



## Red Deer Primary Care Network Pregnancy & Babies

Your doctor is a member of the Red Deer Primary Care Network (*RDPCN*). A variety of health care professionals work for the RDPCN and provide health promotion, education and support to patients receiving care from local family doctors.

The *RDPCN* Pregnancy & Babies (*P&B*) Family Nurses are registered nurses who work with family doctors to provide information, support and referrals for families who are planning a pregnancy, expecting a baby, or parenting a baby.

A *P&B* nurse can provide general information about your pregnancy, including topics such as healthy eating, exercise and safe activity, as well as preparing for childbirth. They also have information for after your baby arrives such as breastfeeding, mood changes, immunizations and birth control options. The nurse if required, will link you to community resources and supports or discuss any other concerns you may have.

We are asking you to complete the Pregnancy & Babies survey in order to better understand your needs.

The [Pregnancy & Babies Survey](#) can be downloaded from the Red Deer Primary Care Network website (under bookings, Pregnancy & Babies Survey) and can be either mailed or emailed to [info@rdpcn.com](mailto:info@rdpcn.com).

If you would like to ensure that you receive a call, please check the appropriate box in the middle of the survey. You will be contacted by a *RDPCN* scheduling staff to arrange an in person or telephone appointment. If you have checked the “yes” box, and have not heard from someone within 2 weeks, please contact us at 403.314.3297.

[www.reddeerpcn.com](http://www.reddeerpcn.com)

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