

Nurse Midwives, Certified Specialists in Pregnancy & Well-women's Healthcare

Board certified specialists in pregnancy & well-women's healthcare

Valley Medical Center's Certified Nurse Midwives are board certified, licensed independent practitioners who care for women during pregnancy and birth. CNMs also support health maintenance through annual physical exams, provide birth control and birth control counseling, and referrals to support services.

Advanced registered nurse practitioners with graduate level midwifery education

Valley's Certified Nurse Midwives have each earned their Master of Science in Nursing, graduating from a nurse midwifery education program accredited by the Accreditation Commission for Midwifery Education (ACME). In addition, they each completed hands-on, clinical training and have passed the national certification exam of the American Midwifery Certification Board (AMCB).

Comprehensive, educational appointments and dedicated, informed care during labor and birth

- Longer appointments allow ample time for questions
- Midwives support personal decision-making and the families' birth preferences

Studies have shown that low risk pregnancies benefit from this type of care.

Full spectrum of pain management options

Midwives are adept at supporting any choice of pain management. On average, about 50% of women who see the Valley Medical Center Midwives choose epidural anesthesia during their labors.

Access to advanced diagnostic services, specialists and surgeons

In some cases, pregnancy or labor might encounter unforeseen complications. In these cases, the Midwives at Valley Medical Center consult with and/or transfer care to the obstetricians at Valley Women's Healthcare.

Is Certified Nurse Midwife care right for me?

You may wish to see a nurse midwife for care during your pregnancy if you:

- Are in good health
- Have not experienced high risk complications in another pregnancy
- Have had one or no cesareans in the past and wish to have a vaginal birth

If you are healthy and low risk, your provider may recommend that you receive care from a Certified Nurse Midwife.



Valley Medical Center's Certified Nurse Midwives: Sandi Gerling CNM, Laura Denman CNM, Amy Steers CNM, Angie Beals CNM, Olivia Corrado CNM, Jocelyn Ramirez CNM

Midwives Clinic

UW Medicine

VALLEY
MEDICAL CENTER

Convenient Renton &
Covington locations

425.656.5321

valleymed.org/midwives