

*Congratulations on your pregnancy and welcome to the
Mission Maternity Clinic!*

We are a group of family doctors who love providing maternity care! We want your pregnancy, delivery, and time with your newborn to be as healthy and satisfying as possible.

Your Maternity Care Team:



Dr. Jeff Kornelsen (MD CCFP)

Dr. Kornelsen has been providing full service family practice at The Medical Group since 1997 and has been delivering babies at Mission, then Abbotsford hospital since that time. When not working, Dr. Kornelsen enjoys riding his mountain bike, playing recreational hockey, eating fair-trade dark chocolate and spending time with his wife and 4 adult children.



Dr. Esther Warkentin (MD CCFP)

Dr. Warkentin was raised in Indonesia. She graduated from medical school in 2013. She did her residency through UBC in Prince George. She is currently working at The Medical Group covering physician's holidays. She spends her free time chasing around her busy toddler!



Dr. Jaspreet Lidder (MD CCFP)

Originally from Abbotsford, Dr. Lidder graduated from medical school in 2015. She then did her residency in Edmonton at the University of Alberta. Dr. Lidder is currently working at various clinic filling in for family physicians, as well as providing maternity care in Mission. When she is not working, Dr. Lidder enjoys hiking and running.



Dr. Chelsea Wiksyk (BSc/BA MD CCFP)

Bio coming soon!



Mission Maternity Clinic

A Division of Family Practice Initiative

If you have an urgent problem related to your pregnancy before you reach 20 weeks, please call our office or proceed to your local Emergency Department.

After you are 20 weeks, for any urgent problem that could be related to your pregnancy please call our office or the Abbotsford Regional Hospital Maternity Ward: 604-851-4814

- ❖ If you notice a reduction in your baby's movements and have not had a successful kick count
- ❖ If you experience vaginal bleeding, leaking of amniotic fluid, or repetitive cramping or contractions
- ❖ In case of sudden onset of abdominal pain, severe headache, difficulty breathing
- ❖ If you are unable to eat or drink longer than 24 hours, or have other severe symptoms

If you are between 37 & 41 weeks, in addition to these reasons, you should call or go to ARH Maternity ward:

- ❖ When your contractions are every five minutes and lasting 45-60 seconds and are strong enough that you cannot walk or talk through them, or if you feel your water has broken

Once your baby is born, please call our office to book a follow-up appointment. We will see you and your baby less than one week after you leave the hospital. Post-partum emergencies can also be seen at ARH Maternity Triage 604-851-4814.

COVID INFORMATION FOR OUR PATIENTS

All of us at the Mission Maternity Clinic are dedicated to keeping you and your family as safe as possible during the COVID-19 pandemic. In keeping with public health recommendations, we are limiting everyone's exposure by altering how we see patients in the clinic. Some appointments will be changed to phone/video appointments, and office procedures have changed to reduce your time spent waiting inside the clinic. We commit to providing you with the best care possible to ensure a healthy pregnancy! We hope we can all work together to maximize our safety during this difficult time.

COVID and pregnant women

So far, there is no evidence pregnant women and newborns are at increased risk of serious disease over the general population. We are continually updating our knowledge as new information comes out, and will keep you updated on any new safety concerns to be aware of. We strongly encourage pregnant women and their families to be following the recommendation for physical ("social") distancing when not sick, and for self isolation when sick. Please see the following link for information about how to socially distance and self isolate appropriately.



Mission Maternity Clinic

A Division of Family Practice Initiative

Your pregnancy care might go something like the following for the next while:

Your Appointments



After baby comes, visits are every 1-2 weeks in person for their first 6 weeks of life.

Important Information about your Appointments

- 1) Phone/video appointments: You can choose if you prefer a phone or a video appointment, but please note video appointments may not always be available.

If you wish for a phone appointment, the doctor will call you when it is time for your appointment.

If you have been booked for a video appointment, please log into <https://doxy.me/MissionMaternity> on your smart phone/tablet/laptop, type in your first name, and wait for the doctor to start the appointment. If it says the clinic is unavailable, please leave the virtual waiting room and wait for the doctor to call you. Please stay near your device, recognizing that your doctor may be running late.



Mission Maternity Clinic

A Division of Family Practice Initiative

2) In person appointments:

- a) Please notify the office staff by phone if you are sick. Don't worry, we will still provide you with care, but you will receive instructions on how we can see you most safely. This includes mild illness such as runny nose, slight cough, or sore throat.
- b) When you arrive for your appointment, please stay in your car if you drive, or wait in the main lobby/outside if you bus/walk. Call the front desk at 604-820-1021 to let us know you have arrived. You will wait in your car or outside the clinic until the doctor is ready for you. They will call you and tell you when it is time to come in.
- c) To reduce exposure, only one person will be allowed in the clinic at a time (unless you are under age 20, or need someone to translate for you.) If others come with you, they will not be allowed in, so if you are bringing your kids, please also bring someone who can supervise them in the car or lobby.
- d) If you are 36+ weeks pregnant, we need a urine sample. When you arrive you will be told to come in and leave a urine sample in the pre-labelled containers outside the bathroom, and then return to your car to wait for your appointment.
- e) Please use the hand sanitizer when you enter the office and when you leave.
- f) If you are bringing your newborn for a checkup, only mom and babe are allowed in the office. When you are called to come in, please carry baby in your arms with no extra bags, car seat, stroller, etc. We have diapers/wipes in the rooms if your baby needs one.

Emergencies/Add on Appointments

-Sometimes things happen! If you need to be seen between your regular appointments, please call first (do not drop in) and we will give you instructions.

COVID and your mental health

It is natural to feel increasing anxiety during this unpredictable time. If you are having difficulty with your mental health, you are not alone. Please let us know and we are happy to talk to you about any and all concerns you have. Please also see the attached link with some tips and resources for managing COVID related anxiety:

www.camh.ca/covid19

You are also encouraged to call Mission Mental Health; tell them you are pregnant: 604-814-5600

Thank you so much for working with us to make the clinic a safe space for everybody!