

Patient Centered Care

It is important to be involved with decisions about your care and your baby's care; before, during and after delivery. We help you make an individualized Birth Plan to ensure that you receive the care you want.



What is a Birth Plan?

A Birth Plan is a way to share your hopes and decisions with your caregivers, who can use it as a guide to provide care to you and your baby.

A birth plan often includes:

- personal information
- wishes for labor and delivery
- wishes for your time with your baby
- medical care preferences
- plans for if your baby lives
- plans for if your baby dies

Contact Us

Phone: 984-974-9017

Email: Lisa.welborn@unhealth.unc.edu

Web link to Birth Plan and Resources:
<http://www.perinatalhospice.org/birth-planning.html>



UNC Center for
Maternal and Infant
Health



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**UNC PERINATAL
PALLIATIVE CARE
PROGRAM**



What is perinatal palliative care?

At UNC Hospitals, we understand that learning your baby has a life-threatening medical condition is shocking, confusing, and heart-breaking.

The UNC Perinatal Palliative Care program offers specialized medical care that helps prepare you for your baby's birth and for the time immediately after the birth. We are here to help you cope with the physical, emotional, and spiritual reactions that can show up when learning about your baby's condition.

We respect and support the decisions you make for your baby's care.

The UNC Perinatal Palliative Care Team

We have received special training to care for high-risk pregnant women and infants diagnosed with serious medical conditions.

Our team provides support and guidance to help parents:

- plan their baby's birth
- make medical decisions about care before and after delivery
- plan end-of-life care

We also provide:

- emotional support for the family
- assistance with memory-making (i.e. photography)
- bereavement support

Our CARE Team Includes:

- maternal fetal medicine doctors
- genetic counselors
- social workers/care coordinators
- labor/delivery nurses
- lactation nurses
- chaplain/grief counselor

