

# MCU IN REVIEW

VOLUME 3, ISSUE 2

SUMMER 2015

## WELCOME!

Dr. Alicia Brooks  
Faculty

Ruth Ann Colby, CPM  
Faculty

Melissa Smith-Tourville  
LM, CPM  
Admissions Director

Cindy Windward  
House Mother

Laura Park  
Registrar

Jennifer Rabins  
MCU Board Treasurer

## INSIDE THIS ISSUE:

Achievement	1
President's Banquet Awards	2
President's Banquet Awards	3
Summer Conference Schedule	4
Maria Cranford, MSM	5
A Student's Musing on Informed Consent	6
7th Annual Virtual Intl. Day of the Midwife	7
Brianna Blackwelder Scholarship	8

## Achievement

*Kristi Ridd-Young—President*



Of late, I have been deeply inspired by the achievements of so many from MCU. Some of those achievements are highlighted in this newsletter, others are quietly noted. Perhaps like you, I assumed I knew the meaning of the word achievement. I was somewhat surprised by the definition.

Achievement: something accomplished, especially by superior ability, special effort, great courage, etc.; a great or heroic deed.

It's the special effort and great courage part of the definition that gave me pause. When someone accepts an award and public accolades are given, we might assume the accomplishment is due to that person's superior ability or natural talent, but how often are your achievements marked by great courage and special effort? I would say, more often than not. There are some of you who completed last semester's courses with exemplary grades despite the fact that you were grieving the loss of a loved

one. Some of you persevere even though you no longer have a family income because of job loss. That is achievement. Others have learning challenges that make midwifery education especially challenging—but you carry on. That is achievement. Some of you claim you cannot write, yet your work is being published because you are now a writer. That is achievement. Some of you have left your family behind in order to complete your clinical requirements. That is achievement.

If we had the opportunity to dig into the life of every MCU student, faculty and staff member, I believe we would find many examples of special effort and great courage. It is my hope that as you become midwives of professional excellence, you will consider your achievements. Share the struggle and courage required with others. Like me, they will be inspired by the achievements of you—my real-life heroes.

## President's Banquet Awards

### *Faculty of the Year - Jana Studelska*



Committed to the art of midwifery Jana has served as both academic faculty member and preceptor to students. Her work includes teaching Well Woman Care, Holistic Health, Medical Terminology and acting in the role of Continuing Education Coordinator.

A granddaughter of midwives, Studelska was honored for her service as a CPM since 2008, and her dedication to MCU since 2012.

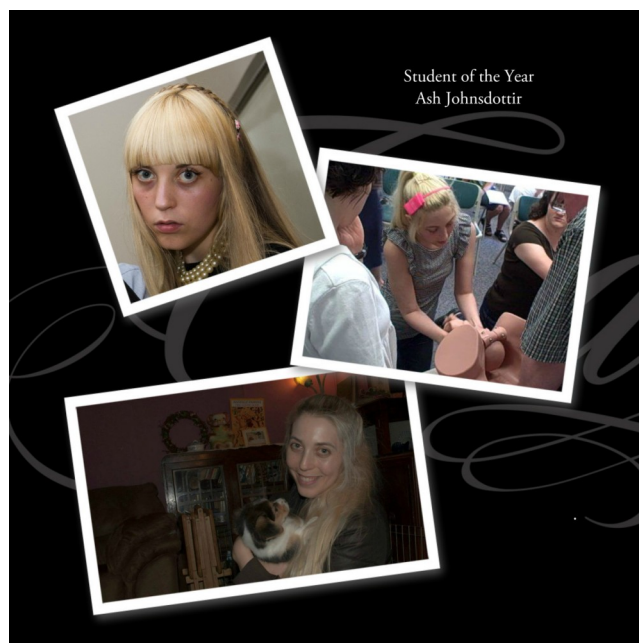
*"Jana is a great teacher! Her lectures are always engaging and she is naturally a great educator. Her lectures stay with me and help make the course material easier to remember and utilize. This is my second semester with Jana as an instructor and she is consistently a fabulous teacher."* – MCU Student

### *Student of the Year - Ash Johnsdottir*

Ash Johnsdottir was selected from among the graduating students in 2014 to be honored as MCU's Student of the Year.

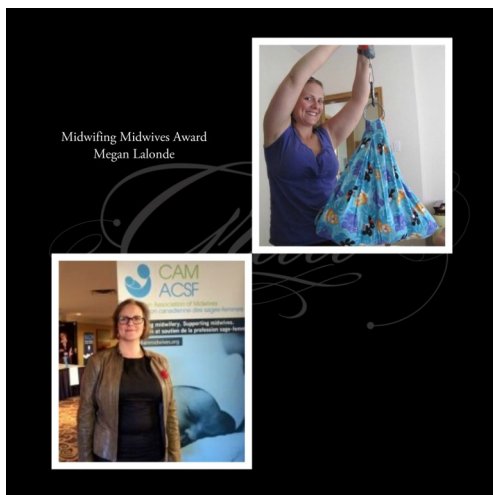
*"Ash is an excellent student and consistently takes her work to the next level. She values & seeks out up-to-date, evidenced based research, is knowledgeable & professional in her academic work and discussion during live sessions. I am excited that the midwifery community has gained another excellent member!"* - MCU Faculty

Ash graduated in December 2014 and is currently living in Corvallis, Oregon. Congratulations!



# President's Banquet Awards

## *Midwifing Midwives Award - Megan Lalonde*



The Midwifing Midwives is a very special award. The term “midwifing midwives” was originally wordsmithed by Jodie Palmer. It precisely states that we as midwives should be helping other women in their journey to also become midwives. Precepting, teaching and coaching midwives is a sacred calling.

Our Midwifing Midwives award for 2015 goes to our sister Megan Lalonde, an MCU graduate and Canadian Registered Midwife. She was instrumental in helping MCU graduates be accepted for midwifery service in Canada. Along with several other MCU graduates, she went through the IMPP and proved that MCU graduates truly are midwives of excellence. She represents Saskatchewan as a board member on CAM, the Canadian Association of Midwives. She is working for government money to be provided to hire more midwives across the province. Megan is also an author of multiple books and

various classes at MCU. One of her specialties is reproductive health.

## *Friends of Midwives Award—Jason and Terri Demers*

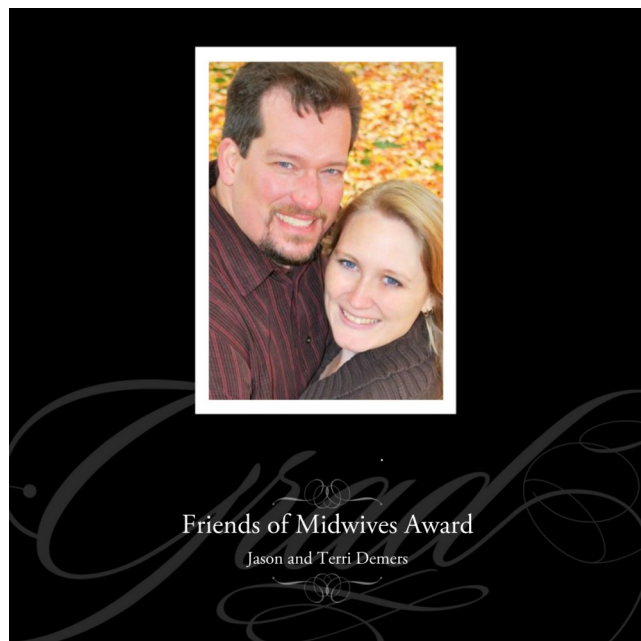
In 1998 a group of five Canadian women, determined to become midwives, found The Midwives College of Utah. There was no midwifery education available in their province of Alberta. Although it took years of trusting that their path would lead them to their dream, they eventually all graduated.

In the years between then and now Alberta experienced significant changes to its midwife licensing process. Eventually it became impossible for out of country trained midwives to become licensed in the province. Three weeks after the last out of country trained student (who happened to be an MCU graduate) applied and was accepted for licensure the five made their application. They were all denied.

The Canadian Five hadn't come this far and worked this hard to be denied what they knew they were qualified to receive--their license to practice. They hired Jason Demers (husband to our faculty, and board member, Terri Demers) and another lawyer to begin challenging the blanket denials given to out of country trained midwives.

The challenge process required singular hearings on every issue. The Canadian Five, with Jason's help, won small battle after small battle until finally the Health Discipline Board agreed in the inappropriate and unfair treatment of denying them their licenses.

We are so grateful for the support that both Jason and Terri have given to MCU students, past and present. It feels so appropriate to recognize them with the Friends of Midwives Award.



# Summer Student Conference: June 1st - 6th

## Monday June 1st

**Supporting Survivors of Sexual Abuse** – *Mary Burgess* – 9:00 am – 6:00 pm

**Diagnostic Tests** – *Heather Whitley* – 9:00 am – 6:00 pm

## Tuesday June 2nd

**Labor & Birth Skills** – *Delphine Silvermoon* – 9:00 am – 6:00 pm

**NARM Preparation** – *Sarah Carter* – 9:00 am – 6:00 pm

## Wednesday June 3rd

**Charting in Midwifery Practice** – *Carrie Ann Kemp* – 9:00 am – 6:00 pm

**Labor & Birth Skills** – *Delphine Silvermoon* – 9:00 am – 6:00 pm



## Thursday June 4th

**Midwife's Assistant** – *ViviAnne Fischer* – 9:00 am – 6:00 pm

**Homeopathy for Midwives** – *Sonia Ochoa* – 9:00 am – 6:00 pm

## Friday June 5th

**Breastfeeding** - *Sara Vranes* – 9:00 am – 6:00 pm

**Marketing your Midwifery Business** – *Krista Miracle* – 9:00 am – 12:30 pm

**The Business of Midwifery** – *Krista Miracle* – 1:00 pm - 6:00 pm

## Saturday June 6th

**Herbology** – *Pam Francis* – 9:00 am – 6:00 pm

*Conferences Classes are beneficial for all. Taught by expert instructors students have the opportunity to gain hands on learning in addition to their regular classes. These intensive courses provide valuable experience as they learn clinical skills and have the opportunity to pass off some of those skills.*



## Congratulations!

### Maria Cranford, MSM

On May 11th, Maria Cranford passed the oral defense of her thesis “Midwifery Management of Twin Gestation: an Evidence-Based Approach” with flying colors! Maria’s thesis is the cornerstone of her upcoming Master of Science in Midwifery degree.

As one of her thesis committee members noted, “This final thesis project represents a significant contribution to the field of midwifery. I believe it has immediate implications for practice while also holding long-term implications as recommendations for future research are well highlighted. A truly superb final product that is comprehensive, timely, and beautifully written.”

Once the last few “logistical” steps of the thesis process are complete, Maria’s thesis and a recording of her oral defense will be available in the MCU Digital Library for all to enjoy and learn from. Within the next few months, Maria plans to publish her thesis work in a print format, and eventually include a kindle and I-book format. Keep an eye on her website [www.mountainhomebirth.com](http://www.mountainhomebirth.com) for details.

Dianne Bjarnson will be utilizing Maria’s thesis publication in her complications course and noted “It is incredible to me that your research was so deep and thorough. This is a significant work! There is some really good information that would help midwives make better decisions when dealing with twin gestation.”

**Congratulations to Maria! We are honored to have supported you throughout this process.**

#### ABSTRACT:

Although the American College of Obstetricians and Gynecologists (ACOG) specified twin birth as having a greater risk of perinatal death and asserted that twin gestation places a candidate at too high a risk for home birth, currently, national standards do not exist in the United States that delineate conditions for which home birth is not advised (ACOG Committee on Obstetric Practice, 2011; Likis, 2014). Thus, some midwives are facilitating home and birth center birth with mothers having a twin gestation. The first objective of this thesis is to describe the current climate in regards to twin birth in homes and birth centers, reviewing the literature, both historical and current, of midwife-led care of twin gestation. The second objective is to describe the core skill set necessary for midwives to successfully facilitate twin gestation within a home and birth center setting. Collectively, results from this project will serve: 1) as a beginning point in helping midwives acquire the clinical knowledge and skill set needed to successfully guide appropriate twin gestation within a home and birth center scope of practice; (2) as a contribution to the literature and a call for future studies that inform both safety and practice regarding vaginal twin birth; and (3) as a framework for maternity care providers in critically re-evaluating risk categories for twin gestations.



## A Student's Musings on Informed Consent

*By Penny Fantigrossi*

This week my neighbor had a swarm of honeybees come into her yard. What happened next gave me a lot of insight into informed consent, as odd as it may sound. My neighbor called the housing office to complain of the bees. Now, if you know anything about beekeeping (which I do because my best friend is a beekeeper and I funded part of her

classes for beekeeping thus reading much of the information) you know that bees are very docile when swarming because they are in a sort of trance-like state of follow-the-queen. In the photo above there are approximately 3,000 honeybees.

Now, honeybees, like good midwifery care are kind of dying out. It's not a popular or common thing to have in your home in our current time, right? Well, I tell my neighbor about the swarming bees being docile and ask her not to kill the bees. The housing office then comes over to "take care" of the bees. I assume that they know they can call one of the TEN people in our town who come out to remove swarms for free. I had called my friend and we know three people willing to come take this swarm. The housing office came out and the neighbor's husband, thinking there was no alternative, consented to letting them spray and murder the entire swarm of docile honeybees. I was furious! I couldn't figure out why and then I really meditated on it. I realized it is because it is so much like midwifery. It's a dying art to understand bees like it's a dying art to understand birth or health. It's something we need desperately to do again. The problem is that people don't know! If they don't know they can't have informed consent.

This guy didn't know there were people ready and willing to come get the bees. The housing office didn't care enough to find out about the bees or to call the proper people to come get the bees. It's not that they maliciously made that choice it's just that they were afraid and didn't know their options. It's the exact same thing with birth choices right now. People aren't educated about midwives. They don't know what they are missing or what they could do instead of the hospital.

Moral of the story: never be afraid to educate. Otherwise you may have to watch something die whether it is bees or hopes for a change in the way people birth. Education equates to change.



## Annalee Reid Presents at the 7th Annual Virtual International Day of the Midwife

Annalee Reid had been working on a fabulous paper about rectal fluid replacement that came thru Writing Lab, and with a nudge of encouragement, she sent her query off to the organizers of the 7th Annual Virtual International Day of the Midwife, May 2nd, 2015. And she was accepted!!

You can hear her presentation--and many others--at <http://vidm.wikispaces.com/VIDM+2015>.

### **The Role of Proctoclysis, Rectal Fluid Infusion, in Midwifery and Medicine Today**

Abstract:

Proctoclysis, or rectal fluid infusion, is a low-resource and effective method for use in out-of-hospital environments, should fluid replacement therapy become necessary. Use of proctoclysis during war times was ineffective for certain casualties, but when administered in a timely fashion it served to rehabilitate the subject until other therapies could begin (blood transfusion, surgery, intravenous (IV) therapy, etc.). The examination of several studies provides an understanding that the rectal colon readily absorbs fluids, electrolytes, and even drugs across its mucosa. Validating its use for fluid replacement therapy in emergent situations where IV access is unavailable or difficult.

Midwives are often in out-of-hospital environments and/or working in certain state jurisdictions that prevent them from using IV fluid replacement when postpartum hemorrhage, hyperemesis, or dehydration warrant the use of fluid replacement therapy. This presentation explains why rectal fluid infusion is an easy and effective method to accomplish fluid replacement therapy.

## **Congratulations Graduates!**

### **Associate of Science in Midwifery (ASM)**

*Gengi Proteau*  
*Shannon Greika*  
*Emily Likens*  
*Tinneca Fortin*

### **Bachelor of Science in Midwifery (BSM)**

*Jazmin Price*  
*Melanie Lennon*

### **Master of Science in Midwifery (MSM)**

*Maria Cranford*

## Briana Blackwelder Equal Access Scholarship

Midwives College of Utah believes that all women should have access to an education in midwifery. Unfortunately, this is not always a reality. We want to be the change we wish to see in the midwifery community; therefore, we have created an initiative to rapidly broaden the cultural landscape of our college.

MCU is committed to the vision that every woman deserves a midwife. The MCU curriculum is firmly grounded in the unique and profound power of the Midwives Model of Care™ as a primary pathway for improving outcomes and eliminating disparities for women and babies during the childbearing year.

### **Eligibility Criteria**

To be eligible for this award, applicants need to:

- Identify as an underrepresented minority
- Intend to practice midwifery as a Certified Professional Midwife serving diverse and underrepresented communities
- Be actively involved in the birth community prior to admission to MCU and/or during tenure at MCU (for example, as a lactation consultant, birth or postpartum doula, childbirth educator, midwife assistant or another role as an advocate for women and children)
- Demonstrate financial need
- Be accepted and intend to enroll or be currently enrolled in either the ASM or BSM degree program at MCU prior to tuition relief. Prospective applicants are encouraged to apply for this scholarship award concurrent with their admissions application. Current students may apply for this scholarship award at any time during their program at MCU.

For further details about this scholarship and to apply, please visit <http://www.midwifery.edu/diversity-scholarship-fund/>.

**Application deadline is July 1<sup>st</sup>, 2015.**

To access Midwives College of Utah's Position Statement on Cultural Diversity, please visit our webpage <http://www.midwifery.edu/cultural-diversity-position-statement/>.

### **MCU in Review Is For You**

Alumni, let us know what you are up to! Field Faculty, announce clinical opportunities! Current students, share your stories with us. Letters to the editor are always welcome.

Submit your articles to [studentlife@midwifery.edu](mailto:studentlife@midwifery.edu).



## Join us at MCU!

### Become an MCU student!

Application deadline for Fall 2015 semester is June 5, 2015

Apply today at <http://www.midwifery.edu/application-process/>



**MIDWIVES**  
COLLEGE OF UTAH  
MIDWIFING MIDWIVES

MIDWIVES COLLEGE OF UTAH

1174 EAST GRAYSTONE WAY SUITE 2

SALT LAKE CITY, UTAH 84106

1-866-680-2756

1-801-649-5230

FAX: 1-866-207-2024

EMAIL: [OFFICE@MIDWIFERY.EDU](mailto:OFFICE@MIDWIFERY.EDU)