

AUTONOMOUS MIDWIFERY CARE Midwifery Model of Care



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Healthy Mother Sanctum Natural Birth Center was established in 2009 to provide holistic maternity care to women. Its mission is to bring about sustainable, positive changes in birth practices in India, using the Midwifery Model of Care.

Healthy Mother is the only Natural Birth Center in India offering Scientific Midwifery services to expecting and new mothers, backed by in-house emergency care and OB/Gyn backup support round the clock. Scientific studies backed by World Health Organization and other public health institutions have proven that if low risk, healthy women are allowed to labor on their own, without unnecessary interventions, and under the care of trained midwives, in 95% of cases their bodies intuitively know how to give birth normally.

Under the Healthy Mother Midwifery Model of Care, we see the mother as being at the center of our care universe, and consider her physical as well as emotional well being throughout her pregnancy as a unified objective of our care practice. We consider pregnancy and birth as natural life events, for which nature has perfected the woman's body for thousands of years.

At the Healthy Mother Sanctum™, our Natural Birth Center in Hyderabad, mothers receive highly individualized, continuous and unlimited care during prenatal checkups and during labor. At our prenatal checkups, we take the time to sit down with mothers and discuss their emotional fears, questions, and any other concerns (such as family issues) in addition to physical checkups. Mothers look to us as a friend, guide, and care provider, at any time they need us, thereby making the whole experience of pregnancy, a holistic and pleasurable one.

Under the Healthy Mother Midwifery Model of Care, we provide expecting mothers with individualized care by:

Monitoring the physical, psychological and social well being of mother throughout her childbearing cycle.

Providing mothers with individualized education, counseling and prenatal care, and continuous, hands on assistance during labor and delivery, and postpartum support.

Antenatal Checkups

Continuous 24x7 support during labor

Minimizing Technological Interventions

Identifying and referring women who might require obstetrical attention

Transition to new family hood

Immediate Postpartum Care

Postpartum Follow-up

The application of this woman-centric Midwifery Model of Care has been found to reduce the chance of c-sections, birth injury and trauma around the world. In contrast, at most hospitals in India maternity care is not woman-centric, rather doctor and hospital-centric. In 1995, The World Health Organization (WHO) declared that birth was actually safer for mothers and babies when utilizing midwifery care for normal and low risk pregnancy and childbirth. By following these mother/baby friendly care practices our model of care reinforces that birth is a natural, empowering and yet deeply personal event. We, as midwives, consider it our mission to help mothers experience this life-changing moment in an environment, which is emotionally and physically comforting.

Healthy Mother Philosophy

The Healthy Mother philosophy is rooted in our deep commitment to mothers to offer compassionate, women-centric care in which we, as midwives and mothers are