Discover Midwives
Certified Nurse-Midwives and Certified Midwives
Who is a midwife?

• An advanced practice clinician 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 midwives (CM) and certified nurse-midwives (CNM) do?

• 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?

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 do midwives practice?

• Clinics/Offices
• Hospitals
• Birth centers
• Homes

(American College of Nurse-Midwives, 2010)
Can a midwife care for me?

Yes!

Everybody can benefit from a midwife and some may need specialized care with a physician.
How do we know that CNMs and CMs provide safe quality care?

- Midwifery is linked to the same or better birth outcomes compared to physicians (with a similar population)
  - Fewer interventions during labor (such as episiotomies and labor induction) (Sandal et al., 2013; Vedam et al., 2018)
  - Fewer preterm births and infant deaths (Vedam et al., 2018)
  - More vaginal births (Souter, Nethery, Kopas, Wurz, Sittcov, & Caughey, 2019; Vedam et al., 2018)
  - Fewer mothers dying globally (World Health Organization, n.d.)
  - More breastfeeding (Vedam et al., 2018)
  - Greater satisfaction with care (Vedam et al., 2018)
“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.”
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?

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

“Midwives understand and protect the normal physiology of childbirth and provide safe, satisfying and supportive care.” — Maureen P. Corry, MPH, Executive Director, Childbirth Connections

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


Call a Midwife!

Find a Midwife >