Our Philosophy of Care

We are honored to be a part of 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 decision-making 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 Registered 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 as well as space in our service. The following risks may exclude you from the midwifery service:

- Body Mass Index >40 at first visit
- 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.

**CenteringPregnancy®**

CenteringPregnancy® is a group prenatal care model that includes three major components; health assessment, education, and support. Eight to twelve women 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)
Nutrition (Academy of Nutrition and Dietetics) [www.eatright.org](http://www.eatright.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.

**LTC Lana Bernat, DNP, CNM, CPHQ**
Chief, Midwifery Service
LTC Bernat has been serving women and their families since 1996. She believes every woman has the right to be involved in her care and guide her own experiences. LTC Bernat began her nursing career as an Army Nurse Corps officer in 1996 at Blanchfield Army Community Hospital. She continued her nursing career as a civilian nurse in a variety of settings, serving in the areas of women’s health, case management, and quality management. She answered the call to return to active duty as a nurse-midwife in 2017. She and her husband have six children. She enjoys hiking, running, camping, and music.

Doctorate of Nursing Practice, Frontier Nursing University, 2017
Master of Science in Nursing, Frontier Nursing University, 2015
Master of Science, Leadership in Healthcare Systems, Regis University, 2005
Bachelor of Science in Nursing, North Dakota State University, 1996

**MAJ Lindsay Felker, DNP, CNM**
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 Tara Drerup, MSN, CNM
CPT Drerup has always been passionate about Women’s Health, working in both Postpartum and Labor and Delivery before beginning her midwifery education. Following graduation and the birth of her youngest daughter, she began her career as a Certified Nurse Midwife at a private practice in Colorado Springs. CPT Drerup decided that the best way to continue in Midwifery with an Active Duty Army spouse was to join the Army herself. She was commissioned in May 2018, and joined the Tripler Ohana as her first duty station in August 2018. She was born and raised in Colorado and loves to be outdoors hiking or snowboarding. She has 2 daughters.

Master of Science in Nursing, University of Colorado, 2015
Bachelor of Science in Nursing, University of Colorado, 2008

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
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

Alexandra Michel, PhD, CNM
Alexandra Michel is an American Red Cross volunteer midwife with the Tripler Midwifery Service. She started her nursing career as a medical-surgical nurse in Detroit, Michigan. From there she worked in the Neonatal Intensive Care Unit and then Labor and Delivery. She transitioned into nurse-midwifery in 2008 and began working at a Family Planning Clinic in Flint, Michigan. Her midwifery career continued at Madigan Army Medical Center in Washington and Womack Army Medical Center in North Carolina. Alexandra was born and raised in Berlin, Germany. She married her husband in 1992 and enlisted in the Army as a Personnel Specialist after moving to the United States. In addition to her love for reading and photography, she is an avid runner, swimmer, and bicyclist. She and her active-duty husband have two adult children.

Doctorate of Philosophy, University of Colorado, 2019
Master of Science in Nursing, Wayne State University, 2008
Bachelor of Science in Nursing, Wayne State University, 2004
Susanna Westbrook, MSN, CNM

Susanna Westbrook joined the Tripler Midwifery Service in 2009. Susanna made a few stops on her journey to becoming a Certified Nurse Midwife. She began her career working in development, public relations, and volunteer management for several service agencies in Austin, Texas, while moonlighting as a reporter for Nokoa Newspaper. While living in Texas, her interest in caring for birthing women was piqued after attending her sister's birth. She became a Certified Doula and started to take night classes to work toward a nursing degree. She left Austin to attend Yale University School of Nursing's Midwifery program as a National Health Service Corps scholar. While at Yale, she worked on her field research in Nicaragua, exploring the sexual health risks faced by adolescents in the rural areas. After graduation she worked in St. Croix in the Virgin Islands and at a CNM-run birth center in Tennessee before making her way to Hawaii. She worked for Kalihi Palama Health Center for 4 years, attending births at Kap'iolani Medical Center for Women and Children. Susanna joined the Tripler Midwifery practice in 2009 and continues to enjoy providing military families with excellent health care.

Master of Science in Nursing, Yale University, 2003
Bachelor of Arts, Communications, Southwestern University, 1994