

AMERICAN COLLEGE OF NURSE-MIDWIVES STUDENT NEWSLETTER

TELLING THE STORIES OF MIDWIVES

EDITORS' CORNER

When I was an aspiring midwife and then a midwifery student, I was desperate for connections with other midwives. I wanted to know everything that my life could possibly look like once I had accomplished the unimaginably huge task of starting this new career. My search led me to watch countless episodes of (unsurprisingly all-British) television during midwifery school: the classic tearjerker *Call the Midwife*, the surprisingly full-circle rom/com *William and Mary*, and even the cheesy-yet-charming male midwife sitcom *The Delivery Man*. Along with many of my peers, I read Stephanie Tillman's blog *Feminist Midwife* regularly and followed absolutely everyone on Instagram who had the word "midwife" in their username. I read Karen Cushman's *The Midwife's Apprentice* as a child, Ina May Gaskin's *Spiritual Midwifery* as a teenager, pre-ordered Helen Varney's *A History of Midwifery in the United States* as a graduate student, and now that I am a new midwife facing down my first year of practice I look forward to diving into Patricia Harman's multiple novels about the lives of midwives.

I still seek these stories out, though they seem few and far between. I suppose most midwives are too busy doing the work of midwifery to stop and record their experiences, and then, harder still, transmit them to the general public. So this fall we've devoted our SANMC newsletter to the most elegant of modern media artforms: the podcast. Put these on while driving to and from clinical, practicing suturing, or organizing your bibliography for your next writing assignment.

We hope you will enjoy this issue, and perhaps be inspired to share some of your own stories as emerging midwives.

- **Danielle Boudreau, CNM/WHNP & Yuliya Labko, MSN, CNM Co-editors, ACNM Students and New Midwives Committee (SANMC) Newsletter**

*Disclaimer: The media items listed in this newsletter are not endorsed by ACNM.



Danielle Boudreau



Yuliya Labko

MODERN MIDWIVES CONTINUE THE ORAL TRADITION

The podcast Midwifing America is a new venture of Oregon-based midwives Angie Chisholm, Kate Bowen, Katie Robins, and Emily Yeast. The podcast is self-described as “a new podcast for national conversations about maternity and women’s health care.” We contacted the podcast’s creators to learn more.

SANMC: How did you decide to start a podcast, over other forms of technology or media?

Angie: I have always loved storytelling, and am an audio-learner myself. Podcasting seemed like a great way continue this by telling the stories of our profession and the women/families we serve. We had easy access to the recording equipment, and regionally to successful midwifery models. Midwifery needs to be at the CENTER of every conversation about improving maternity care in America.

Katie R: Midwifery itself is also steeped in the knowledge and wisdom throughout many generations of traditional woman healers, and much of this has been historically passed down through oral tradition.

SANMC: What resources enabled you to start this podcast?

Emily: We received grant funding through our local (Oregon) ACNM Affiliate & the Francis T Thacher Community Grant that allowed us to hire an experienced podcast producer and pay for a domain and a website. The producer helped us with the first episode but we’ve produced the 2nd and 3rd episodes on our own, with the help of Angie’s partner.

SANMC: Who is the audience you are hoping to reach?

Emily: Midwives, of course! But also anyone interested in midwifery and women’s health: so, women generally (and people who love and care about women), as well as obstetricians, nurses, aspiring midwives, doulas, women’s health advocates. We really feel that midwifery can transform women’s and maternal health care, and want to create a space to have a dialogue about that transformation. We want the podcast to be a platform for moving midwifery forward in America, and a resource for midwives to explore issues that hinder our profession.

SANMC: What are some of the lessons you’ve gathered from the learning curve involved in starting a podcast?

Emily: Don’t say “yeah” and “uh-huh” during interviews! It’s so hard, but interviewing is really different than regular conversation! I’ve ruined some great quotes by talking over an interviewee or laughing loudly. It’s also important to ask interview subjects to speak as if they are talking to the general population, to avoid acronyms and medical jargon.

Angie: Storytelling has been the hardest part. I have been learning a lot about how to weave a story together. It is so much harder than NPR makes it seem.

SANMC: Where did you get the “know-how?” (eg. how to record, which microphones to use, what software editing programs, how to market your podcast, etc.)

Emily: We have been SO lucky to have Russ Chapa, Angie’s partner, on this venture with us. He is a musician so had lots of great recording equipment, as well as audio editing software and know-how. Regarding marketing, we use social media outlets, of course, but really haven’t done much beyond that, or even exploited those realms fully. This is something we can improve upon. We did time the release of our first episode to coincide with the 2018 ACNM Annual Meeting, and I think this was a good move and helped to generate excitement. We were really fortunate that ACNM promoted the podcast, in addition to our local affiliate.

MODERN MIDWIVES CONTINUE THE ORAL TRADITION (CONT.)

SANMC: What has been your process in choosing episode topics, and deciding who to interview?

Emily: We regularly brainstorm topics, but our approach has been fairly “organic”. We have about 10 excellent interviews recorded so far, and we have crafted our episodes around those interviews, filling in with additional interviews and narration as needed. We will likely continue with interviewing a patient/client/mom with each episode, because we feel it’s important to get that perspective.

Angie: We want to create content about the topics that midwives are dealing with throughout the US. Optimizing collaboration and increasing access to midwifery care are universal themes throughout the episodes.

Katie R: We will also be looking at maternal/child healthcare globally, as there is much we (being in the U.S.) have to learn from other countries as well.

The first three episodes of Midwifing America can be found at www.midwifingamerica.com or wherever you find your podcasts.

Midwifing
America



The Podcast

PODCAST CONTRIBUTORS

- Angie Chisholm
- Kate Bowen
- Katie Robins
- Emily Yeast

PODCAST ROUND-UP

There are some great midwifery-related podcasts if you know where to look. Here is a list to get you started. Find us on Facebook to share some of your other favorites!

- **Evidence Based Birth Podcast** - each episode looks at the evidence for issues related to birth care.
- **Not By Accident** - a docu-podcast about choosing to become a single mother and coping with being one.
- **CHOICE/LESS** - this podcast “delivers powerful, personal stories of reproductive injustice.”
- **Radiolab Presents: Gonads** - “a multi-episode journey deep into the parts of us that let us make more of us.”
- **Nancy, S3 Ep. 7: “dilDOs and dilDON’Ts”** - sex toys from a queer perspective.
- **Where Should We Begin?, S1 Ep. 9: “Trauma Doesn’t Like to be Touched”** - a couple seeks guidance “on how to create a space of safety and physical intimacy, while also giving voice to past trauma.”
- **Call Your Girlfriend, Ep. 109: “Pelvic Power”** - on the power of having a feminist care provider, which interviews a nurse-midwife and pelvic physical therapist.
- **The Indicator from Planet Money: “Call the Midwife Back”** - a cost savings perspective regarding Alabama’s recent legalization of midwifery.

CONNECTING WITH OTHER MIDWIVES & RESOURCES

Connect with CONNECT: Connect is the new message-board center for ACNM members. It is like a series of more focused Facebook groups. There are many groups that you can join for specific topic areas or geographical regions. To find Connect, login at Midwife.org and go directly to connect.midwife.org.

If you still love Facebook: Make sure you are in the right groups! Search for your local ACNM affiliate, the ACNM Students and New Midwives group, and any school-specific groups that were created for your educational institution.

Don't forget these resource round-ups: ACNM has two webpages for new graduates and students, including links to blog posts, recordings of presentations, and other helpful information. Find them online at midwife.org/new-midwives and midwife.org/students-and-new-grads.

ANNOUNCEMENTS

MIDWIFE PAC AFFILIATE FALL CHALLENGE

**** Each month we will recognize the top donating state. At ACNM 2019 PAC Rally we will recognize the WINNING state in these TWO categories:**

1. Largest Donation Amount (\$)
2. Number of Donors (#)

(ENDING DATE: DECEMBER 31ST!!!)**

We also hope you'll consider the option to offer a matching donation for your member midwives--i.e., the affiliate will match individual donations until a certain dollar amount is reached! This incentivizes individual donations.

For instructions on entering contact Emily Hayes at midwivespacaffiliate@gmail.com.