

## CHANGES AT ARLINGTON WOMEN'S CENTER

### DR ROSSI

In October Dr. Rossi retired after more than 40 years looking after the health of women and their babies. By the end of his career he was delivering the daughters of women, whom he had delivered years before. In fact, one of our nurses discovered after she began working here, that Dr. Rossi had delivered her!

We wish Dr. Rossi, and his wife Monina, much happiness in retirement, and a chance to do many of the things which he could not do during his busy working life.

### MICHELLE POWERS, CNM

Many of you will have seen Michelle during her recent pregnancy and will be delighted to know that she was delivered safely of her son Nate on December 14, 2018.

She will be leaving us at the end of March.

### KAREN KING, CNM

After 15 years with Arlington Women's Center, and more than 10 years running the Midwifery service by herself, Karen has decided to stop delivering babies. It is hard work to be a midwife, and for most of those 10 years Karen was on call every night for her patients, and faithfully came in when they were in labor. In recent years, as the service expanded, she had help from other midwives, and currently we have Michelle and Debbie. Amazingly, Karen has delivered almost 2000 babies, most of them at Virginia Hospital Center.

Midwifery faces many obstacles in America, and many hospitals and doctors have historically been unwelcoming to midwives. There is a wonderful article called "Call The Midwife! (If The Doctor Doesn't Object)" (<https://khn.org/news/call-the-midwife-if-the-doctor-doesnt-object/>) which shows how hospitals in California are beginning to realize the virtues of midwives in decreasing Cesarean section rates, and providing more patient satisfaction because of less unnecessary interventions.

Indeed, long before the Leapfrog Group (<http://www.leapfroggroup.org/>) began to take an interest in the Cesarean section rates in hospitals, Karen's rate at Virginia Hospital Center was 7.8% , and she also had a high VBAC rate. She introduced the concept of changing positions during labor to help rotate the baby's head, and now all mothers on Labor and Delivery can use the "peanut ball" if their baby seems to be in a posterior position. This helps to promote a normal delivery. She and Dr. Crowther even explored the idea of a "Birth Center" at Virginia Hospital Center with a former nurse administrator, but sadly the

hospital has no plans to have such a center. In the United Kingdom Birth Centers for low-risk mothers are attached to many hospitals, and if any emergencies occur, the women can quietly be moved into the hospital for whatever management is needed. It leads to much greater patient satisfaction.

Although many of you will be disappointed that Karen will not deliver your baby, we can assure you that the doctors who work at AWC all support midwifery care. Dr. Crowther trained in Australia and the United Kingdom, where midwives, as in most of Europe, look after and deliver all low-risk babies, and doctors are only involved if there is a requirement for an operative delivery of some sort (vacuum, forceps or Cesarean). Dr. Rohn trained at the University of Pennsylvania where there is a thriving midwifery practice, and asked Karen to deliver her when she had her second child in 2018. Dr. Owen worked closely with midwives when she was in the Air Force. Dr. Sommer trained at Georgetown and Washington Hospital Center, where there is also a thriving midwifery practice. And our new addition to the practice, Dr. Gonzalez, is also very happy working with midwives. We can promise you that we will honor and support the wishes of women to have the sort of care which Karen would have provided.

Although Karen will no longer be doing the hard work of delivering babies, she will continue to care for women during their prenatal course. She will be offering classes for pregnant women and their partners. And she will continue to mentor and teach nurses from Marymount and Georgetown Universities, and Virginia Hospital Center, who come to her for their clinical studies as part of their Nurse Practitioner training. She will of course see the midwifery patient's post-partum so that she can hear their birth stories.

We all thank her for her years of service to us as her colleagues, and to the many thousands of women and their babies whom she has seen. And we wish her great success in her new roles.

MICHELLE GONZALEZ MD FACOG

Michelle is a Bostonian but considers Denver, Colorado, her home. Her family moved there when she was a small child and she attended the University of Colorado, and then its Medical School. She then moved to Texas to complete her Ob/Gyn Residency in the US Air Force, attaining the rank of Major and caring for active duty members and their families.

In 2008 she started her own family and is the proud mother of 4 daughters.

In 2015 she moved to a new practice in Northern Virginia where she provided comprehensive Ob/Gyn care to a diverse patient population and was able to practice her fluency in Spanish. She is honored to be able to provide health care to the Latina community in their native language.

She now joins our practice, and as both a physician and mother, understands the importance of good health care for all women and their families.

Welcome, Michelle.