

The MMA Basic Midwifery Course: A Journey into Midwifery 2010-2011

Begin your journey toward becoming a midwife this fall! Within women from around New England, you can learn the art and science of midwifery in a multi-faceted course that creates a comprehensive foundation in midwifery. This is a self-study program for highly motivated women. Complete the Basic Course around work, your children's schedules, or other life activities. We need you to have the desire and the ability to complete all class preparation and homework which will likely require up to 8 hours of study each week. The Basic Course offers study resources, support, monthly full day classes and monthly workshops to maximize knowledge integration and ensure you have everything you need to succeed. Come study with local midwives and discover the generations of wisdom waiting to be shared!

This is a one year introduction to the art and practice of midwifery and is designed to prepare women for advanced studies in the midwifery field and clinical midwifery practice. Learn from experienced midwives from throughout New England on topics ranging from physical assessment to fertility counseling and labor management. Special workshops will prepare you to work with herbs, certify you as a doula, help you understand the impact of abuse and highlight many other special topics essential to midwifery. Monthly meetings allow the next generation of New England Midwives to learn together. Self-study allows busy women to design their own schedule.

Monthly classes are usually held on the first Sunday of every month. These all day classes are held in Central Mass to allow everyone easy access. Each class will consist of a seminar style presentation on the material studied at home the preceding month. Each class will also consist of a potluck lunch, and a skills practicum. Light summer work will be assigned in preparation for the first class. They are full days, so expect to arrive on time and be prepared to run a few minutes over if the material demands it. Due to the intensive nature of the days, only non-mobile nursing babes will be allowed.

For a Certificate of Completion for the Basic Midwifery Course, attendance at a minimum of **9 out of 11 classes** and at least **8 of 12 workshops**, along with the **doula training (if you haven't taken a doula training before)**, **16 hours of community service**, and **LLL and MMA meeting attendance** is required.

The Basic Course: Schedule of Classes and Workshops

Sunday, August 29th, 2010—Introduction to Midwifery Class

*History of Midwifery ~ Midwifery Model of Care ~ MANA Values and Ethics ~ Professional Ethics in a Midwifery Practice ~ The Life of a Midwife ~ Routes to Practicing Midwifery ~ Women's Bodies and the Hormonal Cycle

Sunday, September 12th, 2010—Beginning Pregnancy Class

*History Taking ~ Informed Consent ~ Charting~ Listening Skills for Midwives ~ TORCH Illnesses ~ PTL ~ Spotting ~ Ectopic ~ Miscarriage ~ Universal Precautions ~ Physical Exams

Sunday, October 3, 2010—Pregnancy Class

*Fetal and Placental Development ~ Common Discomforts ~ Signs and Symptoms of Pregnancy ~ Physical and Other Changes in Pregnancy ~ Due Dates

Sunday, November 7, 2010—Pelvic Exams & Testing Class

*CBS, Prenatal Profile, Rh factors ~ GTT ~ Venipuncture ~ Pelvic Anatomy ~ Pelvic Infections (BV, HPV, Yeast, GBS) ~ Gynecologic Exams ~ Breast Exams ~ Urinalysis and UTI

Sunday, December 5th, 2010—Pre-natal Visits Class; 9:00 – 5:00 pm

*Prenatal skills – gestational age, Leopold Maneuvers, urinalysis, fundal height ~ Assessing Fetal Heart Tones ~ Issues in Late Pregnancy – PUPPS, Edema, PHI, Poly/Oli, Previa, IUGR, GD, Breech, PPRM, Pre-E, HELLP

Sunday, January 9th, 2011—Typical Birth Class; 9:00 – 5:00 pm

*Hormones of Labor ~ Mechanisms of Labor ~ Fetal/Pelvic Relationship ~ Rupture of Membranes ~ NST ~ Monitoring Maternal and Fetal Well-being ~ Estimating Dilation, and Station ~ The Birth Team

Sunday, February 6, 2011—Unusual Birth Class; 9:00 – 5:00 pm

*Compound Presentations ~ Breech ~ Excessive Bleeding ~ Posterior ~ Labor Dystocia ~ Post-dates ~ Shock ~ Prolapse ~ Retained Placenta ~ Asynclitic ~ Shoulder Dystocia ~ Twins ~ Meconium ~ Fetal Distress ~ Still Birth ~Transporting

Sunday, March 27, 2011 – Cesarean Section & VBAC Class; 9:00 – 5:00 pm

*Preventing the 1st c/s ~ Responding to c/s causes ~ The impact of c/s ~ HB considerations ~ Advantages and disadvantages of c/s, repeat c/s, VBAC ~ special consideration for VBAC moms

Sunday, April 3, 2011—The Newborn and the Placenta Class; 9:00 – 5:00 pm

*Fetal/Newborn Circulation ~ Cord Clamping ~ Placental Examination ~ Estimating blood loss ~ Newborn Hypoxia/RD ~ APGAR Scores ~ Newborn Exams ~ Newborn Procedures

Sunday, May 1, 2011—Post-partum Class; 9:00 – 5:00 pm

*Breast-feeding ~ Post-partum Visits ~ Mental Health in Postpartum ~ Postpartum Support ~ Screening for Depression ~ Perineal Care ~ Jaundice ~ Common Infections and Complications ~ Newborn Growth Patterns

Saturday, June 4, 2011—Next Steps/Completion Celebration; 1:00 – 3:00 pm

*Next Steps ~ Contacts ~ Politics ~ Completion Celebration with Family and Friends

A full certification birth doula weekend will be presented: **Friday, Saturday, Sunday, March 4,5,6, 2011—Doula Training Weekend; all days, 8:00 am to 9:30 pm**

The following half-day workshops, typically 9:00 am to 1:00 pm, are available:

Saturday, September 18, 2010 – Nutrition Workshop

Saturday, September 25, 2010 – Birth Circle Workshop

Saturday, October 16, 2010 – Herbs Workshop

Saturday, November 13, 2010 – Homeopathy Workshop

Saturday, December 11, 2010 – Fertility Workshop

Saturday, January 22, 2011 – Medications Workshop

Saturday, February 13, 2011 – Sexuality & Abuse Impact Workshop

Saturday, March 19, 2011 – Colors and Customs Workshop

Saturday, April 16, 2011 – Self-Care for Midwives Workshop

Saturday, May 14, 2011 – Body Work Workshop

Saturday, June 4, 2011—The Business of Midwifery Workshop; 9:00 – 12:00 pm

Wednesday, June 8, 2011 – Graduation at Annual MMA meeting; 10:00 – 2:00 pm

Fees and Schedule for Payment

A non-refundable deposit of \$500.00 is due with application.

Remainder of tuition, \$1700, is due by first class on August 29, 2010

Refunds will not be given after the September class.

For more information, please contact Joyce at 508-757-4964 or jekimball@bigplanet.com

Application for Enrollment

Name: _____

Address: _____

Telephone: _____ Email: _____

How did you hear about the Course?

Website Mailing Friend/Word of Mouth School Other

What is your experience with birth?

What do you hope to gain from the Course?

Please feel free to attach additional sheets of paper if you need more room.

Return completed applications with deposit to:

Joyce Kimball, MMA Basic Course Coordinator, 20 Sorrento Street, Worcester, MA 01602

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