Certified Nurse-Midwives with University of Minnesota Health assist women through the challenges and joys of pregnancy and birth as well as offering comprehensive care to women of all ages. The care team offers the full spectrum of services - including health and wellness - designed to meet the health needs of women for each stage of their lives.

A natural choice for many and a partner in your birth process
Many women choose midwifery care because they enjoy building a strong relationship with their caregiver. Other women appreciate midwives' holistic approach to prenatal care, labor and birth.

Reaffirming that pregnancy and birth are normal life processes, midwives tailor their care to the needs of each patient. Preferring to minimize technological interventions our team stresses the importance of prenatal education, counseling and continuous hands-on care during labor, birth, and postpartum care.

In addition to offering labor support, our certified nurse-midwives are qualified to order pain medication and perform medical procedures.

The benefits of choosing a midwife with University of Minnesota Health for your pregnancy include:
- A personalized, holistic approach to care from your first prenatal visit with a midwife.
- Access to our midwives at all times should any questions or concerns arise.
- Low cesarean (c-section) rates - 12.4 percent primary c-section rate.
- High success rates, 87.5 percent, of Vaginal Birth After Cesarean (VBACs).
- Expertise in medication-free labor support tools including: upright mobility support, intermittent fetal monitoring, labor slings, rebozzo, hydrotherapy, and waterbirth.
- Access to pain medication in labor including nitrous oxide and epidurals.
- Certified nurse-midwives are trained to recognize and manage complications early. Should birth become complicated the University of Minnesota Medical Center offers immediate support of OB/GYN, anesthesia, and NICU teams in the hospital 24/7. You can depend on our exceptional collaborative care model built on evidence, communication, and trust.

Beyond delivering babies
Many people think of midwives only in connection with childbirth but in fact we do much more. Our midwives provide a wide range of services for all ages of women – from puberty through menopause. We provide:
- Well Woman exams including follow up and treatment of abnormal pap smears.
- Sensitive care for common gynecologic issues such as management of painful or heavy periods or sexually transmitted infection testing and treatment.
- Birth Control and family planning.
- Pre-conception counseling with referrals to genetic counseling.
- Personalized attention to the changing needs of women throughout their reproductive years.
- Services for young women transitioning from pediatric care to adult care.
- Peri-menopause and menopause care including symptom management and hormone therapy if needed.
Meet our Certified Nurse-Midwives

Lisa Bowman, CNM
Karen Cullen, CNM
Ann Forster-Page, CNM

Andrea King, CNM
Katherine Martin, CNM
Kristen McCullough, CNM

Carrie Neerland, CNM
Deb Reinisch, CNM
Darrah Solitario, CNM

Improved patient experience and improving the health of those we serve

Our nurse-midwives with University of Minnesota Health are one of four Minnesota nurse-midwifery services who have been designated as a Triple Aim National Best Practice by the American College of Nurse-Midwives in their 2015 Benchmarking Project. This achievement recognizes practices that meet the Institute for Healthcare Improvement Triple Aim of improving the patient experience, reducing cost of care and improving the health of populations. This is demonstrated by high breastfeeding rates, low preterm birth and cesarean rates, and reporting fiscal variables.

Location

Women’s Health Specialists Clinic
University of Minnesota Health
Riverside Professional Building
606 24th Ave. S., Suite 300
Minneapolis, MN 55454

Appointments: 612-273-7111

As part of University of Minnesota Health, we are proud to offer women a full spectrum of care through our conveniently located partners:
• Perinatology for the pregnant woman and her unborn child

Maternal-Fetal Medicine Center
University of Minnesota Health
Riverside Professional Building
606 24th Ave. S., Suite 400
Minneapolis, MN 55454

Appointments: 612-273-2223

Visit mhealth.org/womenshealth for more information.