



Mandala Midwifery & Client Bill of Rights

About Mandala Midwifery

Mandala Midwifery is a Birth Service and Well Woman Care midwifery practice based on the Midwifery Model of Care that offers primary care to women during pregnancy and the childbearing stages of life. Mandala Midwifery's goal is to have well-versed practitioners who contain deep knowledge of human mechanisms and look at an individual's life in a holistic manner, including one's connection to their environment. This knowledge is constantly growing and changing. We provide care throughout the childbearing stages of life, from menarche to menopause.

The goal of Mandala Midwifery is to know our clients. We do our best to know enough about our clients health physically, emotionally, and spiritually to assess their well-being and to lend to a healthy, joyful life. We have found the best way for us to care for our clients is to have an ongoing relationship.

Our Philosophy

We believe personalized, client centered healthcare is a basic human right and strive to partner with our clients in making informed healthcare choices that are appropriate for them. We serve families of all backgrounds, incomes, genders and sexual orientations. We are committed to making midwifery care available to more women and their families through outreach and education.

The following are fundamentals for the practice and will see these through to the best of our ability:

- To be caring, thoughtful, and non-judgmental.
- To approach clients with an emphasis on communication and understanding.
- To have sound clinical judgment, wisdom, and common sense.
- To address the body, mind and spirit connection, and formulating suggestions with this as the basis and foundation.
- To cater to the individual versus forming recommendations from irrelevant large population-based research.
- To not make decisions for clients, but rather support clients with information and education that assists them to make their own decisions in which they feel comfortable and confident.
- To be influenced by your individual health and well-being with the purpose of creating a union and balance of mind, body, spirit with its environment.
- If a decision or suggestion is coming from the political atmosphere or a legal requirement, to be upfront and honest that this is the case.
- To be sociologically and ecologically conscious and mindful.
- To support whole foods nutrition as the primary methodology for addressing deficiencies.
- To avoid synthetic or concentrated and isolated remedies.
- To avoid chemicals, including pesticides and fungicide in remedies.
- To not be intimidated by conventional medicine if their research/decision making/recommendations are not sound.
- To not change recommendations based on assumed financial ability. If finances hinder ability to meet recommendations, we will work with clients to find alternatives.
- To facilitate empowerment, discovery and self-determination, as opposed to telling you what to do.
- To meet you where you are at - though this does require willingness of client to put in the work necessary and be ready to take on aspects of life to create positive change.
- To have great referrals with like-minded practitioners.
- To respect each individual's personal choices and lifestyle.
- To commit to providing care to a client during their entire childbearing stage of life, menarche to menopause.

About Midwifery Training

Midwifery training involves understanding, detecting and screening for dis-ease in women within a health range of normal. The purpose is to address common discomforts and detect and prevent dis-ease/imbalance, and make referrals as necessary for those outside the range of normal. Midwives provide care, support and information to women regarding their overall reproductive health, using a foundation of knowledge and skill which includes the following:

- Understanding of the normal life cycle of women
- Evaluation of the woman's well-being and risk screening including relevant historical data
- Causes, evaluation & treatments for problems associated with the female reproductive system & breast health
- Information, provision or referral for various methods of contraception
- Issues involved in decision-making regarding pregnancy and resources for counseling and referral

The body unit is complex and Mandala Midwifery practitioners do their best to discover any dis-ease, though we are human and may not always understand the complexity of an ailment or find particular connections suggesting a larger issue is at hand.

Midwifery training requires more than a basic understanding of how the human body functions, though unless otherwise stated, midwives are not licensed or certified naturopathic doctors, herbalists, homeopaths, acupressurists, massage therapists, energy managers, psychotherapists, etc. Practitioners of Mandala Midwifery, however, may utilize tools and techniques offered by these professions, as each of these fields may have been a place of study through consultation, direct experience, academia, workshops, etc. If the situation arises, it may be appropriate to seek a care provider specifically trained in the field. Midwives are not Medical Doctors and do not practice medicine or prescribe medication.

That being said, Esther Healey has informally and formally been studying health and well-being methodically since 2003. She has been engaged in the birth world since October 2006 and been officially studying Midwifery since January 2009.

Apprentices

Traditional midwifery is taught by the apprenticeship model of working directly with midwives and is important to passing on the wisdom. This is the model that led to the competency of all the practitioners of Mandala Midwifery, and it is our full intension to continue the legacy. If you have any objections to an apprentice observing and/or participating, please let us know.

Bill of Rights for Clients (These are some of the rights of clients):

- To seek consultation with the care provider(s) of their choice;
- To contract with their care provider(s) on mutually agreeable terms;
- To be treated confidentially, with access to their records limited to those involved in their care or designated by the client;
- To use their own resources to purchase the care of their choice;
- To refuse medical treatment even if it is recommended by their care provider(s);
- To be informed about their medical condition, the risks and benefits of treatment and appropriate alternatives;
- To refuse third-party interference in their medical care, and to be confident that their actions in seeking or declining medical care will not result in third-party-imposed penalties for patients or physicians;
- To receive full disclosure of their insurance plan in plain language, including:
 - a. CONTRACTS: A copy of the contract between the care provider(s) and health care plan, and between the client or employer and the plan;
 - b. INCENTIVES: Whether participating care providers are offered financial incentives to reduce treatment or ration care;
 - c. COST: The full cost of the plan, including copayments, coinsurance, and deductibles;
 - d. COVERAGE: Benefits covered and excluded, including availability and location of 24-hour emergency care;
 - e. QUALIFICATIONS: A roster and qualifications of participating care provider(s);
 - f. APPROVAL PROCEDURES: Authorization procedures for services, whether care provider(s) need approval of a committee or any other individual, and who decides what is medically necessary;
 - g. REFERRALS: Procedures for consulting a specialist, and who must authorize the referral;
 - h. APPEALS: Grievance procedures for claim or treatment denials;
 - i. GAG RULE: Whether care provider(s) are subject to a gag rule, preventing criticism of the plan.