



**Discover  
Midwives**



# 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?

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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 do midwives practice?

- Clinics/Offices
- Hospitals
- Birth centers
- Homes





# 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, Sitcov, & 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.”

(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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# Call a Midwife!

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