



Caribou Memorial Hospital

Hello,

Thank you for taking the time to review my online profile at Caribou Memorial Hospital. It is a privilege for me to participate in your health. I look forward to working with you to better understand your medical issues and then discussing with you how they might be best dealt with.

I am an active practitioner of obstetrics and gynecology. This involves specialized care of pregnancy and high risk complications. It also encompasses care of female issues from all ages in life, including surgical management when needed. Ultimately, in practicing obstetrics and gynecology, I experience a wide variety of emotions--from the joy of seeing a new baby, to the intensity and focus when there are more complicated issues.

To help you get to know me better, here is some of my background. I grew up in Blackfoot, Idaho. My grandfather was a family doctor in Blackfoot for many years, and my experiences with him sparked my first interests in becoming a physician myself. I was also lucky enough to live close to my grandparents and to help care for them in their old age. One of my grandmothers had diabetes and was blind, and the other developed Alzheimers disease. It left a big impression on my younger self to learn how to help them when they were sick. To be honest, sometimes I feel like I am caring for them again, and I can almost see them in my own patients I care for.

After high school, I served a mission with the LDS church in Paraguay. It is a very poor country, but the people are some of the happiest and friendliest I have ever met. Something I learned on my mission was the respect and dignity every person on the Earth deserves.

My undergraduate studies were at Brigham Young University--Idaho. It was during that time that my desires to pursue medicine were strengthened. I studied biology there, and also took advantage of internship and humanitarian aid opportunities to Paraguay, Nicaragua and Alaska. Another life lesson I learned there was the importance of relying on Divine understanding and help. It was a tough road to get into medical school, and there were many times that I couldn't go any further on my own.

I was very relieved when I got accepted into medical school at Virginia Commonwealth University School of Medicine in Richmond, Virginia. It was definitely eye-opening for this small town Idaho boy to go to big cities out East. In medical school, my desires to practice medicine finally were able to grow and flourish. I also learned how to search out the most current and pertinent information to help my patients. I was interested in many fields of medicine, but was ultimately attracted to obstetrics and gynecology. There is something sacred and special about helping a woman through pregnancy and to see the look on her and her family's face when they see their newborn child for the first time. Additionally, while gaining experience in surgical management of gynecology, I found that I have an aptitude for surgical procedures.

My family and I traveled to York, Pennsylvania to get my 4 years of specialized training in obstetrics and gynecology. This time was filled with rich learning experiences. I participated in delivering hundreds of babies. Many of those pregnancies were high risk. The hospital I was at was a transfer hospital for high risk pregnancies. In fact, we cared for the vast majority of pregnancy complications at any age of the pregnancy. I was also able to gain experience from expert gynecologic and gyn-oncologic surgeons. There were additional opportunities in a wide array of gynecologic

issues in our clinics and emergency rooms that I learned to care for. I did a special-interest rotation and Magee Women's Hospital in Pittsburgh to learn more about management of infertility.

The first place I practiced after residency training was in Rexburg, Idaho. That was a great place to gain further experience in a large-volume labor and delivery. I also learned to gain independence in managing my patients, as I was not in my training anymore.

Now I am happy to be practicing in Soda Springs and Montpelier. It is fun to meet with you, the people of this area, and get to know you and your families. My wife, children and myself are enjoying the beauty of this area and all it has to offer. If you have any questions or needs, I would be happy to meet with you to discuss them with you.

My Patient Care Philosophy:

-I feel it is important to involve you, the patient, in your medical care. I strive to listen and understand when you are sitting across from me in the exam room. Medical issues are often complex, and I find it is important to have you feel like I understand what you are telling me. Also important is to involve you in the decision making process, and to make sure that you understand the options in your care. I will then promptly follow up with you, and strive to keep you current with any lab results or findings. I want you to be informed and comfortable with your medical care. It is your body, your health and your well-being.

-In obstetrics, I want to make your experience of having a baby safe and memorable. During the labor process, I closely monitor how you are progressing and how your baby is handling the labor. The best way to deliver your baby the majority of the time is vaginally. I will patiently work with you and only perform a c-section if necessary for your or your baby's health. My c-section rate has stayed around 10-12% of deliveries, where national rates tend to range from 25-30%. I find vigilant monitoring and patience with the labor process will provide great results. If you have had a c-section in the past, I will discuss with you the possibility of a vaginal birth after c-section (VBAC). Often VBACs can be done safely with proper monitoring.

Best Regards,

Nicolas Packer, MD

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OB/GYN

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