



MCU IN REVIEW

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FALL 2016

WELCOME!

Welcome to New Faculty & Staff:

Maria Cranford,
Clinical Director

Raven Haymond,
Graduate House Mother

Vanessa Caldari,
MAM Puerto Rican House Mother

Marijke van Roojen,
Adjunct Faculty
BIOL 306 & BIOL 406

Nurturing and Sustaining the Next Generation of Midwives



Kristi Ridd-Young - MCU President

As a student midwife it is easy to get lost in focusing on meeting the next deadline, getting the next skill signed off or turning in the last assignment for a final grade. As a new midwife, the focus turns to the business aspects of setting up a practice and gaining the experience to feel confident in an autonomous practice. Though this focus is important in achieving the goals of the individual, it is imperative that the student and the midwife consider the role they can play in sustaining and supporting their profession.

Reading from two random sources, I found my thoughts wandering to midwifery and, as often happens, wondering how the principles of sustainability might apply to our profession. From the book *Emergence: The End of Self-Improvement* (2015),

“We can have all the food and water we need, but without the sustenance of real story, real art — without the wisdom, insight, and "life instruction" it brings — we will stagnate as a culture and become a swamp where quality life can no longer be sustained. So share your gifts! Share your art!” (Rydall, p. 176).

And from a company who values environmental awareness, I was intrigued by the thought that “sustainable development is masterful balance of meeting our own needs without jeopardizing future generations’ ability to do the same” (Denbow, para 2, 2016).

Consider, as midwives in a budding profession, the masterful balance of sharing the art and science of midwifery while keeping the needs of future midwives in mind. The authors of the textbook *Midwifery: Preparation for Practice* (2015) state that it is important “to be sustainable in all ways: as individual midwives caring for themselves, as a strong and enduring profession; and as a profession that is environmentally, economically, socially, culturally and spiritually sustainable... Midwifery holds the key to sustaining belief in women’s innate ability to give birth. In a world facing major environmental, social and economic crises, midwifery can take a lead role towards developing a health system that is more able to meet those challenges” (Pairman, Pincombe, Thorogood, & Tracy, 2015, p. 376).

To create a tipping point as a recognized, credible profession, midwives cannot practice in a bubble of isolation. Though we value the autonomy of the Certified Professional Midwife, a compartmentalized practice is rarely fulfilling or sustainable. In my observation, the midwives who seek opportunities to become involved in promoting and developing the midwifery profession at a local or national level enjoy a more fulfilling, enduring midwifery practice.

Continued...

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President's Message (cont.)

Sustain is a transitive verb meaning “to maintain or prolong, to support physically from below, to provide for or give support to, especially by supplying necessities, to keep up the vitality or courage of, to uphold or affirm the justice or validity of, to establish the truth of to confirm” (Collins, 2006).

In order to sustain our midwifery profession we support without diminishing. We nourish in order to provide vitality and confirm the validity of the Midwives Model of Care. Status quo is not maintained; we continually work to make things better. To sustain our profession, we make sure that we, and the systems we set up, are helping rather than harming.

I was gratified when a senior student recently told me that she couldn't wait to become a preceptor; she wants to build upon the knowledge, skills and behaviors her preceptor so patiently and positively taught her. At the last MCU student conference, a student commented on the level of connection and caring she observed among the attending midwives and students. She expressed a desire to develop that same kind of connection and respect in her local midwifery community.

As you imagine your life beyond graduation, have you considered how you will be involved in the midwifery profession? What will you do to nurture the next generation of midwives? The midwifery profession belongs to us and relies on our collective consciousness for sustenance. Consider these questions as you plan and prepare to take your place in this profession:

- * If I live in a state that still criminalizes midwifery, how will I take part in legislative efforts?
- * How can I develop mutual trust, respect and collaboration among the midwives in my community? In my state or province? In my country?
- * Am I engaged in reflective professional enquiry? Can I validate and refine my profession through research and publication?
- * Will I prepare and present evidence informed topics at local and national midwifery conferences?
- * Will I support my professional organizations (MANA and NACPM) by becoming a member and volunteering to serve as a board or committee member?

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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

MCU Presenting at MANA Conference

MCU student **Gengi Proteau** will be a MANA Conference presenter. Her abstract on “Fetal Vagus Nerve Research” was accepted as a 90-minute break-out session.

Jana Studelska, MCU’s Professional Development Coordinator, will teach a full day pre-conference Pharmacology for Midwives class. This course will present the basic principles of pharmacology in pregnancy, postpartum and the newborn; review drugs commonly used by and available to CPMs, including safety, indications and contraindications; discuss the procurement, storage, transfer, and disposal of medications, and lastly, explore standards of care within specific scenarios, such as rural midwifery, caring for religious communities, and cultural considerations. The completion of this course will qualify for the CPM Bridge Certificate.

Core Faculty Instructor **Megan Koontz** will be presenting with former student **Madeline Lutz** on “Creating Sustainable Practices for Students and Midwives. This is a particular topic of interest for Megan, who has done master’s level research work in this area.

Courtney Everson, PhD, and **April Kline, MSM, CPM, LMT**, will be presenting “Walking the Labyrinth: Research Literacy, Evidence-Informed Practice, and Shared Decision-Making” (along with non-MCU presenters Erin Ryan, CPM, LM; Shannon Anton, CPM, LM). This session will introduce midwives to the fundamentals of research literacy and evidence-informed practice. Also called “evidence-based practice”, an evidence-informed practice (EIP) framework rests in the triad intersection between the best available research with your professional expertise as the midwife alongside the client’s individual values, needs, and context.

New MCU Graduates!!

Earning their **Associate of Science in Midwifery** degrees, we would like to congratulate...

Joanne Byrd & LoriAnn Jones

Earning a **Bachelor of Science in Midwifery** please help us congratulate...

Elaine Arnold

And, please join with us in congratulating two new **Master’s of Science in Midwifery** graduates...

Nicole (Nicki) Hope, CPM, MSM! Nicki has contributed greatly to the MCU culture and the profession of midwifery, during her tenure at MCU, including service on the MCU Student Council representing grad students from 2010 to 2015, and service as both a research and teaching assistant for MCU. The title of Nicki's thesis is: Improving Antepartum Collaboration between Physicians and Midwives: Perspectives from Midwives. Her full thesis is available in the MCU Digital Library.

Paula Hostler, CPM MSM has excelled as both a busy practicing midwife and scholar, including publication of an article on postdates in Midwifery Today's postdates and post-maturity handbook (2011), and in 2015 at the national Midwives Alliance of North America (MANA) conference, Paula won the Harris-Braun Outstanding Poster Awarded in recognition of her graduate thesis work at MCU. The title of Paula's thesis is: Old Order Mennonite Birth Culture: Honoring the Collectively Shared Cultural and Religious Birthing Practices During Midwifery Care. The full thesis is available in the MCU Digital Library. Enjoy reading it!

Congratulations, Nicki and Paula, on receiving your Master's degrees! We are proud to call you alumnae of MCU and the graduate program.

Chasity Moore

Recipient of the Social Justice and Health Equity Scholarship



Greetings. My name is Chasity and this is my first year with MCU. I am grateful and honored to be the recipient of the Social Justice and Health Equity Scholarship.

I have been a birth worker for almost 6 years now and have attended over 45 births locally. I am excited about continuing my journey on the path of supporting birthing families and helping to rebuild a community of empowered individuals.

Personally, I am carrying on the legacy that has been passed down since the beginning of time. Midwives, healers, medicine women were the space holders, the guides, the libraries of knowledge that kept our communities thriving and together. What does Social Justice and Health Equity mean to me? It means that holistic care and compassion is provided to ALL FAMILIES.

We need to rebuild the bridges that have been burned down and resurrect our communities to be sustainable and healthy. We need to feel as if we are represented culturally, mentally, emotionally, spiritually, and physically. In 2013, the rate of preterm births for African American babies was double the rate of white babies born in the U.S. Cultural competency begins with educating women in similar demographics or by those that can relate to families in their community. The majority of women of color in my community are unaware of the resources that are available to them and I work hard at getting that information to them.

When I began my journey as a birth worker, my primary focus was and still is to reach out to, inform, support, and encourage women, especially women of color, of their choices beyond the medical model provided by a hospital. I work with local city and county organizations to teach classes and offer my services to women that may not realize they have the option of natural birth, holistic wellness that will influence their pregnancy, labor and delivery, and postpartum periods, and knowing their options when it comes to birthing the way they want to.

We need to see our reflection in this community. We need to feel as if our voice is heard and respected. I have vowed to be this reflection, be a voice, and support that voice in others.

Save the Date

Save the Date: The Collaboration for Excellence in Interprofessional Education is hosting their 3rd Evidence Informed Practice (EIP) Conference to be held at Northwestern University of Health and Sciences on July 13-15, 2017.

Mercedes Snyder

Recipient of the Briana Blackwelder Equal Access Scholarship

Hi! My name is Mercedes Snyder and I am a wife, mother of six, five living and one angel. I am in my third term at MCU and it has been challenging going through homelessness, moving states, new baby and losing a friend in labor. All of these experiences were definitely not intended but have taught me priceless lessons. I have a fantastic mother that has moved in to help me with keeping my children, husband and myself together as we go through this journey. I can't believe that I received the Briana Blackwelder Scholarship for 2016-2017 year of school.

Caring for women has been a dream and calling of mine since I was nine years old. My calling was ignited when I witnessed my first niece born. I've grown up around very strong women and each of them have left an impression on me. I focused first on creating my family and with the delivery of my first son, I was cared for by midwives and that is when I found my heart. Even through the loss of my first son and the many tears that were wept, I was not left alone. It was the phone call I received after my delivery at the hospital from my midwife with pain in her voice, which gave me the comfort I was seeking from my doctor. I wanted someone to mourn with me. It was from there, that my calling began to be defined and targeted. After a few more of my beautiful children came along, a long lasting relationship was created with my midwives. I learned that midwives are more than just care providers. Midwives became my cheerleaders, life coaches and family.

I can't express how blessed I feel and how excited I am to be making a difference for my community. I am an African-American, young mother of six and decidedly low-income. The life experiences I have come to know, is the clientele I like to focus my attention on. This scholarship allows me to stress less, work fewer hours at my daytime job and focus more on my classes and my family. Since receiving the scholarship I have been able to attend midwifery activities, be a volunteer doula at a local hospital, begin a preceptorship and work hours that are comfortable for me.

Beyond Grateful.



Raven Haymond,
Graduate House Mother

Our Newest Staff & Faculty

Marijke van Roojen
Adjunct Faculty
BIOL 306 and BIOL 406



Briana Blackwelder MCU Equal Access Scholarship

MCU believes that all women who seek midwifery education should be able to access it. Unfortunately, too often, this is not a reality, and midwifery education, along with the midwifery profession at-large, suffers without diverse representation. We want to continue to be the change we wish to see in the midwifery community; therefore, we have created an initiative to broaden the cultural landscape of our college.

In honor of the wisdom and personal philosophy of Briana Blackwelder, an MCU graduate and friend of MCU who left this earth at the tender age of 28, MCU offers two scholarships that provide complete tuition relief; **1) Social Justice and Health Equity Scholarship**; and **2) Equal Access Scholarship**. With these scholarships, MCU strives to advance our goals by ensuring inclusive representation and support of diverse social identities and locations in midwifery education, including racial, ethnic, sexual orientation, gender identity, socioeconomic, and religious backgrounds.

Eligibility Criteria for the Equal Access Scholarship

To be eligible for this award, applicants must meet the following criteria:

- Identify as a member of an underrepresented community in midwifery
- 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)
- Plan to become a Certified Professional Midwife or otherwise engage the midwifery profession
- Demonstrate financial need
- And 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

Eligibility Criteria for the Social Justice and Health Equity Scholarship

To be eligible for this award, applicants must meet each of the following criterion:

- 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
- Demonstrate experience in advancing social justice and health equity within midwifery and maternal health realms
- Articulate a vision for how they are going to help advance health equity and social justice in midwifery upon graduation
- And 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 these scholarships and to apply, please visit <https://www.midwifery.edu/diversity-scholarship-fund/>

Application deadline is July 1st, 2017.

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

Student Conferences

Fall is a time to collect, gather, reflect on what has happened, and look forward to the next season. As this season is in full swing, we are glad to be able to help as you prepare for the future, both as a student and as a midwife. Expand your skills, experience the blessings of meeting new friends, and encircle yourself with the opportunity to fully engage with the Midwives College of Utah community. Perfecting skills and learning from experienced professionals, conference is a resource of incomparable value. Take the opportunity to join in experiencing a time that connects you to others. Students, midwives, teachers, and MCU staff all are welcome to come and share in the camaraderie found here.

Check out the conference schedule for 2107: <http://www.midwifery.edu/student-conference>
For more information and to Register: <https://www.midwifery.edu/student-conferences/>

2017 Conference Dates: April 24-29 & August 21-26

MCU Student Conference attendees have the opportunity to learn and practice clinical skills in a safe learning environment. In addition, the opportunity to socialize with other MCU students, instructors, midwives, and MCU staff is an invaluable experience. This connection opens the door to expanded relationships with peers and mentors. Come and recognize your unique place in the larger MCU community.

Conference works to:

- Enhance clinical skills through hands-on practice and receive objective feedback from experts.
- Gain inspiration and motivation for next semester's courses by participating in face-to-face, facilitated activities that serve as companion experiences for your academic coursework.
- Create professional connections and form lifelong relationships that will enrich your experience and career.

Conference attendees may take any workshop that aligns with their current major map and/or clinical placement. Enrollment in conference courses that correspond with the student's schedule for the following semester may allow the student to complete some assignments for that course while at conference. MCU students must be enrolled in the clinical program in order to have skills assessed and signed off at conference.

Fall Conference Recap



We thank all who made the conferences of 2016. This year's theme of "Grow" expressed the capacity of development inherent within each of us. This year provided the opportunity to many who journeyed to Salt Lake City to grow together.



Even as the leaves turn and fall from the trees, we know the roots are growing. Although the tree looks dormant the roots are sinking deeper and gaining strength. Fall conference fit this year's theme effortlessly. It proved to be busy, fun, and educational.

There was a lot of learning as we attended 20 different conference courses and a breakout session on international service. We had a beautiful summer picnic honoring Sarah Carter and Cindy Winward, went on a full moon-sunset hike, and talked, cried, laughed, and shared at a beautiful dinner at Blue Lemon.



Memories made help the bond we feel as students, peers, and midwives. We hope all who joined us this year continue to grow at home, and encourage that same growth in others. We hope to see you again in 2017!



Thank you!

Thanks to **Katy Kissler, CNM** who is leaving MCU to devote more time to her other many midwifery related pursuits, including clinical practice, serving on American Midwifery Certification Board as a committee member and exam committee member, and finishing her PhD! Best wishes to her and much gratitude for her service to MCU.

On behalf of all of MCU, we'd like to offer our deep gratitude to **Sarah Carter, CPM** and her service to MCU as our Clinical Dean. Sarah has been instrumental to MCU's success during a time of great change, growth and development. Her vision for excellence in midwifery education has been actualized every day in her leadership of the Clinical Department. We are all so grateful for your tremendous contributions that will continue to be realized for years to come. We are also thrilled that Sarah's transition is lateral, and we will all still benefit from her creativity and passion. More details to come!

Student Council Introductions

Welcome to the newest members of our Student Council:

Brittany Furgason, Ahavah Goldman, Nicki Solomito Pugh, & Jessi Vining

A few introductions...



Jessi Vining

I am originally from Oklahoma, but find joy in traveling the world and exploring new cultures, foods, and perspectives. Over the course of my life I have spent time wandering through Taiwan, India, Mexico, and Egypt. In my spare time I watch sitcoms with my husband Scott and collect rocks with my daughter Ruby.

I have been actively involved in birth work since 2011, serving in the roles of birth doula, child-birth educator, midwife's assistant, and now student midwife. I am currently enrolled in the BSM program, and hope to graduate in 2018. My passion is to bring culturally competent and respectful care to clients who may not have access to many birthplace or care provider options. I have a heart for fostering inter-faith relationships, and believe that supporting families during the childbearing year is a natural way to help create diverse and supportive communities. I enjoy educating expecting parents about the birth process, and love providing support and care to people during a time "pregnant" with transformation. Currently, I am working with and learning from an Obstetrician in Alexandria, Egypt who specializes in waterbirth.



Brittany Furgason

Greetings friends. I'm a student midwife, doula, wife, mother, and sister. I've been enrolled at MCU since January of 2015 and am in the ASM program. I live in Tacoma, WA, an area that has a thriving midwifery community. What I love most about midwifery is the opportunity to come together with families and support them through each empowered and informed decision they make about their health as they experience parenthood, whether it's a first experience, or it's new because they're becoming parents for another new life. I'm excited to bring that passion into serving our community here at the Midwives College of Utah and representing those ideals, doing my best to support each person in the decisions they make about their education and experience in midwifery school.

Student Council Message

There is a saying, “Everybody wants a revolution, but nobody wants to do the dishes.”

It is not very difficult to brainstorm and envision improved school systems, features and improved student experiences, but the trouble comes when it’s time to do the dishes. It takes commitment to doing the day-to-day maintenance of life before we begin to see changes at large. With that in mind, we want to commit to the student body to do the dishes. We will keep showing up to represent you, and will try to hear and consider as many of your thoughts and ideas as we can.

As fellow student midwives, we share in the sentiment that we all need more (insert blank: help, support, encouragement, organization, collaboration, structure, freedom etc.). We recognize that the intention behind forming an MCU student council is to help meet some of the needs of the student body.

To do this well, we are beginning by revisiting the purpose, role, and goals of the student council. We are looking to both the descriptions laid out in the MCU Student Council Policy, as well as to you, our fellow student midwives. Here are our initial plans for the Fall semester:

One of MCU’s great strengths is the sense of community that the school provides. We want to continue to foster and encourage this sense of community and school spirit. In addition, we understand first-hand the struggle of “hitting the wall” with assignments, clinicals and even relationships. To help boost school morale and invite more community support this term, we plan to initiate several (voluntary) student activities and contests between student houses. We hope that these will be easy, fun ways to engage in interactions with peers and mentors alike. Watch the announcements page for more information!

We are also initiating a monthly live student council chat on Go to Meeting. This is open to the whole student body, and will not include members of the MCU staff. The chat will not be recorded, and our hope is that this creates a safe space for students with ideas, thoughts, concerns or frustrations to come and share with the student council. These chats will be geared toward brainstorming solutions and encouraging school growth. We want to hear from you about your experiences with the school and with each other! This will help direct the student council toward the most pressing issues that need our attention this term.

The first Live Student Council Chat is Thursday, October 20th at 1pm MST, hosted by student council member Nicki Solomito Pugh. Watch for the login information on the announcements page.

Please connect with us! We look forward to hearing your needs and desires as individual student midwives, and as a school body. As stated before, we desire to represent you. Let us know how we can help.

With love from the team,

Jessi Vining, Nicki Solomito Pugh, Brittany Furgason, & Ahava Goldman

Access to Midwifery Education in Puerto Rico

In summer 2016, MCU partnered with a local maternal and infant health services non-profit, Mujeres Ayudando Madres (MAM), and Oregon State University (OSU) to advance access to midwifery education in Puerto Rico. The purpose of this project is to remove existing barriers to MEAC-accredited education, increase the midwifery workforce, and ultimately capitalize on midwifery models of care in advancing health equity and birth justice in Puerto Rico. Each year, we accept a cohort of Puerto Rican students living and serving in their communities. These students are covered under a Memorandum of Agreement (MOU) between the partnered entities to allow for provisions that enhance equity in education, including:

Fee waivers

Culturally and linguistically appropriate curriculum and student support services

Regional Integrated Assessments in their home communities

Financial Aid assistance

Teaching models, supplies, and learning resources

We would like to welcome our Fall 2016 cohort of Puerto Rican students as well as their new House Mother, Vanessa Caldari! Vanessa is the Executive Director & Founder of Mujeres Ayudando Madres, Inc., and will be serving as the local support staff for the Puerto Rican students.



MCU is honored to nurture these students as they become Midwives of Excellence!

Courtney L. Everson, PhD

Project Manager, Access to Midwifery Education in Puerto Rico

Welcome Maria Cranford to MCU!



Maria is a Virginia native and currently a licensed midwife and co-owner of Beautiful Mountain Birth Suites in the Salt Lake area of Utah and president (for one more year) of the Utah Midwives Organization. Having completed her Master's of Midwifery at Midwives College of Utah and undergraduate at Brigham Young University, Maria's clinical midwifery training spanned several east coast states as well as her new home in Utah. She has an intense commitment to melding traditional midwifery knowledge, "evidence-based smarts" and a calm compassion into high-quality clinical practice. Maria has also written for Midwifery Today and formally published her Master's thesis, "Midwifery Management for Twin Gestation: An Evidenced-Based Approach." When not midwifing, Maria can be found side-by-side with her husband, working together to see to the needs of their growing family. Prior to becoming a busy midwife and

mother of 9 children (aged 20 to 7 months), Maria enjoyed hiking, camping and curling up with a good book during a rolling thunderstorm.

New MCU Course!

Principles of Evidence-Informed Practice (EIP)

Courtney L. Everson, Ph.D., Academic Faculty & Dean of Graduate Studies, graduatedean@midwifery.edu

~This piece is written as part of MCU's ongoing commitment to insuring our students, faculty, and alumni enact evidence-informed practice during care provision~



MCU is proud to announce the launch of a new course, STAT 313/2010: Principles of Evidence-Informed Practice, in Fall 2016!

Course Description: This course will introduce students to the fundamentals of research literacy and evidence-informed practice. An evidence-informed practice framework facilitates shared-decision making, advances informed choice, and improves client-centered midwifery care. Also called “evidence-based practice” or “evidence-based care or medicine”, an evidence-informed practice (EIP) framework rests in the triad intersection between the best available research with your professional expertise as the midwife alongside the client’s individual values, needs, and context. Upon completion of this course, students will be equipped with the basic conceptual and practical skills necessary to enact evidence-informed practice frameworks as Midwives of Excellence.

This course is part of the BSM curriculum and is available for continuing education students.

HERE'S THE EXTRA EXCITING PART!

The Academic Collaborative for Integrative Health (ACIH) has published six meta-competencies (with sub-competencies) that all integrative health practitioners are recommended to achieve in order to facilitate optimal practice in integrative health care. Meta-competency #5 is Evidence-based healthcare and evidence-informed practice, as follows:

COMPETENCY 5 – Evidence-based healthcare and evidence-informed practice

General Competency Statement: Explain, evaluate, and apply scientific evidence in the context of practitioner experience and patient preferences and apply evidence informed decision-making in integrated healthcare delivery.

- EP1.** Explain the role of scientific evidence in healthcare in the context of practitioner experience and patient preferences.
- EP2.** Describe common methodologies within the context of both clinical and mechanistic research, focusing on an assessment of your own field.
- EP3.** Discuss contemporary issues in integrative practice research, including those relative to evaluating whole practices, whole systems, disciplines, patient-centered approaches and health outcomes.
- EP4.** Analyze the research base within one’s own discipline including the positive and negative interactions, indications and contraindications for one’s own modalities and agents.
- EP5.** Apply fundamental skills in research evaluation.
- EP6.** Demonstrate evidence informed decision making in clinical care.
- EP7.** Discuss the value of evidence informed risk management planning and risk management behavior.

Students who successfully complete this new class will have achieved Competency #5 and, in doing so, will further advance interprofessional collaboration and optimal care among the integrative health disciplines. Read more about these competencies and the work of ACIH, here: <http://accahc.org/competencies>

You will earn a **Certificate of Achievement** from MCU that recognizes your achievement of ACIH Competency #5 after successfully completing STAT 313/2010 with a B letter grade or better.

As a Midwife of Excellence, achieving this meta-competency allows you further recognition as a credible and respected maternity care practitioner. For current students, we know you will find this class invaluable to your studies. For alumni and other currently practicing midwives, we invite you to take this 2-credit course as a continuing education student.

The Year of the Preceptor — Preceptor Spotlight

At the heart and soul of Midwives College of Utah is a talented, diverse, and dedicated community. This spotlight feature focuses on the preceptor members of our community, those providing the clinical hands-on-skills and clinical commitment to MCU students.

This month's Preceptor Spotlight is Chemin Perez. Chemin is a Certified Professional Midwife (CPM) from Sierra Madre, California. Chemin "has awesome goals and inspires me to stay with her practice to see her goals grow," was a recent enthusiastic review from her current student Angela Leon.

Chemin came to midwifery as many do, because she felt it was a calling and that calling included becoming a preceptor. To become a preceptor, Chemin feels, is related to midwifery as she "believes women are called to love and encourage each other." Chemin expressed that when she meets another woman with an interest in midwifery, she knows that woman has the same desire-- as she has to love other women. "I became a preceptor because I want to impart love, knowledge, empowerment, healing, and support God's will in every woman's life that He calls me to. It is a privilege to love and play a part in growing a baby midwife."



Chemin enjoys "teaching the student how to listen to the family. It seems like a funny topic, however, it is an important part of loving the family." Chemin encourages this active listening and participation in loving the family by using a series of birth reflections. Each student is asked a few days after birth to write/answer questions pertaining to their perspective of the birth. The questions include, "Do you feel you performed your role well? What do you feel was the woman's greatest challenge? What do you feel was the father's greatest challenge? Where there any family members present that created a dynamic? Write three words that describe this birth." As a team, Chemin and her students discuss the answers together.

Chemin is determined to support positive preceptor/student relationships. "I do not have many good memories as a student. I had several preceptors, and studied in different states. I did not ever feel as though I worked with many preceptors who actually wanted to teach me, or grow me. Sue Turner, a CPM, in California is an amazing mentor to me. To this day she reminds me to stay focused on the Lord, and follow my protocols! She has impacted me and continues to."



For Angela, she is very happy with her preceptor relationship with Chemin, and states "learning from her is pretty awesome."

To change the dynamic of midwives and their students, Chemin advises all midwives to "consider their precious calling, loving women and their families deeply through God's eyes." Chemin is strong in her advice for midwives that "by choosing to love a baby midwife, we are expressing a mature, deep and fruitful love. And I would challenge each midwife to empower the next generation of midwives."

Thank you Chemin for midwifing our midwives.

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 [Jana Studelska](mailto:Jana.Studelska@mcu.edu).

Join us at MCU!

Become an MCU student!

Application deadline for Summer 2017 semester is November 7, 2016!

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



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