

# Maternity Care Discussion Groups - An Embarrassment of Riches

by Michael C. Klein MD, CM, CCFP, FAAP (Neonatal-Perinatal), FCFP, ABFP, FCPS; William Ehman MD

## Calling all family docs attending births or engaged with pregnancy and newborn care.

With the decline of participation of Family Physicians attending births, it is more important than ever for family physicians engaged in birth to communicate with each other about clinical, practice and organizational issues. For those interested in multidisciplinary maternity/newborn care, List 1 is offered. For those wishing to communicate with family physicians attending births, List 2 is presented. Becoming a member of either list will enhance your practice and make you a corresponding member of a supportive community.

### List 1: MCDG -

The **Maternity Care Discussion Group** is the only multidisciplinary maternity/newborn care discussion group worldwide. Founded more than 30 years ago by Michael Klein who has been Listmaster ever since, it is a place where family physicians, obstetricians, maternity nurses, midwives, pediatricians, neonatologists, perinatal psychologists, doulas and birth educators and policymakers discuss clinical issues, research, organizational challenges and self help.

Problems are presented and members generously offer potential solutions. Originally it was a communication vehicle for the *Maternity and Newborn Care Committee* of the College of Family Physicians of Canada, but during the past year it has successfully migrated to google groups and is independent. While no longer formally part of our College, many college members continue to use this unique resource.

This list posts key articles from the birth literature as PDF files, after which Listers may discuss the methodology and utility of the study to primary care practice. Research of relevance to primary care practice is deconstructed and discussed. Some discussions are felt to be of sufficient moment to lead to formal publication. It is a respectful community of almost 1700 members devoted to supporting each other. It is mainly a group of Canadians and Americans, but there is significant participation internationally.

Recent discussions include: controversies in maternal/newborn outcome by mode of birth: vaginal vs. cesarean section, the use of bicarbonate in dystotic labours, depression in pregnancy, controversies in home birth, benefits and liabilities of routine epidural analgesia, cesarean section on maternal request, post-term induction, rural maternity closures, promoting VBAC, collaborative interdisciplinary team practice, birth centers, thyroid disease in pregnancy, electronic fetal monitoring as a means to prevent CP or not, vitamin D in pregnancy, midwife-family physician shared practice-to name just a few discussions.

### List 2: FPMNC Listserv Discussion Group -

When the College developed *Communities of Practice in Family Medicine*, it was felt that there should be a maternity/newborn care list to support family doctors providing maternity and newborn care. It is called **FPMNC** is focused on clinical issues relevant to family physicians. It is aligned with the CFPC Maternity and Newborn Care Program Committee and serves as a means of communication between that committee and College members engaged in maternity/newborn care. At present there are 170 members and growing.

### Commonality

Both lists support family physicians providing maternity and newborn care, providing a forum for clinical problem solving, practice issues, notices of important meetings and articles from the literature and self-help. Both are moderated and respectful in tone and content. Detailed guidelines for ethical participation are provided to those

joining these two lists.

Some College members belong to both lists.

In order to avoid discussions that go on too long, members appreciate that when a new topic is introduced, opinion must lead to evidence in short order. These discussion groups have learned how to respectfully support each other. Personal discussion is carried on off List. Both welcome new family doctor members engaged in maternity/newborn care, including those engaged in only antenatal and/or postpartum care.

**To join MCDG List 1**, send an email to Michael Klein: [mklein@mail.ubc.ca](mailto:mklein@mail.ubc.ca) or Kate Morgan: [kmorgan@gmail.com](mailto:kmorgan@gmail.com) requesting membership. Indicate your location and anything else that you would like to share.

**To join FPMNC List 2** send an email request to Listmaster, Maureen Desmarais, the Program Coordinator at the College at [MNCPC@cfpc.ca](mailto:MNCPC@cfpc.ca) Dr. William Ehman is her medical consultant.



Michael C. Klein, MD, CM, CCFP, FAAP (Neonatal-Perinatal), FCFP, ABFP, FCPS Emeritus Professor Family Practice & Pediatrics University British Columbia Senior Scientist Emeritus  
BC Children's Hospital Research Institute  
Vancouver BC  
[mklein@mail.ubc.ca](mailto:mklein@mail.ubc.ca)



William Ehman, MD Chair:

CFPC Maternity and Newborn Care Program Committee