MODULE ONE: **ORIENTATION**

Please finish all assignments and answer all items. Work that is either incomplete or incorrect will be returned to you for completion/correction.

***LEARNING OBJECTIVES***

***To understand midwifery’s political context and practice issues:***

1. Know the history of midwifery in the United States (since 1930)
2. Identify, and describe the function of key midwifery organizations in the United States
3. Cite various training options for direct-entry and nurse midwifery
4. Explain current barriers to the practice of midwifery
5. List principle midwifery textbooks, periodicals and newsletters
6. List principle sources for childbirth and midwifery supplies

***To understand your relationship to the art and practice of midwifery:***

1. Cite differences between woman/person-centered and standardized perinatal care (incorporating the Midwives Model of Care TM)
2. Identify common factors that motivate the study of midwifery
3. Identify personal motivations, strengths and limitations regarding midwifery practice

***To understand basic female reproductive anatomy, physiology, and sexuality:***

1. Know the hormonal underpinnings of the menstrual cycle
2. Cite factors in sexuality during pregnancy, birth and postpartum
3. Understand how sexual abuse can impact childbearing
4. Appreciate hormonal and sexual changes throughout the lifecycle

***LEARNING ACTIVITIES***

1. Read Witches, Midwives and Nurses
2. Listen to the podcast Giving Birth In America As a Black Woman (available in the Online Resources section of NMI Student Portal)
3. Research and briefly describe the history and current legal status of midwifery in your anticipated state of practice (using midwifery newsletters, local/state experts)
4. Read pamphlet, “Midwives Model of Care” TM (available at mana.org or in the Online Resources section of NMI Student portal)
5. Read Heart & Hands, Chapters 1 and 7
6. Read Orgasmic Birth, Chapters 1 and 2
7. Study resource lists in Heart & Hands Appendix B for midwifery texts and supplies
8. Read The Rhythms of Women’s Desire: How Female Sexuality Unfolds at Every Stage of Life and do work sheet
9. Journal work:

A. Identify personal motivations for studying midwifery, and roots of these in personal history, e.g., “I will be a good midwife because...”

B. Identify personal biases with regard to ideal behavior of pregnant or birthing women/persons and their partners, e.g., “Every pregnant or birthing woman/person should...”, or, “A pregnant or birthing woman/person should never...”, or, “A pregnant or birthing woman/person’s partner should always...” Choose the bias you hold most strongly, then look deeper and write on why this issue is triggering for you…what happened in your personal life to engender such strong feelings on this subject? Finally, write briefly on the potential impact this bias could have on the self-determination of your birthing clients/associates.

C. Identify your greatest personal shortcoming with regard to becoming a midwife (apart from lack of knowledge). Name one thing you can do to work on this shortcoming in the coming week.

***SUBMIT***

1. Summary of your research findings regarding history and regulatory guidelines in anticipated state of practice
2. Brief commentary on Witches, Midwives and Nurses
3. Worksheet on The Rhythms of Women’s Desire: How Female Sexuality Unfolds at Every Stage of Life
4. Completed module post-test
5. Module Evaluation Sheet (available at the end of each module)
6. Summary of journal work on biases (your primary bias, its roots in your personal life, and how it might disempower your clients)

WORK SHEET

The Rhythms of Women’s Desire

1. Diagram typical hormonal changes during the menstrual cycle.

2. Describe sexual changes during pregnancy trimester-by-trimester, citing physiological and psychological factors.

The Rhythms of Women’s Desire

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3. Cite potential negative effects of episiotomy (both physical and psychological) on postpartum sexuality, with appropriate suggestions/remedies.

4. What might you suggest to a couple having trouble finding time for sex in the early years of parenting?

5. What are the physiologic reasons for sexual role-reversal common in midlife?

The Rhythms of Women’s Desire

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6. Describe sexual changes likely to occur during and after menopause, citing both physical and emotional factors.

7. Describe behaviors typical of mothers/gestational parents who have suffered sexual abuse, with appropriate response of health care provider.

MODULE ONE: **ORIENTATION,** POST-TEST

***Please answer these questions as concisely as possible:***

1. List at least five crucial events that have prompted midwifery’s resurgence in the United States.
2. How does the above contrast with midwifery’s place in the healthcare system of Scandinavian and many Western European countries?
3. Cite similarities and differences between direct-entry and nurse-midwifery training in the United States.
4. Briefly describe barriers to practice for both direct-entry and nurse-midwives in the United States.
5. Cite several good sources for:
   1. Midwifery and birth-related books
   2. Midwifery and birth-related supplies
   3. Student midwife networking/support
   4. Practicing midwife networking/support
   5. Midwifery-related legal advice
6. ESSAY: What, in your opinion, are the philosophical and practical differences between holistic and standardized perinatal care?

###### **MODULE EVALUATION SHEET**

1. What did you like about this module?
2. Were there any surprises for you in this module?
3. Was there anything in his module that was particularly challenging for you?
4. Do you feel you met this module’s stated learning objectives?
5. Did the learning activities enable you to meet the learning objectives?
6. Were the suggested learning resources (books and materials) adequate to meet the learning objectives? Did you utilize additional resources?
7. Any comments/suggestions for improving the module?