

MCU IN REVIEW

VOLUME 4, ISSUE 1

WINTER 2016

WELCOME!

Welcome to New Faculty:

Lynette Chambers
Teacher, MATH 212
Introduction to Math

Crystal Ogle
Teacher, BUS 416
Business and the Law

Jenny Schultz, LM, CPM
Field Faculty Liaison

Are You On A Path of Professionalism? Part 2

Kristi Ridd-Young - MCU President



MCU's Mission: Midwives College of Utah (MCU) provides an educational structure and an integrated learning environment for individuals to become midwives of technical expertise, professional excellence, and personal greatness—namely Midwives of Excellence.

individual progress toward professionalism.

A lack of personal professionalism can potentially incapacitate student/preceptor relationships, hamper a midwife's ability to care for her client, and sabotage the midwifery profession as a whole. With the midwifery workforce having the power to save thousands of lives each year, we cannot afford to ignore the rifts that impede the progress of the CPM profession. After all, "midwifery is one of the oldest and most respected professions in the world. It has its roots in ancient wisdom and philosophies and maintains [a] contract with society in partnership with women and communities" (ICM, 2011).

The leadership of the National Association for Certified Professional Midwives (NACPM) points out that "A critical shortage of obstetricians is looming and there are compelling reasons to expand the midwifery workforce. Opportunities for state and federal recognition of CPMs are opening up, and support is developing for the

Continued...

INSIDE THIS ISSUE:

Are You On A Path of Professionalism?, Part 2	1
Presidents' Message (cont.)	2
Student Conference & Continuing Education	3
Message from the Student Council	4
CANVAS is Coming to MCU!	5
Maternal Outcomes & Year of the Preceptor	6
Scholarship Opportunity & Thank you	7
Serving Women in Greece & Graduates!	8
Join us at MCU	9

In the last MCU in Review, we began an exploration of the second tenet of MCU's mission—professional excellence. I quoted James B. Stenson (n.d.) who said, "Professionalism isn't just a set of appearances -- neatness, good grooming, 'shop talk' and the like. Nor is it just technical skill; many technically skilled people are not really professional. Professionalism is, rather, a set of internalized character strengths and values directed toward high quality service to others through one's work. In their daily work, whatever it may be, real professionals show these inner strengths and attitudes -- sound judgment, know-how, business savvy, mature responsibility, problem-solving perseverance and ingenuity, along with what people call class." In conclusion, I shared a list of seven character strengths and values of a professional along with an invitation to contemplate our

President's Message (cont.)

integration of CPMs in new systems for maternity care. Achieving our bold, shared goals of improving the maternity system and patient outcomes will require significant development at both the state and national levels (Lawlor & Myers-Ciecko, 2015).

During my 30 years in the birth profession, serving in local and national organizations, I have been both disappointed and delighted as I've watched the personal behavior of individuals either impede or advance the shared goals of the midwifery profession. At MCU, we place as much emphasis on professional excellence and personal greatness as we do theoretical knowledge and clinical competency. MCU is the proving ground for all of us—staff, faculty and students—to transform ourselves. What we teach and how we teach exemplifies what it means to be a midwife of excellence who is self-actualized and values courageous conversations and relationships built upon honesty and trust.

When I have observed disappointing impediments in the CPM profession, it is most often because individuals have become invested in seeing others poorly. This individual investment affects the entire group's ability to move toward the achievement of shared goals. In fact, sometimes our goals are entirely forgotten in the midst of conflict and division. The Arbinger Institute is in the business of helping companies and professionals get to the heart of conflict. Regarding the choice to see others poorly, James Ferrell (2003) of Arbinger writes, "When I choose to see people as objects, I become invested in seeing them poorly, which investment invites them to respond poorly to me, which mistreatment I then count as justification. I end up valuing problems more than solutions and conflict more than peace."

Is it really as simple as all of that? Can it make a difference if ALL of our interactions are guided by a heart that remembers EVERYONE (even those on the receiving end of an email or a Facebook post) is a PERSON with hopes, dreams, cares and fears as real as our own? "The most powerful human incentive, in families or organizations, is the

opportunity to grow in an atmosphere free from accusing attitudes and evasion" (Warner, 1999). Imagine a midwifery world where every person is invested in the success of everyone around them. "Conversations guided by this kind of deliberate and impactful communication are even more necessary in a profession where advocacy is part of our job. As midwives, we are held to a higher standard of ethics, diligence and conduct in the eyes of our clients, our peers and society. We are midwives in our professional life and our personal life" (Mesyef, Personal Communication, 2016).

Could this paradigm shift change the profession of midwifery? Would we finally be able to move forward collectively and collaboratively to improve outcomes and eliminate disparities for women and babies? I believe that we CAN keep our contract to society if, one midwife at a time, we let go of the conflict that divides us and embrace our potential as a midwifery profession.

References:

Ferrell, J. (2003). *Resolving the heart of conflict*. Farmington, UT: The Arbinger Institute.

International Confederation of Midwives. (2011). *Position paper: Midwifery: An autonomous profession*.

Lawlor, M. & Myers-Ciecko, J. (2015). *NACPM state chapters: Building Capacity to support CPMS. Midwifery Matters, 2*.

Stenson, J.B. (n.d.) *Professionalism and Workplace Savvy*. Retrieved from <http://www.parentleadership.com/worksavvy.html>

Warner, C.T. (1999). *What we are*. Farmington, UT: The Arbinger Institute

Student Conference

MCU Spring Conference -- April 18-23, 2016

Conference provides a unique place in the larger MCU community. In-person, hands-on training from midwives and other healthcare specialists provide conference attendees the opportunity to learn and practice clinical skills while connecting with other MCU students, instructors, midwives and MCU staff. This connection, a literal sense of place, opens the door to expanded relationships with peers and mentors.

Classes Include:

- Neonatal Resuscitation (NRP)
- CPR for the Professional Rescuer
- Labor & Birth Skills
- Postpartum Skills
- Herbology
- IV Skills
- Suturing
- Breastfeeding
- Doula & Postpartum Doula Trainings
- NARM Test Prep



Change your perspective and expand your experiences at Spring Conference this April. Register today at www.midwifery.edu

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.

We look forward to seeing you!

Continuing Education

Professional Development Coordinator Jana Studelska is working on launching an online CEU program. She hopes to have the first courses available in the spring. These CEUs will be specifically developed for midwives, but applicable to those who work with families within the childbearing year.

MCU is developing an online pharmacology class that will meet the requirements for NARM's Bridge Program, as well as that of several state licensing boards.

If you have a topic or request you would like to see in a CEU, please send an email to professional.development@midwifery.edu

Student Council Message

By Aisha Al Hajjar, Student Council

Our time as students at MCU is full of learning. Some of the objectives are obvious, such as academic theory and clinical practice. But there are more subtle lessons to learn that our instructors and staff strive to model and support during our time here.

Maturing into a midwife includes adopting a demeanor of professionalism that overrides emotional behavior and protects clients and our business reputation. This is especially true when conflicts arise and conversations can become catty or even caustic.

Opportunities to stretch our maturity and grow in this regard surface when we are faced with crucial conversations. These are discussions between two or more people where stakes are high, opinions vary, and emotions run strong (Grenny, Patterson, & McMillan, 2012). Chances are that you'll have plenty of opportunities to experience these types of interactions during your term as student midwife. At times these types of interactions come up between students and their preceptors, teachers, or staff.

I think it comes down to a matter of professional perspective. Our very own, Kristi Ridd-Young, provides an exemplary model of professionalism in her interactions and overall demeanor. She models poise amongst conflict and has an eye for resolution over complaints. I'm always amazed at her ability to focus on solutions and resolutions.

As students we can tend to get passionately involved and blast forward with complaints and sometimes fuel a fire of discord amongst peers as we publically spread grievances charged with emotion. I really appreciate Kristi's openness to listen to students with a keen focus on facts and solutions. She has mentored students to come forward with ideas for resolution when voicing their criticisms and concerns. She makes herself available to us and is genuinely interested in our best outcomes.

In fact, one of the things that I've come to really appreciate about my education at MCU is the supportive school culture of "Midwifing Midwives" and of mentoring growth in the area of professionalism that reaches beyond clinical measure. Midwifery is a vocation that commands poise; we should take this time and every learning opportunity to catch ourselves in conflict and control our emotions by thinking before we speak. Is what we're complaining about fact, necessary, and appropriate to share in the venue at hand? Have we considered the other person's perspective, given them the benefit of doubt, and are we being respectful in our approach? Have we considered possible solutions and brought them to the resolution table? Is there any purpose to our complaint or are we simply complaining for the sake of complaining? Will this interaction hurt another human being or MCU's reputation? Are we being responsible midwives and displaying professional poise in our communications?

Respect is perhaps the key word here, whether dealing with mothers, partners, peers, teachers, or staff. Take a moment to pause and consider that everyone has good intentions in their relationship with you, as I'm sure you do with them. Be especially careful with written communications, where tone and other non-verbal cues are missing. In a final word, ensure you are taking your issues to the appropriate place and not fueling discord or upset for others. Your Student Council is here to listen and support you; your concerns can be communicated anonymously if you prefer. We do ask that you provide facts and suggestions for resolution. Help us help you and our school to continue fostering healthy and supportive midwifery professionalism that results in graduating midwives of excellence.

Reference:

Grenny, J., Patterson, K., & McMillan, R. (2012). Crucial conversations: Tools for talking when stakes are high. McGraw-Hill: USA


CANVAS is Coming to MCU!

CANVAS IS COMING TO MCU!

May 2016


What is Canvas?

Canvas is an online Learning Management System (LMS) that will replace many of the features you currently use to interact with instructors, access course documents and submit assignments.




Dashboard UI:

Clean and intuitive user interface with real-time feedback and course updates




Calendar:

Calendar automatically populates all course due dates and live sessions.




Communication:

Easy and effective student-instructor messaging system.



Support:

24/7 Technical Support from Canvas and MCU Canvas Liaison by appointment



Mobile:

Compatible with Android and Apple IOS so you can access from any device


Explore These Links to Learn More:

[YouTube Video](#)

[Canvas Community](#)

[Canvas Higher-Ed](#)

[Student Guide](#)



Look for Upcoming Orientation Info from Canvas Liaison

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 academicdean@midwifery.edu

Maternal and Newborn Outcomes Following Childbirth: The Midwives Alliance of North America Statistics Project 2004 to 2009 Cohort

MCU Graduate Dean and Director of Research Education for Midwives Alliance of North America (MANA) Division of Research, Dr. Courtney Everson has collaborated on another exciting study promoting the efficacy of the Midwives Model of Care™. Maternal and Newborn Outcomes Following Childbirth: The Midwives Alliance of North America Statistics Project 2004 to 2009 Cohort is the largest U.S. study on waterbirth, and found that babies born in water are at no greater risk for low five-minute Apgar scores or require hospitalization or intensive care than neonates born on land.



The full study can be accessed at <http://onlinelibrary.wiley.com/doi/10.1111/jmwh.12394/epdf>.

Following the publication of this study in the Journal of Midwifery and Women's Health, MANA and Citizens for Midwifery issued a Joint Position Statement on Water Immersion during Labor and Birth that can be used to facilitate shared decision making on the risks and benefits of waterbirth and can be accessed at http://mana.org/pdfs/Waterbirth_Position_Statement.pdf

Congratulations to all of the authors on the completion of another excellent study, and thank you for your hard work in furthering an evidence-based discussion on safe birthing practices.

Clinical News

The Year of the Preceptor!

MCU Clinical Department has declared 2016 the Year of the Preceptor! We will be honoring our wonderful preceptors all year. If you have a preceptor in your life--thank them for their great service!



MCU Welcomes Jenny Schultz, MPA, LM, CPM as our Field Faculty Liaison. Jenny is an MCU alumna and also has a Masters in Public Administration from Arizona State University and a Bachelors of Art in History and Spanish from Baker University. Jenny is a native of Arizona, committed to families throughout the Valley, and believes in the empowerment and safety of homebirths for low-risk women, newborns and their families. Jenny has three sons, all born at home. When not providing midwifery services or working with midwives, Jenny enjoys running, gardening and reading.

Her favorite quote of the moment: Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.
-Lao Tzu

The Field Faculty Liaison is responsible for building and maintaining relationships between Midwives College of Utah and our clinical preceptors (field faculty), assuring that standards for clinical sites and preceptors are met and that clinical preceptors (field faculty) are enabled and motivated to perform in ways that benefit MCU students and the midwifery field as a whole.

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 1st, 2016.

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

Thank you!

Many thanks to Delphine Silvermoon, CNM for her work in the launch of the House Mother Program. Delphine is shifting her focus to teaching and curriculum development. Katrina Neff, CPM will be focusing her time on her growing practice and to continue her advocacy for midwifery in Washington State. Many thanks for all of your hard work on behalf of MCU, midwives and the improvement of maternity care.

Serving in Lesvos, Greece

At the 2011 graduation ceremony, Cathy Larson, CPM, long time MCU faculty and conference teacher declared that MCU really stands for Midwives College of the *Universe* because our community touches the lives of women and families around the globe.



MCU House Mother Sandi Blankenship, CPM, alumna Kelly Milligan, CPM and current MCU student Megan Mays continue in this tradition by offering care to refugee women and children, dry clothing distribution, distribution of hygiene care kits and anything else that needs to be done in Lesvos, Greece. Several hundred refugees arrive daily from the shores of Turkey, a mere 6 miles across the Aegean Sea.

You can support their efforts here:

<https://www.youcaring.com/sandra-blankenship-480179> or www.sistersinhealth.org

Sandi Blankenship, CPM, Kelly Milligan, CPM and current MCU student Megan Mays work through lunch during their humanitarian relief efforts in Lasvos, Greece.

Congratulations to our Graduates!

~ We honor and celebrate our newest graduates ~

Associate of Science in Midwifery (ASM)

*Robin Belliston
Kassia Walcott
Suzanne Colby
Madeline Lutz
April Brake
Ananda Morehead
Karin Peacock
Rachel Maxim*

Bachelor of Science in Midwifery (BSM)

*Mary Burgess
Crystal Ogle
Celeste Groenenberg
Faisa Farole
Audra Post
Rachael Cook*

CONGRATULATIONS ON YOUR
ACCOMPLISHMENT!

Join us at MCU!

Become an MCU student!

Application deadline for Winter 2017 semester is July 11, 2016!

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