

APPOINTMENTS:

We have offices in four convenient locations: Kalispell, Whitefish, Columbia Falls or Eureka. We encourage you to call ahead for an appointment at 406-752-8180 so that you can be seen in the most timely manner possible. If you are unable to keep an appointment, please call as soon as possible.

AFTER HOURS CARE:

If you think you are in labor, or have an emergency, please call our answering service number: 752-8180 or 1-800-952-1175. This number is answered 24-hours a day. Tell the operator you are a patient, and they will contact the nurse-midwife on call immediately.

PRESCRIPTIONS:

As advanced practice registered nurses, we are licensed to prescribe medication, including prenatal vitamins, birth control, antibiotics and other medication and health care products that are needed. Please call your pharmacy for prescription refills.

CHILDREN:

Part of the enjoyment of providing family-centered maternity care is including children in prenatal visits. Please be aware, however, that for safety reasons, children cannot be left unattended in the waiting room under any circumstances. Also, you may wish to not bring children to the first visit, which is typically longer and involves a more extensive physical exam.

FEES:

Payment is requested for office services at the time they are rendered. This is to aid in reducing billing costs. Flexible payment plans are available upon request. As a courtesy, our billing service will bill your insurance directly if given the proper information. Receipts will be supplied to aid you in seeking reimbursement from your insurance company. Most insurance plans cover nurse-midwifery services. Medicaid and Medicare are accepted.

*For an appointment,
please call (406) 752-8180*

KALISPELL OFFICE:

Glacier Maternity & Women's Center
195 Commons Loop Rd, Ste D
Kalispell, MT 59901
Fax: (406) 752-1056
*Monday-Thursday
9 a.m. - 5 p.m.*

WHITEFISH OFFICE:

Alpine Women's Center
2002 Hospital Way
Whitefish, MT 59937
*Thursday
9 a.m. - 12 p.m.*

COLUMBIA FALLS OFFICE:

Alpine Family Medicine
734 9th Street West, #12
Columbia Falls, MT 59912
*Tuesday
9 a.m. - 12 p.m.*

EUREKA OFFICE:

Eureka Health
450 Osloski Road
Eureka, MT 59917
*Friday
9 a.m. - 12 p.m.*



GLACIER MATERNITY & WOMEN'S CENTER

a Division of North Valley Hospital

PROVIDING

*SAFE,
SUPPORTIVE,
WOMAN
TO
WOMAN
CARE.*

JEANNE M. TREMPER, CNM

&

PAMELA A. PARSONS, CNM

Certified Nurse-Midwives

(406) 752-8180 • 1-800-952-1175

WELCOME TO OUR PRACTICE:

As Certified Nurse-Midwives, our specialty is providing maternity and gynecological services for essentially healthy women. Services which we offer include:

- We provide prenatal care, including an initial physical and lab work along with regular visits throughout the pregnancy. Education for achieving optimal health, prevention and recognition of complications is emphasized.
- Hospital services for your delivery are provided exclusively at North Valley Hospital & include supportive care in labor, waterbirth option, ordering pain medication and anesthesia if desired, and performance of all procedures needed during a normal birth. Every effort is made to respect choices made by the woman and her family regarding their birth experience.
- Annual examinations, including PAP Smears, breast and pelvic examinations, referrals for mammography and laboratory studies and general wellness counseling.
- Contraceptive counseling and prescription, including birth control pills, patch or ring, Depo Provera injections, diaphragm fitting and IUD placement.
- Screening and treatment of vaginal infections, urinary tract infections, sexually transmitted diseases, menstrual irregularities, pelvic pain and premenstrual syndrome (PMS).
- Peri-menopausal, post-menopausal consultation and annual gynecological exams with additional counseling and treatment for the symptoms that may develop during this transitional time.

Should you develop a condition during your pregnancy or gynecological care that requires a physician's management, Drs. Mirna Bowden, Randy Beach and Kathleen Lewison, OB/GYNs will provide consultation services to us. In cases where serious complications develop, which are outside the scope of our expertise, they will accept your transfer to their care.

WHAT IS A CERTIFIED NURSE-MIDWIFE?

A Certified Nurse-Midwife is a Master's level prepared registered nurse who has additional education in women's health care and midwifery. By education and experience, a nurse-midwife is qualified to be the main care giver throughout pregnancy and childbirth for healthy women, and to provide normal gynecological services, including family planning, annual exams, PAP Smears and care of the peri- and post-menopausal woman. Each year, more than a hundred thousand women in the United States give birth to their babies with the help of nurse-midwives. The numbers continue to grow as word spreads that having a baby with a nurse-midwife is a safe, satisfying experience.

WHY CHOOSE A NURSE-MIDWIFE?

Nurse-Midwives provide SAFE care. Over the years, nurse-midwives have maintained a superb record of safety. Research shows that pregnancy, labor and delivery for a healthy woman is as safe with a nurse-midwife as with a physician and that women who choose nurse-midwives are less likely to have cesarean sections and unnecessary medical interventions.

Nurse-midwives work as PARTNERS with women to facilitate the best decisions for their health. Nurse-midwives take the time to LISTEN and give SUPPORT. More than anything, what nurse-midwives offer women is time. Whether it is time to answer all the questions during an office visit or time to coax a slow labor, nurse-midwives are available. This personal support provides crucial enhancement to a woman's health and helps prevent medical complications.

"Midwife" means "WITH WOMEN." As early as Biblical times and in most cultures since, women have assisted other women through labor. Certified Nurse-midwives are part of this long tradition of women helping women, with special sensitivity, a sound knowledge base, and good common sense.

JEANNE TREMPER, CNM



Jeanne Tremper graduated from the University of Utah with her Bachelor of Science in Nursing degree. She worked for six years in maternal-child health nursing before beginning her nurse-midwifery training. Jeanne graduated from the Frontier School of Midwifery and Family Nursing (the oldest nurse-midwifery program in the United States), with her certificate in nurse-midwifery in 1998. She received her Masters of Science in Nursing from Case Western Reserve University that same year. She has been in private practice as a Certified Nurse-Midwife in the Flathead Valley since that time and is a member of the American College of Nursing-Midwives. Jeanne is also the proud mother of three daughters whom she delivered with the guidance, care and support of a nurse-midwife.

PAMELA A. PARSONS, CNM



Pam Parsons graduated with her Bachelor's Degree in Nursing from Grand Canyon University in Phoenix, Arizona in 1993. She has 18 years of experience as a labor and delivery nurse and as a nurse in a busy prenatal and pediatric clinic. In addition, Pam has experience as a community health nurse and a school nurse. She graduated with her Master's Degree in Nursing and Certificate of Midwifery from the Frontier School of Midwifery and Family Nursing in 2011. Pam and her husband, Walt, have two grown sons, David and Michael. Pam enjoys time with family and friends hiking, camping, gardening, photography and riding her horses.