well-woman exams, Pap smears, birth control options, and uncomplicated gynecological problems.

### Our Philosophy

The certified nurse-midwives of Midwifery Care Associates believe in the power of presence and listening. We recognize that each person's needs must be addressed with respect for cultural values and personal preferences. We value social support and we strongly encourage family-centered care and participation. Our goal is to help each patient meet their highest level of health and well-being throughout their lifespan.

- We are committed to shared decision-making and personalized care delivered in a sensitive and holistic manner.
- We emphasize safe, comprehensive, and evidence-based care.
- We acknowledge the importance of a positive introduction to gynecologic care.
- As certified nurse-midwives and healthcare professionals, we take responsibility for making your gynecological visits informative, respectful, and comfortable.
- We regard the process of pregnancy, childbirth, and maturation as normal and healthy milestones that bring opportunities for self-enhancement.
- Each patient deserves a respectful atmosphere where she can thrive in self-respect.

### Our Birth Philosophy

Birth is a dynamic and unpredictable event. While we can't promise you that it will go the way you hope it will, we want to know your preferences in terms of how we care for you while you are in labor. Late in your second trimester (or sooner if you prefer), your midwives will offer you a birth preferences worksheet that you can use to learn about the choices you need to make around your birth and to communicate those choices to your care team. We will do our best to honor your preferences in an uncomplicated birth and to preserve the spirit of them as much as possible if complications arise during labor.

To learn more about Midwifery Care Associates, visit  
[smhobgyn.com/midwifery-care-associates](http://smhobgyn.com/midwifery-care-associates)