
Apple Tree Model of Care

At Apple Tree, our care involves both midwives and family physicians, supported by a team of allied health professionals. In BC, midwives practice as autonomous health care practitioners and have a similar scope to family physicians with respect to pregnancy, birth and postpartum care. You may self-refer to the clinic at any time or your family physician may refer you to Apple Tree.

Our care is community-based. We feel privileged to support the families in the Kootenay Boundary and serve all the communities that live here. At Apple Tree, we integrate the philosophy of midwifery care, such as relational care, informed choice, choice of birth setting (home or hospital), evidence-based practice and collaborative care. The Apple Tree team consists of many skilled professionals, including registered nurses/lactation consultants, a registered psychiatric nurse, a social worker, a childbirth educator, a doula, a physiotherapist, a massage therapist in addition to the physicians and midwives. We also work collaboratively with other providers, such as obstetricians, pediatricians, maternity nurses, public health nurses, dieticians, and many others.

Informed decision-making is an integral part of our care. We support a shared-care model where care providers and pregnant people work together to create decisions based on sharing information and understanding values in a respectful, culturally safe environment. We believe it is our job to provide you with all the current information about important health care decisions so that you can make a decision that is right for you and your family and use our expertise to support your decision-making process.