

# AMERICAN COLLEGE OF NURSE-MIDWIVES STUDENT NEWSLETTER

Hello Students,

Welcome to the **ACNM Student Newsletter!** These quarterly newsletters compile events and student-oriented topics. If you have something you would like to share, suggest a topic, or nominate a student for the Student Corner, please contact the Student Representative to the Board of Directors, **Lillian Medhus** at [lillianmedhus@gmail.com](mailto:lillianmedhus@gmail.com) or the newsletter editor, **Yuliya Labko**, MSN, CNM at [ylibko@gmail.com](mailto:ylibko@gmail.com).

## UPDATES

### Save the Date and Register!

#### [American College of Nurse Midwives 63rd Annual Meeting and Exhibition](#)

Savannah, GA

May 20-24<sup>th</sup>, 2018

### Don't forget about existing resources!

The ACNM Midwifery Students webpage has many wonderful resources.

- List of Current Midwifery Programs
- Financial Aid Resources
- Prepare for AMCB Certification Exam
- Transition to Practice
- ...and [MORE!](#)\*

\* By becoming an [ACNM Member](#), you can gain access to more resources about topics above, read the student blog, and apply for scholarships.

Don't forget to "Like Us" on **Facebook** at: <https://www.facebook.com/groups/acnmstudent/>  
& join the New Midwives Facebook Page.

### Student Highlight

#### *Spinning Babies-Game Changer*

I've been a labor and delivery nurse for 13 years and a nurse midwife student for two of those, and one of my greatest frustrations has always been the patient with a cervix stuck at 8-9.5 centimeters, who eventually ends up having a cesarean section. Early in my career, searching for a way to get a vaginal birth, I read Penny Simkin's *The Labor Progress Handbook*, and blogs on asynclitism and the OP baby. I had a small amount of success with the jackknife position and pelvic rocking, hands and knees, and the peanut ball. However, since taking a Spinning Babies course this past summer, my success rate for turning an OP baby, and resolving a poorly engaged or asynclitic head has skyrocketed. Now, fellow nurses and nurse midwives seek me out for my "baby voodoo" skills.

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Let me emphasize, I'm not a Spinning Babies instructor; I'm only sharing my interpretation of the course material. The outlook of Spinning Babies is that the passenger knows how to make his/her way out; it's the passageway (the pelvis, joints, muscles, soft tissue) that affects baby's progress. Spinning Babies is all about making room in mom's body so that the baby can go where s/he needs to go. If muscles and ligaments are too tight, too loose, or twisted, the baby may not be able to descend, flex, or internally rotate.

Gail Tully, the founder suggests doing the "daily essentials" and "the three sisters" during pregnancy for comfort and easier childbirth. During labor, Spinning Babies techniques can be used to attain optimal fetal positioning (usually LOA with good fetal head flexion). The recommended interventions and maternal positions depend on the fetal station. Many techniques are geared toward unmedicated laboring patients, but I've found ways to apply the techniques to patients with epidurals. My most recent use of the techniques involved a primip with an epidural, stuck at 8 cm and +1 station for 6 hours, on 16 milliunits of Pitocin, with adequate MVUs. The patient had decent mobility, so I first had the patient do a forward leaning inversion with the "shake the apples" technique, followed by side lying release on both sides, and then improvised lunges (the patient was lying on her back, one leg was straight, the other leg was pulled up toward the side of the body as if lunging) alternating sides for 6 contractions. After the maneuvers, she was 10 cm/+2, and we had a lovely birth 45 minutes later.

**Check out Spinning Babies** – it will help your patients, and change your approach to "normal" pregnancy aches and pain, and to labor management. Spinning Babies courses are offered throughout the world. There are only 3 or 4 trainers, so classes can be hard to come by - if there's a course offered semi-close to you, take it. You can also sign up for their free health care provider e-mails, or order their DVDs, but everything makes much more sense having taken the course.

Good luck with the rest of school. Look forward to meeting and working with some of you when we're nurse midwives!

- **Nyree Van Maarseveen**

3rd year SNM at San Diego State University

## Volunteer Opportunities

Interested in representing your peers to ACNM and connecting with other students across the country? Volunteer to become a liaison! The following schools are still lacking a liaison to ACNM:

- Baystate Medical Center
- Bethel University
- California State University, Fullerton
- Emory University
- Marquette University
- Midwifery Institute of Philadelphia University
- New York University
- Ohio State University
- Rutgers Biomedical Health Sciences Nurse Midwifery Education Program
- Seattle University
- Texas Tech University Health Sciences Center
- University of Indianapolis
- Wayne State University