

# Camrose PCN Prenatal Clinic Frequently Asked Questions

If you've got questions, we've got answers.  
And if you don't see your question here, give  
us a call and we will help you.



## What can I expect at my prenatal appointments?

Our team will provide you with ongoing care and education throughout your pregnancy to support you and your baby, and ensure you are healthy and prepared for labour, birth and the early days following birth.

For more information:

- [Camrose PCN Prenatal Care Plan](#)
- [Alberta Antenatal Pathway](#)
- [Camrose PCN Prenatal website](#)

## Who will care for me during my pregnancy?

At our prenatal clinic, your care will be provided by an experienced team of health care practitioners with a special interest in maternity. Our team of physicians, nurses, behavioral health consultants and medical office assistants aim to provide you with care that meets your physical, emotional and social needs throughout your pregnancy. If needed, you will be referred to other healthcare providers such as a dietitian, exercise specialist, physiotherapist etc. to ensure you achieve optimal health throughout your pregnancy.

## What if my pregnancy isn't straightforward and I need additional care?

We are a low-risk prenatal clinic. If you require additional care, we work closely with an obstetrician and other specialist and healthcare providers to ensure you get the most appropriate care during your pregnancy. We have referral pathways in place for you should you need to be cared for by a specialist and we will support you through this transition in care.

## Who can accompany me to an appointment?

We encourage you to bring a supportive partner, friend or family member with you to your appointments, if you so choose. If you are bringing your children with you, it is advisable to have another responsible adult accompany you, as it may not be appropriate for your children to be present for certain aspects of your care (i.e. sensitive discussions or procedures).

## How do I access prenatal education and support?

Our team will provide you with ongoing prenatal education at each appointment. There are classes and supports provided by community partners regarding education and planning for a new baby:

- [Healthy Parents Healthy Children](#)
- [AHS Public Health Prenatal Education](#)
- Camrose Association For Community Living's [Healthy Families Program](#)
- Camrose Family Resource Centre programs:
  - [Welcome to Parenthood](#)
  - [Bringing Home Baby](#)

## How will my mental health be supported during my pregnancy?

We take a holistic approach to your care because we understand that your mental health is just as important as your physical health. Our PCN's Behavioral Health Consultant (BHC) will support you with the emotional and social challenges of becoming a parent. You can expect a chance to sit down with our BHC during your first prenatal appointment and throughout your pregnancy and following your pregnancy, as needed.

For more information on our Behavioural Health Consultants, [check out our website](#).

## Where can I give birth?

Pregnant people in Alberta are free to choose where they give birth. In the Camrose area, choices include:

- [St. Mary's Hospital \(Covenant Health\)](#)
  - (780) 679-6151
  - Most appropriate if you live in Camrose area and have received prenatal care in Camrose.
- Hospitals in surrounding areas, such as Edmonton, Wainwright, Wetaskiwin, and Red Deer
  - May be post appropriate care if you live a great distance from Camrose or require specialist hospital care.
- [Here is an update on midwifery care in Alberta.](#)

### **Who will care for me during labour & delivery?**

If you choose to give birth at St Mary's Hospital, you will be cared for by the Unit 4 nursing team in collaboration with a doctor from the PCN prenatal clinic team or specialist. Other hospitals or centres have differing policies. Should you choose to deliver elsewhere, we recommend touring the facility, checking out their website, and speaking with staff.

### **Should I preregister to deliver?**

If you are planning to deliver at St. Mary's Hospital, you are asked to preregister by calling their admitting desk at (780) 679-6126 between the hours of 6:30 am and 10:00 pm, 7 days a week. If you're delivering elsewhere, check their policies for preregistration.

### **Who will care for me and my baby after delivery?**

Immediately after birth and until you and your baby are discharged home, you will be cared for by the hospital nursing team, and physicians (such as an obstetrical family physician, obstetrician or pediatrician), as necessary. Once you return home, nurses from the AHS Public Health team will provide care for you and your baby in your home and in the community. You are advised to book a 6-week postpartum appointment for yourself and baby with your family physician. If you do not have a family physician, our prenatal team can help you find one prior to birth. If you need assistance finding a family physician, call the Camrose PCN at (780) 608-4927 or visit [albertafindadoctor.ca](http://albertafindadoctor.ca).

### **How do I access postnatal care and support?**

You can access the following providers for postnatal care and support:

- [Healthy Parents Healthy Children](#)
- [AHS Public Health](#)
- Your family physician and the Camrose PCN
- Camrose Association for Community Living's [Healthy Families Program](#)
- Camrose Family Resource Centre programs
  - [Welcome to Parenthood](#)
  - [Bringing Baby Home](#)