

8 facts about working as a Midwife

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Midwives don't just deliver babies! They work in the community or in a hospital setting, helping look after Mum's health and the baby before, during and after birth.

At the 1st appointment with Mum to be, you have to collect their background history. This includes whether this is their 1st time pregnancy, have they had children before with different partners or have any illnesses that could affect the pregnancy E.G. Diabetes.

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Some Mums may have a past they are uncomfortable discussing, so you need an empathetic and non judgmental personality to make them feel comfortable and help build trust between you both.

You will help tell Mum what to expect in the upcoming weeks/months and monitor the physical changes to Mums body. You'll also advise on diet, exercise, breastfeeding and lifestyle changes such as stopping smoking and drinking.

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Midwives see Mum every 4 weeks for a check up. The growth of the baby can be measured with an ultrasound and by measuring the size of the bump and their heart listened to with a pulse doppler. Mum may be asked to note when they feel the baby moving too.

You will have to work out the rough due date from looking at when the last menstrual cycle started then add 9 months and 7 days.

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In midwifery training you'll also experience working in both the community checking up on Mums in their homes or clinics as well as hospital settings. You have to deliver 40 babies to qualify!

Some Maternity wards in hospitals are completely midwife led with no Doctors. If Mum has had a healthy pregnancy they usually give birth on these wards. Mums with complications may need extra care from the wider healthcare team.

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