Introducing

Family Centred Maternity Care (FCMC)

FCMC is currently accepting referrals for prenatal care and deliveries. We provide family-centered prenatal, intrapartum and postpartum care to women with low risk pregnancies. We offer trials of labour after cesarean delivery (TLAC) for those women who are interested. We have a shared call arrangement in which the doctor on call looks after the group’s patients in the case room and hospital. We see patients in our usual clinics in St. John’s until 36 weeks gestation, then we hold a group prenatal clinic at the Family Practice Unit for all patients in their last month of pregnancy so they and their family have an opportunity to meet all of the doctors in the call group. Since we are associated with the Discipline of Family Medicine, we will have Family Medicine Residents and medical students working with us.

Services offered:

Prenatal care: patients may be referred at any stage of pregnancy. An initial appointment by 24 weeks gestation is appreciated for meeting and registering patients. If the patient has a history of previous pregnancy issues such as gestational hypertension, a first trimester visit is suggested. Ongoing prenatal care can be provided entirely by one of us or shared with the referring doctor. Please let us know your preference.

Labour and birth care

Postpartum care in hospital for mother and baby

Early discharge from hospital in low risk patients

Immediate postpartum care after discharge: We follow-up with mom and baby at 1 day to 1 week post-partum in our clinic and up to and including mom’s 6 week post-partum examination (including insertion of IUD, if desired), after which we discharge to the referring family physician. If you wish to follow your own patients during this time, please let us know your preference.

Breastfeeding support

Referral back to Community Family Doctor

Since we are developing a model of family-centered hospital-based care, we will not be accepting any patients who are planning a home delivery. If you have any inquiries about our group, please feel free to contact us. Referral requests may be sent to any of us at the fax numbers listed.

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Kayla Sheppard, MD, CCFP
(Joining the team but currently not taking outside referrals)