



**Discover  
Midwives**



# Discover Midwives

Certified Nurse-Midwives

# Who is a Certified Nurse Midwife?

- An advanced practice nurse that specializes in providing primary, sexual, and reproductive care to people from all communities; from the teenage years through menopause and beyond
- Qualifications
  - Masters or doctoral education
  - National certification





# What do certified nurse-midwives (CNM) do?

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- Provide care throughout pregnancy including during labor and birth
- Provide annual exams and preventative visits
- Discuss and prescribe birth control/family planning
- Address gynecological concerns such as vaginal infections or heavy period bleeding
- Prescribe medications and order diagnostic tests such as labs or ultrasounds
- Do procedures such as pap smears, IUD insertions, circumcisions, or endometrial biopsies
- Provide primary care and gender affirming care for transgender and non-binary people
- Care for infants the first 28 days of their lives
- Identify and treat abnormal findings
- Assist physicians during surgery

# Why do people choose to see a midwife?

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## Midwives

- take extra time to listen to their clients
- encourage clients to participate in their care
- think about a person's feelings, emotions, values, and well-being when planning their care



# What are important elements in midwifery care?

1

Focus on promoting healthy choices throughout the lifespan

2

Partner with clients and families to help them decide what care is best

3

Empower people to be an important part of their care team and work towards holistic wellness

4

Practice evidence-based care

5

Incorporate education into healthcare

# Where can CNMs practice in MS?

- Clinics/Offices
- Hospitals
- Birth centers
- Homes





# Can a CNM care for me?

Yes!



All women can benefit from a nurse midwife, however, some may need to be referred to a physician for specialized care.

How do we know that CNMs and provide safe quality care?

- Midwifery is linked to the same or better birth outcomes compared to physicians (with a similar low risk population)
  - Fewer interventions during labor (such as episiotomies and labor induction)
  - Fewer preterm births, low birth weight babies and infant deaths
  - More vaginal births
- Fewer mothers dying
- Greater patient satisfaction with care
- Lower medical costs

Lower cesarean birth rates among nurse midwives may be attributable to evidence-based child birth education, exercise, and midwifery techniques including delaying admission until labor is active, using upright position and mobility during the first stage of labor, using relaxation techniques for labor pain relief, continuous support in labor, and using water immersion during labor.



“We felt our midwives *really cared* about us and not just about the physical aspects of the pregnancy, but the emotional as well. They didn't just help me birth a baby; they helped us become a family.”



“My midwife was so *calm* and treated my labor as something normal and not scary... I saw her confidence in me and my ability to give birth... we cannot imagine going to anyone but a midwife for our next child.”

(American College of Nurse-Midwives, 2012)

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# What do people say about their experiences with midwives?

“To say that I love my midwife is nothing short of an understatement. She unselfishly gave me the support and **encouragement** that I needed to confidently obtain a wonderful **natural** healthy birth for my daughter.”



“I am so grateful that I had a full **spectrum** of choices for navigating labor and birth and a care provider I could **trust** to guide me through the difficult patches without abandoning my values and wishes. I’ll continue visiting my midwife for my gynecologic care and without a doubt will return for my next birth.”

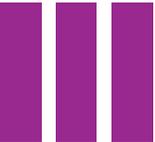
# What do experts say about midwives?

*“Midwives understand and protect the normal physiology of childbirth and provide safe, satisfying and supportive care”*

— Maureen P. Corry, MPH,  
Executive Director, Childbirth  
Connections

*“Bringing midwifery care back into our community is bringing wellness and wholeness back into our community.”* — Jamari Amani, LM, Director  
Southern Birth Justice Network

*“Investing in midwifery is an effective solution to deliver on women’s rights and reproductive health...”* — Mama Glow Foundation, website



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