Pregnancy and Giving Birth

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Pregnancy and Giving Birth

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Welcome

To the “Pregnancy and Giving Birth” book

This patient education book was developed and written by health care providers, patients, and their families. We are committed to working with patients and families to make the best choices about their health.

Congratulations! Pregnancy, birth, and the months right after birth can be times of your life that you remember the most.

Thank you for choosing a UW Medicine hospital. You have joined thousands of families who decide to have their babies at UW Medicine each year. We believe they place their trust in us not only because of the excellent care our staff provides, but also because of our commitment to patient and family centered care. (See the back of this page to learn more about patient and family centered care.)

We consider every birth, every newborn, and every family special, and we pledge to provide you with the best possible care. We encourage you to learn as much as you can before you give birth. We hope you will enjoy this learning process as your family grows.

Your healthcare provider may suggest that you read other books on pregnancy, such as Pregnancy, Childbirth and the Newborn, by Simkin, Whalley, and Keppler.

Thank you for the trust you have placed in us. Please let us know if you have any questions or concerns.
Patient and Family Centered Care

UW Medicine is proudly committed to practicing patient and family centered care (PFCC).

PFCC is a partnership among you, your family, your health care providers, nurses, and other staff.

Our providers and staff try to model PFCC in these ways:

- Members of your care team introduce themselves.
- Roles and responsibilities are explained to you and your family.
- You and your family are offered a way to contact your care team.
- You are asked who you want to have included in discussions and decisions about your care.
- Diagnoses and care planning are explained in terms that you and your family can understand.
- You and your family members chosen by you are actively involved in deciding which care options to put into action.
- Our team members treat you and your family with respect, using tact and compassion.
- Team members protect your modesty and dignity in all possible ways.
- Interpreters are used when communicating with patients whose primary spoken language is not English.
- Please tell our providers and staff if you have questions or concerns.

UW Medicine

This Pregnancy and Giving Birth booklet was written by staff at UW Medical Center. It has been approved for use by all UW Medicine facilities. Questions about content should be directed to UWMC Maternal and Infant Care Clinic, Box 356159, 1959 N.E. Pacific St., Seattle, WA 98195.