



## **Alegria Clinical Hours**

Clinical hours for Alegria students are structured, hands-on training experiences that allow student midwives-in-training to apply theoretical knowledge in real-world settings under supervision of a licensed or certified practitioner. These hours are essential for developing competency, confidence, and clinical judgment in maternal and newborn care.

### **Oversight of Clinical Hours:**

These clinical hours are obtained on your own time, and you are responsible for finding a qualified preceptor. Note that preceptors **MUST** hold a credential in the relevant field of obstetrics and ideally would practice within the midwifery model of care. These hours are not tracked or audited so we ask that you remain honest and record hours accurately.

### **Overlapping of Hours:**

Alegria clinical hours differ from those of the CIM or CPM requirements, however you can overlap your clinical experience so it can count towards both. For example, you attended the birth of a primp for 13 hours, this experience counts as hours towards Labor & Birth Care I as well as 1 birth that can be registered towards your CIM or your CPM.

### **Correct Hour Tracking:**

Clinical hours should be tracked as time spent with the client, for example: You are “at a birth” for **25 hours**, **6 of those hours you slept**, **1.5 hours were spent on break (eating, ect)**, **1 hour was spent running to the store for the midwife**, and **3 hours were spent in transit to and from the birth**. Remaining of a total of **13.5 hours** that were actually spent caring for the client in labor and assisting at the birth and postpartum. This rule applies for prenatal and postpartum appointments as well, only actual time spent with the patient counts towards clinical hours.

### **Hours Per Course Topic & Year:**

Hours can **ONLY** be counted in the current year you are studying in. For example, if you are in Year 1 you cannot count your current hours for topics in Year 2 or Year 3.

**Hour requirements per course with examples of clinical experience:**

<b>Year 1</b>	<b>PM500</b>	<b>Fundamentals of Midwifery Skills</b> - Vital signs, head to toe assessments.	<b>20</b>
<b>Year 1</b>	<b>PM700</b>	<b>Prenatal Care I</b> - Fundal height, fetal heart tones, fetal position, blood draws, urinalysis, providing health education and counsel.	<b>20</b>
<b>Year 1</b>	<b>PM800</b>	<b>Labor and Birth Care I</b> - Heart tones, labor support via positioning, vitals, vaginal exams, support and management during stages 2 & 3 of labor.	<b>120</b>
<b>Year 1</b>	<b>PM900</b>	<b>Postpartum Care I</b> - Vitals, newborn exam, fundal checks, suturing and discharge education.	<b>20</b>
<b>Year 1</b>	<b>PM1000</b>	<b>Lactation and Infant Feeding Basics</b> - Assisting with breastfeeding initiation and support throughout the postpartum period.	<b>15</b>
<b>Year 2</b>	<b>PM301</b>	<b>Charting 101</b> - Use and understanding of acronyms, detailed yet concise information.	<b>30</b>
<b>Year 2</b>	<b>PM501</b>	<b>Prenatal Care II - Higher Risk Pregnancies</b> - Care involving high risk cases such as gestational diabetes, pre eclampsia, VBAC, Multiables, ect.	<b>20</b>
<b>Year 2</b>	<b>PM601</b>	<b>Birth and Labor II – Complications</b> - Poor fetal position, breech, abnormal contraction pattern,	<b>120</b>
<b>Year 2</b>	<b>PM701</b>	<b>Postpartum Care II – Complications/Higher Risk</b> - Jaundice, uterine infection, preemie care, mastitis, ect.	<b>20</b>
<b>Year 2</b>	<b>PM801</b>	<b>Obstetric Emergencies</b> - PPH, shoulder dystocia, eclampsia, neonatal resuscitation, cord prolapse, etc.	<b>20</b>
<b>Year 2</b>	<b>PM901</b>	<b>Introduction to Well Woman Health</b> - Blood work, cycle tracking and menstruation education, etc.	<b>15</b>
<b>Year 3</b>	<b>PM302</b>	<b>Well Woman Health II</b> - Pap smears, IUD insertion and removal, PCOS, etc.	<b>40</b>
<b>Year 3</b>	<b>PM402</b>	<b>Advanced Infant Feeding – Oral &amp; Structural Abnormalities</b> - Oral tie identification and revision.	<b>10</b>
<b>Year 3</b>	<b>PM502</b>	<b>Herbology in Midwifery</b> - Compounding tinctures, cream preparation, infusions, teas, sprays, syrups, etc.	<b>20</b>
<b>Year 3</b>	<b>PM602</b>	<b>Understanding and Interpreting Labs</b> - Lab review and interpretation. Medication and supplement recommendation based on results.	<b>10</b>
<b>Year 3</b>	<b>PM902</b>	<b>Business 101</b> - Office tasks, managing supply orders, book keeping, record organization, etc.	<b>15</b>