Jamie Otremba, CNM
Certified Nurse Midwife
“Supporting and caring for women and families through their pregnancies and births is at the heart of why I am a midwife.”

Education
Master of Science, Nursing, University of Minnesota, 2001
Bachelor of Science in Nursing, Moorhead State University, 1999
Associate of Science in Nursing, Registered Nurse, Brainerd Community College, 1995
Associate of Science in Nursing, Licensed Practical Nurse, North Dakota State College of Science, 1990

Certifications
Certified Nurse-Midwife
Registered Nurse, Minnesota Board of Nursing

Special Medical Interests
Fertility treatment; Well woman care; Pregnancy and birth

Clinics and Hospitals
Ms. Otremba sees patients at our clinics in Waconia and Chaska. She is on the medical staff at Ridgeview Medical Center.

Leadership and Professional Interests
Member American College of Nurse Midwives
Member AWHONN
Research Investigator, Ridgeview Research, Waconia, Minn.
National speaker on management of pregnancy complications and emergencies.
Adjunct faculty Frontier Nursing University
Nurse Midwife Preceptor

Biography and Personal Interests
I have always found pregnancy and birth to be the most wonderful event. To be present and share in the moment of a new person entering the world is really the most amazing experience...I still can’t believe this is what I do for a living. How lucky can I get?

I have been a Nurse-Midwife with Western ObGyn for 10 years. I actually grew up in Southern California and moved to Minnesota when I was 17. I met and married my husband, Joe, right after high school and we started our family a few years later. After being a labor and delivery nurse for 7 years in a small town in northern Minnesota, I went back to graduate school at the University of Minnesota to become a nurse-midwife.

As a labor nurse, I loved being with families to share their babies’ births. I wanted a chance to grow those relationships. I felt that as a Nurse-midwife, I could see women for their pregnancies, births, and beyond. The chance to develop those relationships, offer options, protect a woman’s ability to give birth, and care for herself and her family; this all seemed like it would be very exciting and rewarding to me then---and I was right! Supporting and caring for women and families through their pregnancies and births is at the heart of why I am a midwife.
Another big area of interest for me is fertility care; providing treatment and support to families needing help to conceive and become parents. Western ObGyn has a unique program, offering fertility care and treatment in coordination with the Reproductive Medical Center (affiliated with the University of Minnesota). Most appointments and treatments can be done at the Waconia office instead of driving into the Cities for care. Some of my most wonderful experiences at Western have been delivering the baby’s of these families. Some couples go through a lot of challenges to have a baby...to watch over their pregnancies and share their births is such a gift. Some women may come to Western just for this service and then return to their own doctor or clinic for their pregnancy care, and sometimes they come back to conceive their next child.

I think my patients’ would say that what they like about me is that I am easy to talk to and I take people’s concerns seriously. I like to laugh with people and get to know more about them than their medical history. It helps me to understand areas where they might need support or help. I think I am really good at getting to the heart of matters and offering suggestions for coping and growing. I think my patients feel that they can tell me about anything without fear of judgment. They know I care and want to help.

I have been so happy to work here at Western ObGyn. My midwife partners are really good people and practitioners. The doctors I work with are very supportive of the midwifery model of care and every doctor in our group is an excellent physician. When I need help with complications, they are totally available to me, trust my judgment, and value my opinions. I really couldn’t ask for more.

When I am not at work, I am probably in the kitchen cooking something or planning what I can cook for friends or for my kids the next time they come home from college! An evening with my hubby, some friends for cards, and good food (or a good recipe book) and I’m set!