



MCU IN REVIEW

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Welcome!

We are growing. Join us in welcoming:

Delphine Silvermoon

Jodie Palmer

Heather Fangman

Read more about our newest additions to the administration of Midwives College of Utah on page 4.

President's Message: Mastering the Art & Science of Midwifery



In your journey to become a midwife, you are continually developing competencies in midwifery through your academic coursework and clinical placement. When you graduate from MCU, you are considered competent and ready to practice midwifery.

Maybe it's the perfectionist in me but there has always been something rather mediocre about the word competent. Competence seems to be a fixed point; either we are competent or we are not. Certainly being able to assess the well-being of a baby by assessing heart tones or being able to determine how much bleeding is too much are worthy competencies, but could there be more to your education as an MCU student?

Sarah Lewis, who has under her belt degrees from Harvard and Oxford, curatorial positions at the Tate Modern and the MoMA, and an appointment on President Obama's Arts Policy Committee, examines the idea of mastery in her book *The Rise: Creativity, the Gift of Failure, and the Search for Mastery*. Lewis writes about the women of Columbia University's varsity archery team, who spend countless hours practicing a sport that requires equal parts impeccable precision and comfort with the uncontrollable. There are environmental interferences to contend with and everything that can happen between the time the arrow leaves the bow and lands on the target. The arrow inevitably follows a curved line on its way to the bull's eye.



The archers' doggedness is demonstrated in the hours of practicing, doing the same thing over and over. It is not the success of hitting the bull's-eye that is the attainment of mastery; hitting the target means nothing if you can't do it over and over in all kinds of circumstances and scenarios.

Lewis writes, "Mastery requires endurance. Mastery, a word we don't use often, is not the equivalent of what we might consider its cognate — perfectionism — an inhuman aim motivated by a concern with how others view us. Mastery is also not the same as success — an event-based victory based on a peak point, a

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President's Message Cont...

constant pursuit.”

Of course, mastery cannot be immediately achieved. Marc Rosenberg, Ph.D., a management consultant, writer, educator, and expert in the world of eLearning, knowledge management and performance improvement, states, “The fact is that competence is not really the ultimate goal; it is simply one stop on a four-stop road to mastery.” There is a continuum of performance from novice to mastery. Before you achieve mastery, you are first a novice, then you become competent, then experienced, and finally you close in on mastery.

As a new student at MCU, you are likely a novice. Dr. Rosenberg says, “A novice is, by definition, new to a job. Novices know little or nothing about the work, certainly too little to be able to perform to any acceptable standard. Novices must be taught (or shown) the basics of what is to be done before they can have any chance of being productive.” As a novice you ask, “Show me (teach me) how to do my job.”

After a few semesters of studying, completing assignments and being tested on the theory taught in your core midwifery classes, you gain

enough knowledge and understanding to start participating as an active assistant to your preceptor. You apply the theory you have learned to your clinical experiences. Your preceptor declares you competent by signing off on your skills. You can perform the tasks of being a midwife to basic standards. As you gain competency, you are asking your teachers to “Help me learn how to do it better.”

As you move to the experience phase, you begin to internalize the theory you are being taught, seek constructive feedback and review each clinical experience to see if there is something you could improve upon. You are ready to assist your preceptor in the primary role because you have the ability to access an unpredictable situation that may arise and use your resources and knowledge to safely catch a baby. Your mantra becomes, “Help me find what I need.”

It is at this point that some of you may choose to end your journey of “becoming” a midwife. You have probably finished your coursework and acquired the minimum level of clinical experience required to apply to take the NARM and graduate.

But what about becoming a master midwife? Can you dive a little deeper or aim a little higher? Invent new and better ways to write a practice guideline. Teach your fellow students how to do something you have mastered. Focus on more than the numbers and clinical experiences required to graduate. Strive for professional excellence and personal greatness in every interaction with your fellow students, your teachers, or a staff member who is the bearer of news you don't particularly want to hear. Learn how to stand in a place where you would rather not and expand in ways you never knew you could.

I believe that seeking mastery will give you the fluency to practice the Midwives Model of Care. You will not hesitate when you need to act. Mothers and babies will feel at ease in your presence. You will want to share what you know with others through collaboration, mentoring, and teaching. Your life-long pursuit will assure that, just as the arrow makes its way to the target by the curved line, you, too, will hit the mark as you become a master midwife.

-Kristi Ridd-Young
MCU President

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.

Midwifing Midwives Awards Recipient

Jenny Joseph

Traditionally, the Midwives College of Utah's annual Midwifing Midwives award has gone to a person who has shown great contribution in teaching and training our next generation of midwives. This year MCU is pleased to present the Midwifing Midwives award to an outstanding midwife for her contribution in midwifing our professional community and the birth community at large.



Jennie Joseph was born and raised in England and received her midwifery education from Barnet School of Nursing & Midwifery in affiliation with Edgware General Hospital in London. Jenny is a CPM and licensed midwife, and is the director of The Birth Place, a community based maternity center located in Florida. She is also the Executive Director of Commonsense Childbirth Inc., a Florida non-profit corporation dedicated to providing prenatal, birth and postpartum services to indigent teens and women who might otherwise not receive care. Jenny is most recently well-known as the founder of the "JJ Way," a model for reducing disparities and improving outcomes in perinatal health (<http://www.commonsechilbirth.org/index.php/thejjway>).

Jennie has succeeded in showing us that we can not only recognize disparity and poor outcomes in perinatal care, but we can create real solutions, that can be implemented easily, cost effectively, and in various settings to improve access and outcomes.

MCU's second purpose in awarding the Midwifing Midwives award is for her influence within the midwifery education community to recognize the disparity that exists for many women who cannot access midwifery education to become midwives. Midwifery education, along with the midwifery profession at-large, suffers without diverse communities and representation.

MCU has taken Jennie Joseph's influence to heart by creating an initiative to broaden the cultural landscape of the college. As part of MCU's Diversity Initiative (<https://www.midwifery.edu/cultural-diversity-position-statement/>), we have expanded the Briana Blackwelder Equal Access Scholarship Fund. The objective of this fund is to provide tuition scholarship support to women from underrepresented communities desiring an education in midwifery at MCU.

Thank you, Jennie Joseph, for midwifing all of us through these challenging issues for change and growth. Congratulations on receiving the 2014 Midwifing Midwives award.

Teacher of the Year Award Recipient

Courtney Everson



Courtney is a biocultural medical anthropologist, doula and midwife assistant. Her dissertation research is entitled "Psychosocial Stress, Targeted Social Support and Health Risk Mitigation in Pregnant Adolescents in the

United States. Courtney is the Coordinator of the Reproductive Health Laboratory for the School of Language, Culture & Society at Oregon State University and the Director of Research Education for the Midwives Alliance

Division of Research. She is a co-author of the recently published "Outcomes of Care for 16,924 Panned Home Births in the United States: The Midwives Alliance of North America Statistics Project, 2004 to 2009."

Courtney serves on the Diversity, the Scholarship review, and the Peer review committees and is the chair of our Ethical Review Board.

Courtney teaches in the undergraduate and graduate programs, where she bookends students in the beginning and end of the program. She works closely with all graduate students, as an instructor and an official and ad hoc advisor. Courtney truly midwifes midwives, and her students are appreciative of her time, care and expertise. She was enthusiastically nominated for this award.

Courtney's contributions to midwifery and MCU are profound, and we are thrilled to be able to honor her as MCU's 2014 Teacher of the Year.

New Additions to the Administration

Delphine Silvermoon, CNM is MCU's new Assistant to the Academic Dean. Delphine has been a midwife for over 30 years and is a NARM-approved preceptor. She brings a wealth of experience in the evolution of midwifery and a vision for the future of our profession to the office of the Academic Dean.

Jodie Palmer, past-President of MCU, founder of the coaching program and coach extraordinaire has begun accepting appointments in the coaching department. Her care and vision are excellent additions to this department.

Heather Fangman, student-midwife and therapist has also joined the coaching department. We are thrilled to have her expertise, and her perspective of the life of a student midwife rounding out the coaching program.

**MCU warmly welcomes these amazing women
to our administration!**

Student of the Year Award Recipient

Aisha Al Hajjar

Every year MCU chooses one student to honor for her excellence in study and contribution to the field of midwifery. I am pleased to announce that the Student of the Year for 2013-2014 is Aisha Al Hajjar.

“Aisha Al Hajjar has been a very conscientious student, setting goals and working systematically to achieve them. She is able to take academic learning and apply it to real life situations and needs. Her interest is always to advance the care of women.”
-Dianne Bjarnson

"Aisha is, by far, one of the best students I have had the pleasure of working with. Her commitment to learning, her passion for social change, and her dedication to inclusive and equitable midwifery are truly inspiring. Aisha remains an "above and beyond" student in every sense of the phrase: her written assignments are always polished; her verbal contributions articulate and insightful; and her commitment to not only her own learning, but the learning of her peers outstanding. I can always count on Aisha to push conversations during interaction sessions to the next level of critical thought and reflection, and I count her as not only a student, but a

colleague. She is an excellent educator in her own right, and remains humble in all that she does. I cannot think of a more deserving individual for this year's Student of the Year award than Aisha."
-Courtney Everson

Congratulations, Aisha and all of our students. I am so thrilled at the wonderful student body that continues to strengthen the culture of excellence at MCU and ripple out into the midwifery world.



Congratulations to our recent Graduates!



Associate of Midwifery:

Crystal Ogle	Cindy Lybot
Tricia Guse	Gail Uptain
Kimberly Palmer	Jenny Schultz
Marie Adams	Katrina Neff
Alice Bennetts	Melanie Lennon
Carrie Corbett	Patricia Ghaly

Bachelors of Midwifery:

Sherry Rumsey	Melanie Arkoudas
Tammy Stokes	Christina Shaffer
Tara Stephen	Kara Bonkowski
Tera Lara	Tracy Goutbeck
Goutbeck	

2014 Summer Conference June 2-7

Students benefit from Conferences, held three times a year, during the first week of March, June and October. 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.

As a student you may take any class that you are prepared for. Assignments covered in class can be utilized the current or following semester for academic credit.

“Wish I had taken this class 6 months ago.”

~Conference Attendee, 2014

“[The instructor] is able to break down very complex subjects into understandable components.”

~Conference Attendee, 2014

“[The instructor] is wicked smart and speaks what she knows with ease and not too quickly. She is very approachable.”

~Conference Attendee, 2014

June Conference Schedule and Registration information:

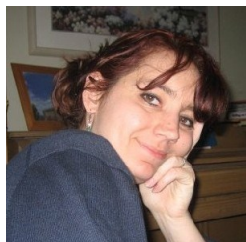
<https://www.midwifery.edu/june-conference-classes/>

Canadian Brief

Deadline for those wishing to do the IMPP Canadian bridging program The IMPP will take applications until the last business day in April.



**Congrats to our
Canadian Graduates!**



Clinical Program News

The Clinical Department is celebrating Open Season on NARM testing-- Electronic testing will open this summer and NARM is accepting applications at any time. There will even be more testing locations available!

We've also had some fantastic clinical rounds presentations this semester, including topics like: placentas: normal and abnormal, delayed cord clamping, the link between newborn tongue tie and postpartum depression, shoulder dystocia and providing continuity of care in cases of preterm labor.

We're also excited about the new "MCU Preceptors Network"--a way for our clinical faculty to connect with each other and MCU, even when they're not currently

teaching a student. Preceptors can join the network by emailing ClinicalDean@midwifery.edu with the subject heading: COUNT ME IN! and we have a Facebook group too, just ask for an invitation in your email. Alumni and other midwives who pre-qualify as a preceptor can join, too!

Pre-qualified preceptors are: nationally certified (CPM, CNM, CM) OR state licensed/registered, OR meet our non-credentialed midwife exception, AND have the necessary experience--at least two of the three: 3 years in practice, 10 continuity of care cases and 50 births beyond your certification requirements. If you're not sure if you qualify--send us an email and ask!

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.

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/>.

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; 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.

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

CPM Plus Bridging

The Midwives College of Utah is pleased to offer Washington CPMs or CPMs who wish to practice in Washington, a package of classes at a discounted tuition rate to fulfill the CPM Plus Bridging requirements. Washington state statute contains additional requirements that midwives who wish to practice in the state must complete. If you intend to apply for a midwifery license in Washington state, but did not attend or do not plan to attend a Washington state-approved school, visit the link below to access MCU's CPM+ Bridging program.

<http://www.midwifery.edu/washington-state-cpm-plus-bridging-package/>

Join us at MCU!

Become an MCU student!

Application deadline for fall semester is July 15, 2014.

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



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