

MCU IN REVIEW

Official Newsletter for the Midwives College of Utah Community



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President's Message

WILL IT MAKE THE BOAT GO FASTER?

Kristi Ridd-Young, MCU President

As we approach the Graduation Gala, I have had the opportunity to prepare our celebration for the 2017 and 2018 (so far) graduates. I am constantly impressed with the obstacles you, as students, must overcome to become midwives. Some of you, despite heart-wrenching life events, continue to persevere. Yes, we as an MCU community can cheer you on, advocate for you, and offer supportive resources, but you are the ones who must dig deep into your reservoir of resilience, tenacity and grit.

Obviously, every student who enrolls at MCU has the intention of becoming a midwife. So, what is the difference between those who become midwives and those who don't? One student, who is almost ready to graduate and despite incredible obstacles, recently told me that she measures every decision she makes against that of becoming a midwife.

When invited to a late-night party before a 9:00 AM live session, she chooses not to go; she knows she'll be less attentive if she doesn't have at least eight hours of sleep before she begins her day. When she's on-call for births, she runs her home with precision because she wants to be ready to leave at a moment's notice. Her friends and family were part of her decision to become a midwife; they're all in with supportive commitment and acceptance of the fact that she won't be as social or available as usual.

I'm reminded of the story of the British rowing team who surprisingly won the Olympic Gold at the 2000 Sydney Olympics. They were an average team and hadn't won a gold medal since 1912. In preparation for the 2000 Olympics, their training strategy changed everything. Every decision, situation, and obstacle that would normally derail other teams was measured by one question. The question was:

“ **Will it make the boat go faster?** ”

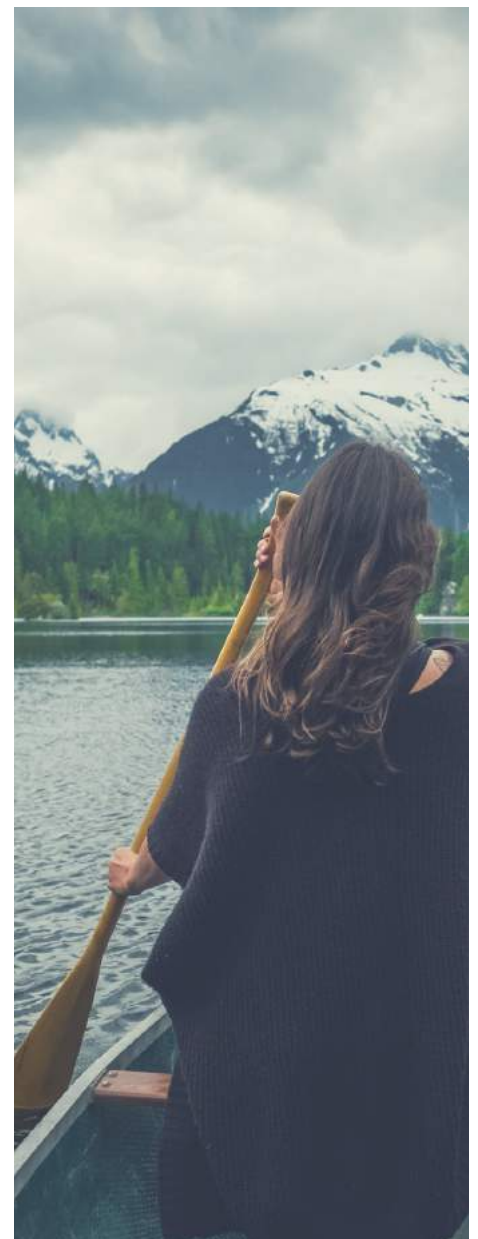
According to psychologist Angela Lee Duckworth, author of the popular book, *Grit: the Power of Passion and Perseverance*, this kind of focus has two main components: “perseverance of effort” and “consistency of effort.” It is not just resilience in the face of failure, but also deep commitments that we remain loyal to over many years. And guess what? According to Dr. Duckworth's research, this kind of visualized focus is a better predictor of long-term success than cognitive ability.

The power behind this level of focus is that, in addition to visualizing the end goal, we are also visualizing the process. We have a simple, pre-determined response to everything that may arise. This type of thinking may seem extreme, but I believe that if there are processes and support systems in place that are based on principles of equity and justice, intentional focus can lead to success despite the obstacles. Our future is fluid, and we have the capacity to control much of it by the daily decisions we make. What would your life look like if you measured every decision you make against the question:

“ **Will it help me become a midwife?** ”

“ *Grit is sticking with your future, day in, day out, not just for the week, not just for the month, but for years, and working really hard to make that future a reality. Grit is living life like it's a marathon, not a sprint.* ”

Angela Lee Duckworth





Graduation Gala

Join us on April 24 at 7:00pm for a night of celebration as we honor our 2017-18 Graduates! Please RSVP to our intimate gathering by visiting: midwifery.edu/gala-rsvp/

24 APRIL AT 7PM
DAYBREAK GARDEN
PARK CENTER
11150 S. TYDEMAN WAY
SOUTH JORDAN, UT

Donations from the evening support the Briana Blackwelder Equal Access Scholarship Fund.

Be sure to vote for Faculty and Staff of Excellence Awards by April 10th!

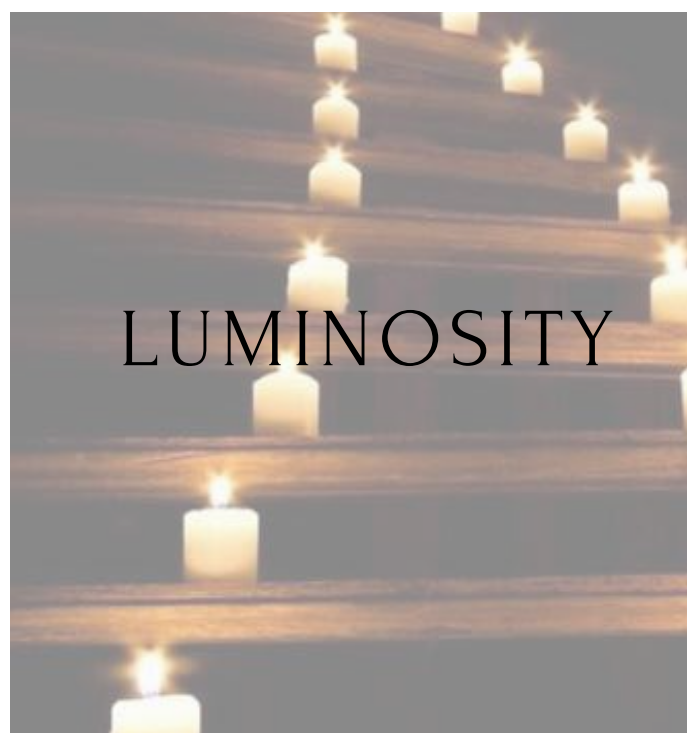
Skill Suites: the new conference experience

Our brand new conference experience is designed to help you focus on mastering midwifery skills! Curated by MCU's clinical experts, we've divided the workshops into categories of Phase I/Beginner, Phase II/Intermediate, and Phase III/Advanced to correspond with the new BSM program.

Each workshop curriculum is informed by both the PSGM skills guidelines and MEAC clinical competencies.

Our skill suite instructors are all MCU-approved and trained preceptors. Topics are broken down into different skill categories allowing you to focus on the skills that best serve you!

Join us this April and August for our revamped conference experience!



SPRING CONFERENCE

SKILL SUITES
A HANDS-ON TRAINING EXPERIENCE



MIDWIVES
COLLEGE OF UTAH
MIDWIFING MIDWIVES



APRIL 23-28, 2018

Phase I/Intro

Vital Signs & Basic Skills
IV Skills
Breastfeeding
Pharmacology Skills
Biodynamic
Resuscitation of the Newborn
CPR
Birth Doula Training

Phase II/Intermediate

Phase I Assessment
Healthy Birth Skill Suite
Healthy Newborn Skill Suite
Normal Postpartum Skill Suite
Intermediate Postpartum Skill Suite
Suturing

Phase III/Advanced

Medications in the Childbearing Year
Newborn Complications
IV Medications
Postpartum Complications
Herbology
Labor & Birth Complications
Transports
Breeches & Twins

VISIT: MIDWIFERY.EDU/SKILL-SUITES
FOR MORE DETAILS

MANA Stats Data: Research to Inform Your Midwifery Practice!


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

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

Several peer-reviewed publications have resulted from research using the MANA Statistics datasets. This issue features the articles to-date on midwife-attended care, community birth settings, and physiologic birth that have resulted from the MANA Stats project – research that can inform your midwifery practice! As the Director of Research Education for the MANA Division of Research, I am thrilled to work with midwives (that's you!) in translating research into care practice through the EIP framework.

So what is MANA Statistics? MANA Stats is one of the largest perinatal data registries on physiologic birth and midwife-attended births in the community setting (home and birth centers). The project is administered by the Division of Research of the Midwives Alliance of North America (MANA). Data collection began in 2004 and continues today.

Citation: Bovbjerg, M., Cheyney, M., Brown, J., Cox, K., and Leeman, L. (2017). **Perspectives on risk:**



This paper helps you to implement evidence-informed practice for client risk profiles!

Assessment of risk profiles and outcomes among women planning community birth in the United States.

Birth: Issues in Perinatal Care, 44(3): 209-221. doi: 10.1111/birt.12288

Summary: This paper examines risk profiles and outcomes for midwife-led, community births, including examination of VBAC and breech.

Access: <http://onlinelibrary.wiley.com/doi/10.1111/birt.12288/full>


Citation: Cheyney, M., Bovbjerg, M., Everson, C., Gordon, W., Hannibal, D., & Vedam, S. (2014).

Outcomes of Care for 16,924 Planned Home Births in the United States: The Midwives Alliance of North America Statistics Project, 2004 to 2009. *Journal of Midwifery & Women's Health*, 59(1): 17-27.

DOI: 10.1111/jmwh.12172

Summary: This is the largest study to-date on outcomes of planned, midwife-attended homebirths in the United States!

Access: <http://onlinelibrary.wiley.com/doi/10.1111/jmwh.12172/abstract>



This paper is the largest study to-date on outcomes of care for planned homebirths in the US!

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Development and Validation of a National Data Registry for Midwife-Led Births: The Midwives Alliance of North America Statistics Project 2.0 Dataset. *Journal of Midwifery & Women's Health*, 59(1): 8-16.

DOI: 10.1111/jmwh.12165

Summary: This article describes the history and development of the MANA Stats birth registry, and reviews the 2.0 dataset's content, strengths, and limitations.



This paper helps you to implement evidence-informed practice for client risk profiles!

Access: <http://onlinelibrary.wiley.com/doi/10.1111/jmwh.12165/abstract>

Citation: Cox, K., Bovbjerg, M., Cheyney, M., & Leeman, L. (2015).

Planned Home VBAC in the United States, 2004-2009: Outcomes, Maternity Care Practices, and Implications for Shared Decision Making. *Birth: Issues in Perinatal Care*, 42(4): 299-308.

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This paper helps you care for VBAC clients!

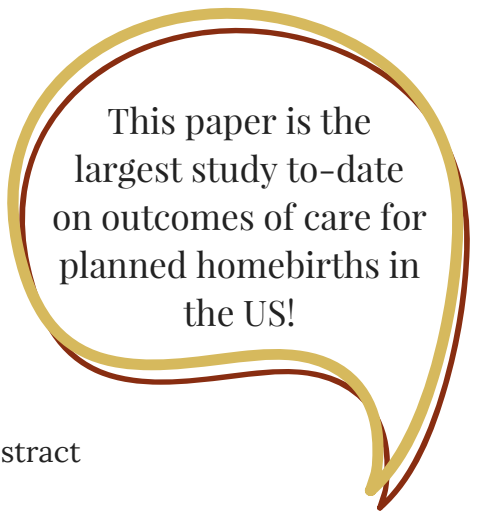
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This paper helps you care for VBAC clients!

Citation: Citation: Bovbjerg, M., Cheyney, M., & Everson, C. (2016).

Maternal and Newborn Outcomes Following Waterbirth: The Midwives Alliance of North America Statistics Project, 2004 to 2009 Cohort. *Journal of Midwifery & Women's Health*, 61(1): 11-20.

DOI: 10.1111/jmwh.12394

Summary: This is the largest cohort study to-date on the topic of waterbirth, and one of the first large studies to focus on a U.S. population.

Access: <http://onlinelibrary.wiley.com/doi/10.1111/jmwh.12394/abstract>

This paper won the Journal of Midwifery & Women's Health "Best Research Article of the Year" award in 2017!

Onward, EIP midwives!



Are you Ready for the CPM 2018 Symposium?

The 2018 CPM Symposium is quickly approaching! The symposium will be held **May 11th – 13th at the Bolger Center in Potomac, MD.** The 2018 CPM Symposium is a two and one-half day facilitated planning event bringing together midwives, childbearing people, students, educators, policy makers, funders, allied professionals and other stakeholders to plan for the future of the CPM profession.

Learn more [here](#) and don't forget to [register](#) to attend!

The **convening question** we will focus on this year is:

What are the most critical and urgent needs of childbearing people and how can CPMs position ourselves to better meet these needs?

The symposium is a **community-derived process** from planning through to implementation and the **partners** are plentiful! Partners include a calling partner, convening partners, & consulting partners!

Calling Partner – NACPM



Represented by NACPM Executive Director, Mary Lawlor, and team!

Convening Partners – AME, CfM, ICTC



Represented by AME Vice President, Courtney Everson, PhD



Represented by ICTC Board Members, Abigail Aiyepola, ND, LM, & Nandi Hill, CPM, LM

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Represented by CfM President,
Nasima Pfaffl, MA

American Association of Birth Centers (AABC)
 Ancient Song Doula Services
 Black Women for Wellness
 Indigenous Birthworkers Network/Native American Midwives Association
 Elephant Circle
 Every Mother Counts
 Mamatoto Village
 Midwives Alliance of North America (MANA)
 Midwifery Education and Accreditation Council (MEAC)
 National Association of Birth Centers and Clinics of Color (NABCC)
 Southern Birth Justice Network
 Uzazi Village

**We hope to have strong MCU representation by
 students and educators alike! See you there!**

 **CPM Symposium**

Early Bird Registration has been extended to **April 13th!** Don't delay, register today!
MCU Faculty & Staff: MCU is a member of the Association of Midwifery Educators (AME). AME is a convening partner for the Symposium and is pleased to provide a discount to all AME members! **Save \$150.00** if you register by the early bird registration deadline. Just select "Member (NACPM, AME, ICTC, or CFM) -- Early Bird" when you register!

MCU Students: *MCU will be sponsoring one student to go the symposium!* The student will receive free registration, lodging and meals at the Symposium. You will be responsible for your own travel. To be eligible, you must identify as a student from an underrepresented community (student of color, LGBTQ2S, indigenous), have been at MCU for at least two terms, be current with your Major Map, and have at least a 3.0 GPA. If interested, please contact President Kristi Ridd-Young for details **no later than April 11th.**

Board Corner

Martina Craner

As a nonprofit organization, MCU is governed by a Board of Directors. Board members are valuable volunteers who fulfill at least eight vital roles for MCU. They sustain and uphold the Mission and Culture of MCU, act as advocates by endorsing and defending the organization, safeguard the future viability of MCU by upholding fiduciary responsibilities, evaluate and support the president, select new board members, create and maintain ongoing strategic planning, engage in special committee work and ongoing projects, and establish and uphold major policies for MCU.

There are currently several open seats on our Board of Directors. We are in need of board members that bring a diversity of culture, experience, skills, talent and perspective to more effectively fulfill the roles and responsibilities of our board, and represent the diversity of the MCU student body. Being a board member of the Midwives College of Utah is an opportunity to engage in meaningful work that impacts midwifery education, the midwifery community, and maternity care and birth culture in the 21st century.



“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

–Anne Frank

To be considered as a future board member, an individual must be willing to fulfill the objectives below:

1. Be interested in midwifery education and particularly the work of MCU.
2. Familiarize oneself with MCU documents and be willing to learn about the MCU educational process and accreditation requirements.
3. Be willing to serve for three years except in special cases when elected for a term of less than three years.
4. Be willing to declare conflicts of interest addressed by the Board and honor confidentiality.
5. Agree to provide a curriculum vitae to MCU administration for public disclosure.
6. Be willing to work on committees and special projects.
7. Be willing to commit the time necessary to contribute to the functioning of the Board.
8. Challenge and change assumptions when moved upon to do so.

If you are interested in serving on the Board, or know someone who would, please send a letter of request for your name to be put on the next nominations ballot. Your letter of request must include a curriculum vitae.

If you would like to visit with a board member regarding their experience of serving, or if you have questions about board member roles and responsibilities, please contact the Board President, Valerie Hall at valerie.hall@midwifery.edu.

Publication Announcement

CONGRATULATIONS!

One of MCU's own, Kristin Effland, CPM, MA, has an article published in an upcoming edition of the *Journal Midwifery*.

The final version of her article *A Web-based Resource for Promoting Equity in Midwifery Education and Training: Towards Meaningful Diversity and Inclusion* is now available! It has just been published in the journal *Midwifery* in their very special issue on Midwifery Education.

This article can be accessed via a Share Link – a personalized URL providing **50 days' free access** to the article. Anyone clicking on this link before May 05, 2018 will be taken directly to the final version of the article on ScienceDirect. No sign up, registration or fees are required – simply click and read.

Access the article here:

https://authors.elsevier.com/a/1Wjfq_63~MCNMM

MCU IN REVIEW IS FOR YOU!



MIDWIVES
COLLEGE OF UTAH
MIDWIFING MIDWIVES



Share your stories, your updates and your ideas with marketing@midwifery.edu to include in the next edition of our newsletter. The newsletter is designed to inform and inspire our community. Are you a seasoned student or recent grad with thoughts about your experiences or are you working on a project, internship, speaking engagement we can pat you on the back for? MCU is interested in what's going on with you. Send your updates to marketing@midwifery.edu