



## **TAMC Midwifery Service**

### **Our Philosophy of Care**

We are honored to be a part your journey of starting or expanding your family. We recognize that this time is experienced differently for every individual. Our goal is to provide you with the knowledge and support that will enable you to make the right decisions for you and your family.

We believe in informed choice and support both unmedicated childbirth and the use of pain relief, such as nitrous oxide, intravenous medications, or an epidural. We believe in a model of health care that promotes a continuous relationship; that acknowledges your own experience and knowledge and is guided by the best evidence available to us. Our goal is to consistently communicate and use shared decision-making throughout your care.

### **What is a Midwife?**

Certified Nurse Midwives (CNMs) are independently-licensed Advanced Practice Nurses. CNMs have a background in nursing with an emphasis on women's health throughout the lifespan with a special focus on pregnancy, birth and the postpartum period. In addition to providing maternity care we provide annual well-women exams, routine health screening, gynecologic care, and contraceptive management.

### **Maternity Care Enrollment**

Enrollment into the CNM service for maternity care is based on individual risk factors. The following risks may exclude you from the midwifery service, however you can still consult with a midwife to discuss your enrollment.

- Multiple gestation
- Chronic health problems (for example: hypertension, diabetes, cancer, severe asthma, epilepsy, hematologic disorders, or active infectious disease)
- Certain complications during current pregnancy
- Certain complications of previous pregnancies

If you would like to enroll in our service—request an appointment with one of the nurse-midwives. The midwife will review your health history and discuss the possibility of care within our Midwifery Service.

## **Locations**

Our midwives see patients at 4 different clinics throughout the island of Oahu

- Tripler OB Clinic (varied days throughout the week)
- Kaneohe Bay Clinic (every Friday)
- Makalapa Clinic (every Wednesday)
- Schofield Barracks Clinic (Monday/Fridays every week)

## **CenteringPregnancy®**

CenteringPregnancy® is a group prenatal care model that includes three major components; health assessment, education, and support. Eight women & support person encouraged with similar gestational ages meet together for discussion focused on pregnancy, birth, nutrition, breastfeeding, child care, safety and new mothering issues. If you are interested in joining a Centering group please notify your provider at your initial OB visit and he/she will refer you to our program coordinator.

## **What if there is a complication?**

Certified Nurse Midwives are trained in the management of low-risk, healthy maternity care. Women with certain medical complications will require consultation with a physician or referral to a specialist. The nurse-midwives work closely with the physician team who is readily available for consultation or referral as needed.

## **Helpful Links**

Discover Midwifery Care & Women's Health [www.ourmomentoftruth.com](http://www.ourmomentoftruth.com)

American College of Nurse-Midwives [www.midwife.org/consumers](http://www.midwife.org/consumers)

Evidence-based information for making empowered choices [www.evidencebasedbirth.com](http://www.evidencebasedbirth.com)

Optimal fetal positioning [www.spinningbabies.com](http://www.spinningbabies.com)

How to find a doula [www.dona.org](http://www.dona.org)

## About Us

The Tripler Midwifery Service has a unique blend of civilian and active duty Certified Nurse Midwives with a wide variety of backgrounds and experience.



**COL Jessica Whaley, MSN, CNM**  
**Assistant Chief, OB/GYN Department**

LTC Whaley has been serving women and their families since 1999. She has a passion for women's health specifically focusing on pregnancy and labor & delivery. Previously, LTC Whaley had the privilege of teaching the Army 66G (Labor and Delivery Nurse) course at Fort Hood, Texas imparting many years of knowledge for junior Army Nurses. She joined the TAMC Midwifery Ohana in the summer of 2021 and looks forward to serving the families of military association stationed on Oahu in the coming years. She and her husband have five children. She loves church, family time, and the many beaches here on the island.

Master of Science in Nursing, University of Colorado, 2014  
Bachelor of Science in Nursing, Gannon University, 1999



**MAJ Lindsay Felker, DNP, CNM**

**Chief, Midwifery Service**

MAJ Felker discovered her interest in Women's Health early in her nursing career. She worked as a Labor & Delivery, Postpartum and Nursery nurse for 12 years. She started on her journey as a Certified Nurse Midwife in 2017 and joined the Tripler Midwifery Service in 2020. MAJ Felker has a passion for all things related to the care of women and their families. She has 3 children and a husband who keep her busy at home. They love to travel and explore all the new locations offered by every duty station. They have a family goal to visit all the National Parks by the time their youngest graduates from college.

Doctorate of Nursing Practice, University of Utah, 2020  
Master of Science in Nursing, South University, 2015  
Bachelor of Science in Nursing, Purdue University, 2006



**CPT Erin Fallis, DNP, CNM**

CPT Fallis is truly passionate about the health and well-being of military personnel and their families by dedicating her whole entire nursing career to their care. Prior to joining the Army, she served as a registered nurse at the VA for 6 years. She has always been passionate about women's health and decided to focus her nursing efforts on Midwifery after being cared for by Midwives with her two pregnancies. Shared decision making is integral to her practice and she believes that every birth she attends is both an honor and a privilege. She believes birth should be surrounded by peace, love, and joy. CPT Fallis loves to spend time with friends and family. She has been married to a retired United States Marine for over 16 years and has two children.

Doctor of Nursing Practice, University of Illinois at Chicago, 2020

Bachelor of Science in Nursing, Northern Illinois University, 2012

Bachelor of Arts in Communication and Sociology, St. Norbert College, 1999



**Kara Berlin, MSN, CNM, FNP**

Kara Berlin joined the Tripler Midwifery Service in 2020, bringing more than 15 years of expertise in Women's Health. After completing her first undergraduate degree, she served in the United States Peace Corps. As a result, she became interested in women's health and pursued education in nursing and nurse-midwifery. Her work includes service at the Waianae Coast Comprehensive Health Center, Kaiser, and Pali Women's Health Center on Oahu. She also worked for several years at Providence Women's Clinic in Portland, Oregon. She expanded her expertise in 2014 when she returned for a post-graduate certificate as a Family Nurse Practitioner. She is also an International Board-Certified Lactation Consultant. Kara enjoys fitness and outdoor activities with her husband and 5 boys.

Post-Graduate Family Nurse Practitioner, University of Massachusetts, 2014

Master of Science in Nursing, Oregon Health & Science University, 2009

Bachelor of Science in Nursing, Oregon Health & Science University, 2005

Bachelor of Arts in Anthropology, University of California, 1999



**Jennifer Cook, DNP, CNM, FNP**

Jennifer Cook joined the Tripler Midwifery Service in 2017, fulfilling her dream of returning to the Islands and living on the North Shore. Jennifer grew up with 8 siblings on the family farm in Southeastern Idaho and is the proud aunt of 20 nieces and nephews. She began her career as a Labor and Delivery nurse, practicing in Texas, California, Washington, Idaho, Hawaii and Utah. She answered the call to pursue midwifery education in 2004. She worked as a CNM in Utah for 11 years prior to coming back to Hawaii. Jennifer’s volunteer service includes service with Midwives for Haiti in 2013 and American Samoa in 2015. She enjoys being a preceptor for student midwives and residents. She also invests in the profession of midwifery, serving as an officer for the Hawaii Affiliate of ACNM. In her off time, Jennifer likes snorkeling, swimming, and camping with friends and family.

Post-Graduate Family Nurse Practitioner, Hawaii Pacific University, 2020

Doctorate of Nursing Practice, University of Utah, 2012

Master of Science in Nursing, University of Utah, 2005

Bachelor of Science in Nursing, College of Southern Idaho, 2003



**Gia Firth, MSN, CNM**

Gia Firth worked as a nurse in obstetrics for about 20 years, then pursued her advanced degree in nurse-midwifery. She joined the Tripler Midwifery Service in 2017. She enjoys working with women in the office and in labor to meet their individual needs and desires. She is married and has 5 sons. She lives in Kailua with her husband and youngest son. Her hobbies include walking, swimming and reading.

Master of Science in Nursing, University of Maryland, 2002

Bachelor of Science in Nursing, Towson University, 1988



**Kathalina Fabian-Fontenot, DNP, CNM**

Kathalina Fabian-Fontenot graduated from the University of Florida College of Nursing (Go Gators!) in 2007. She worked in various fields of nursing including pediatric and adult oncology, with medically fragile children, and as a summer camp nurse. She discovered her passion for women's health and midwifery during a course at Georgetown University researching alternative methods for labor pain, which she used during her own pregnancy. Kathalina became a Certified Nurse Midwife in 2017 and helped establish a midwifery practice in Connecticut and Rhode Island. Kathalina has strong military ties through her husband, father, and multiple family members' military careers. Working with this community is very dear to her heart. As a military spouse, she experienced and understands the challenges faced by this community. She was honored to join the Tripler Midwifery Service in 2022 after working as a New Parent Support provider. This enabled her to continue her personal mission to serve the military community. Kathalina enjoys traveling, reading, supporting small businesses, and spending time with her partner and 4 children.

Master of Science in Nursing, Georgetown University, 2017  
Bachelor of Science in Nursing, University of Florida, 2007



**Diane McElroy, MSN, CNM**

Diane McElroy was fascinated by birth from the time she was a young girl. She graduated from nursing school in 1990 and went to work as a labor nurse. She went back to school and became a nurse midwife in 2000. The first 5 years of being a midwife was in the private sector. In 2006 she went to work in a military hospital in Texas and in 2011 she transferred to Tripler. Catching babies is a great way to earn a living but mostly she loves helping women through the process. She is proud to be a part of teaching new doctors how to help women have great births. During the COVID crisis she recognized a need in her neighborhood and started a donation based pantry and book exchange in her driveway. In her spare time Diane enjoys needle work and spending time with her grandchildren.

Master of Science in Nursing, University of Texas, El Paso, 2004  
Associate Degree in Nursing, El Paso Community College, 1989