

Midwives' Association *of* Washington State



The MAWS eBulletin

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Greetings!

As I type this, it is still snowing here where there's already over a foot of snow on the ground from the last few days!

Since winter has declared itself, it's the perfect time to snuggle up with your computer and some hot tea to read MAWS' latest electronic newsletter. You won't regret making time to read through all of the great content we have compiled for you this month from articles about prolonged pregnancy and active vs. expectant management of the third stage of labor to videos you will enjoy and may even want to share with your clients. You'll also find information about how to access HEAL-WA where you can read full text journal articles and other evidence-based resources.

If you have renewed already, look for your MAWS membership packets to arrive soon in the mail. If you haven't renewed, [click here to do it today](#). And don't forget to join us for [Lobby Day](#) in Olympia next week on Friday, Feb 3!

We look forward to seeing you there.

Best,

Kristin J. Effland, CPM, LM
MAWS Vice President



Your New Directory Listing

Just a reminder that the new web site includes a new and expanded directory for both our professional members and our associates with directory listings. You have your own searchable web page for your practice or business.

It is up to you to take a look at your listing (click on "[find a midwife](#)" or "[find a midwife-friendly business](#)"), check the accuracy of the information and provide us with the content that you'd like to see there. You may provide either a photo or a logo for your practice or business and up to 150 words of content. [Here's an example of a midwife listing.](#)



Please send your images (jpegs please) and content (preferably in a MS Word or .txt file) [to Lynn](#).

Thank You, New Associate Members!

We are so grateful for the support of our associate members. Associate memberships help fund the work of MAWS while offering associates a listing in our directory. **Please support our associate members in your area with referrals!**

We hope you'll suggest associate membership to service providers you typically refer your clients to--massage therapists, doulas, childbirth educators, etc. You may [refer them here](#) on our web site.

Amazing Mama Birth Services

Oesa Hauch, Doula, Childbirth Educator
Bothell

[MAWS Directory Profile>](#)
[Website>](#)

AVIV Birth Doula Services

Elaine Arnold, Certified Birth Doula
Renton

[MAWS Directory Profile>](#)
[Website>](#)

Don't Forget About Brynne Potter's Workshop This Wednesday, February 1!

Join us for an exciting FREE educational event for midwives!

Wednesday evening,
February 1, 2012 - Mt.
Rainier Room, Shoreline
Conference Center
5:30 - 8:00 pm ([Please click here to RSVP](#))



Federal Initiatives for Person-Centered Maternity Care: Opportunities and Challenges for Midwives
With Brynne Potter, CPM

[Read more about the workshop on the MAWS web site >](#)

Join Us for Lobby Day Next Friday, February 3rd at 8 am.

Betsy's Baby Services

Betsy Hoffmeister, Childbirth Educator,
Lactation Consultant
Seattle

[MAWS Directory Profile>](#)
[Website>](#)

Cooper House

Lisa Mennet (Counseling/Support Groups)
Seattle

[MAWS Directory Profile>](#)
[Website>](#)

Les Sages Femme LLC

Mary Lou Kopas, CNM (Well-Woman Care)
Seattle

[MAWS Directory Profile>](#)
[Website>](#)

Phyllis Moses, Hypnobirthing/Yoga

Instructor
Kirkland

[MAWS Directory Profile>](#)
[Website>](#)

Simkin Center for Allied Birth Vocations

Annie Kennedy, Director (Educational
Programs)
Kenmore

[MAWS Directory Profile>](#)
[Website>](#)



Cooper House is a new Associate Member of MAWS. We thank them for joining our Midwife-Friendly Services Directory and want to make sure that Seattle-area midwives and others who work with new moms know about their services. In addition to their for-pay support group, **there is a free group offered for low-income families.**

Cooper House, in Seattle's Capitol Hill neighborhood, hosts BabyLink, a group program that can help strengthen the mother-baby bond through infant massage, group support and guided discussion. Babylink is particularly helpful for mothers who are feeling anxious, stressed or isolated.

[Click here](#) for a flyer with more information.

Showing Up DOES Make a Difference!

Stay late and tour Olympia's freestanding birth center, the Birth House and then come to Audrey's house for a post-Lobby Day dinner.

Please send an RSVP and include any dietary restrictions if you plan to join us for dinner! We need to know our head count by Tuesday night.

At 8 am we will gather at the home of our lobbyist, Amber Ulvenes. There will be bagels and coffee/tea while we get oriented to the day's agenda and pick up our legislative packets.

[1610 Water St SW - Olympia, WA 98501](#)

Questions? [Write an email](#) to our legislative liaison.

[More information on the MAWS web site >](#)

Safe Sleep Summit Video

From Fox News - "It has become a monthly - sometimes weekly - story on the news in Milwaukee: A baby dies sleeping with an adult. In response, the city has launched a public awareness campaign. But health advocates in the communities where most of the deaths occur disagree with the city's approach. By analyzing dozens of death reports, Fox6 discovered the most common assumptions being made about these cases are false, and are leading to a widespread failure to inform parents of the key fatal mistake." Be sure to watch through to the end.

[Watch the video here](#)

For more on this topic, read the [Academy of Breastfeeding Medicine Clinical Protocol #6: Guideline on Co-Sleeping and Breastfeeding](#)

Getting Started With HEAL-WA

Do you ever wish that you had access to the latest evidence on topics relevant to your clients and the care you provide them as their primary maternity care provider? Well now, thanks to MAW's Lobbying efforts on your behalf, you do!

Last year, through the success of SB 5071, sponsored by Sen. Ed Murray, Licensed Midwives were granted access to [HEAL-WA](#),

Active versus expectant management for women in the third stage of labour

OBJECTIVES:

To compare the effectiveness of active versus expectant management of the third stage of labour.

AUTHORS' CONCLUSIONS:

Although there is a lack of high quality evidence, active management of the third stage reduced the risk of haemorrhage greater than 1000 mL at the time of birth in a population of women at mixed risk of excessive bleeding, but adverse effects were identified. Women should be given information on the benefits and harms of both methods to support informed choice. Given the concerns about early cord clamping and the potential adverse effects of some uterotonics, it is critical now to look at the individual components of third-stage management. Data are also required from low-income countries.

[Read the Abstract >](#)

[Read the Full Article using your HEAL-WA account >](#)

Video: Penny Simkin on Delayed Cord Clamping

Penny Simkin demonstrates why the baby's umbilical cord should not be routinely clamped and cut immediately following birth.



[Watch the video here >](#)

We Can Make Birth Safer for Black Babies and Mothers: Here's How!

Intensive campaigning by health advocates from Portland's communities of color,

the UW research resource for health care providers. For an additional \$25 annual fee at licensing or renewal (the cost of just one journal article through an online subscription service), LMs now have full access to the service!

HEAL-WA contains a wide range of evidence-based resources for members of many WA licensed health professionals including more than 5000 full-text journals.

Here is just a short list of some of the valuable Journals and Databases to which you now have access:

[Cochrane Database of Systematic Reviews](#)

Acta Obstetrica et Gynecologica

Scandinavica (Informa Healthcare)

Australian Nursing Journal

Birth

Birth Gazette

Birthkit

Midwifery matters

Midwifery Today

Midwifery today with International midwife

Midwives

Nursing for Women's Health

Obstetrical & gynecological survey

Obstetrician & Gynaecologist

Obstetrics & Gynecology - The Green Journal

(the official publication of the American

College of Obstetricians and Gynecologists)

Obstetrics & Gynecology Clinics of North

America

Obstetrics and Gynecology International

Obstetrics- Normal and Problem Pregnancies

Primary Care Research Journal

Primary Care Women's Health Journal

Primary health care

Women & Health

Women's health and urban life

How do you get access to HEAL-WA?

If you are an LM, you simply need to create a user id and password to access the licensed resources (those indicated by a lock) on HEAL-WA. To set up your user id, go to [the Getting Started page](#) at the HEAL-WA site and follow the directions there. Once your user id is set up you'll be able to use any of the resources contained in HEAL-WA without additional passwords.

Does your baby's mattress contain toxic chemicals? Find out!

For most parents, it's a relief when your little one drifts off to sleep and you nestle them comfortably in their

scored one significant victory in Salem this session. The legislature passed a bill, sponsored by Rep. Tina Kotek, that directs the Oregon Health Authority to study the value of doulas in reducing infant mortality rates.

Next February, when the report is complete, advocates hope that legislators, state health administrators and hospitals will work together to find funds to pay for doulas to work with pregnant women, especially women of color, and women in underserved rural areas.



Shafia Monroe

"We thank all the legislators who helped pass this bill," said Shafia Monroe, president and CEO of the nationally-recognized doula training nonprofit the [International Center for Traditional Childbearing](#). "It's exciting that this bill passed when so many others didn't. Now comes the hard work of making sure we get a 'Yes' in February 2012." [The Skanner News Video: Shafia Monroe](#).

[Read full article >](#)

Your MANA Stats!

And don't forget to start or continue to submit your data to MANA Stats using the new, improved SHORT form. For more information, [click here >](#)

Ina May Gaskin Receives Right Livelihood Award

The Right Livelihood Award was established in 1980 to honour and support those "offering practical and exemplary answers to the most urgent challenges facing us today".

It has become widely known as



crib. Unfortunately, a new report WVE co-released with our partners at Clean and Healthy New York, [The Mattress Matters: Protecting Babies from Toxic Chemicals While They Sleep](#), reveals that the mattress your baby is sleeping on may contain toxic chemicals.



[Read full article >](#)

Abstracts from The Academy of Breastfeeding Medicine 16th Annual International Meeting Miami, Florida Fall 2011

Effect of Delaying the Bath on Exclusive Breastfeeding Rates

Background: The standard of care at our institution has been to give the newborn bath at 2 to 4 hours of life. In May 2010, we began to delay the bath for at least 12 hours of life as standard of care for all eligible infants.

Objective: To determine if delaying the newborn bath correlated with a change in exclusive breastfeeding rates.

Methods: We compared exclusive breastfeeding rates 6 months before and after the start of the Delay the Bath Initiative. The medical record of every third eligible-to-breastfeed infant admitted to the newborn service during this 12-month period was reviewed. Infant feeding information was obtained from the 24-hour bedside flow sheet. Feeds for the entire hospital stay were tallied and each infant was categorized into one of 7 tiers by percentage of breastfeeds received (100%, 90-<100, 75-<90, 50-<75, 25-<50, 1-<25 and 0).

Results: We reviewed 718 infant charts. Infant (gestational age) and maternal characteristics (mode of birth, race, age, health insurance) were similar before and after delaying the bath. Exclusive breastfeeding rates increased from 31.4% (111/353) to 40% (146/365) ($p=.02$) during the time period studied.

Conclusions: We found that delaying the bath was associated with a statistically significant increase in exclusive breastfeeding rates. We hypothesize that this may be due to limiting

the 'Alternative Nobel Prize' and there are now 145 Laureates from 61 countries.

Presented annually in Stockholm at a ceremony in the Swedish Parliament, the Right Livelihood Award is usually shared by four Recipients, but not all Laureates receive a cash award. Often an Honorary Award is given to a person or group whose work the Jury wishes to recognise but who is not primarily in need of monetary support. The prize money in 2011 was 150,000 €. The prize money is for ongoing successful work, never for personal use.

[Click here](#) for more information. [Click here to watch the video](#) of Ina May's acceptance speech.

Support for Student Midwives Preparing for the WA State Challenge Process

On Jan. 13th, students from Non-Bastyr Midwifery Programs met for support as they prepare for the State Challenge Process. Study groups & support meetings are part of the ongoing plans for this group. All those interested are Welcome!

Next Support Meeting: A Potluck Lunch at Mallorie Kirsch's on Feb 10th, 11am to 2pm.

Address:
657 Blaine Ct. NE
Renton WA 98056
Phone: 360-775-0655 [Send an Email](#)>

Preceptor Wanted

My name is Jasmine Marsh, and I am a second-year, direct-entry midwifery student at Birthwise Midwifery School in Bridgton, Maine (MEAC accredited). I am also a DONA trained Birth and Postpartum Doula, and am certified in NRP and CPR. I have a good amount of clinical and birth experience. I am seeking a midwifery preceptorship with a CPM or CNM to begin in May or June (flexible with dates). Please contact me at [by email](#) or by phone at (831) 431-0761 for more info.

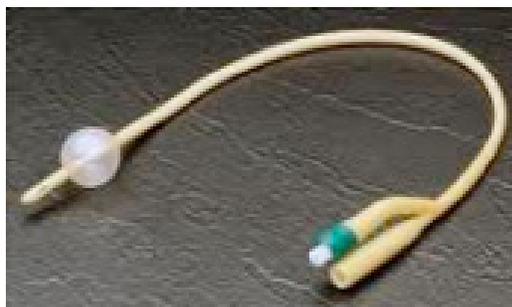
**Are You on Facebook?
"Like" the Midwives'
Association of Washington
State!**

stress during the critical period following delivery when the newborn's blood sugar normally nadirs and the infant is striving to maintain temperature regulation. Delaying the bath is a simple intervention that may support improved exclusive breastfeeding rates.

Foley Catheter as Good as Gel for Inducing Labor

For induction of labor, use of a Foley catheter appears as effective as vaginal prostaglandin E2 gel, but with fewer side effects, a randomized trial found.

Cesarean section rates came out similar, at 23% with the Foley catheter and 20% with the prostaglandin (P=0.38), in the study by Kitty W.M. Bloemenkamp, MD, of the Leiden University Medical Center in Leiden, the Netherlands, and colleagues.



Foley Catheter from Cascade Catalog

The only two serious adverse events both occurred with prostaglandin use--one uterine perforation and one uterine rupture--while point estimates for all side effects favored the Foley catheter, they reported online in The Lancet.

Mechanical methods to get the cervix ready for the birth are among the oldest approaches, though pharmacological methods have since taken over in the United States and other developed lands.

[Read full article >](#)

[Read the Lancet Abstract >](#)

Pend Oreille Midwifery

Hiring for a CPM:

If you're on Facebook, visit us and "like" our page, and encourage your friends to "like" us, too. This is a great way to get the word out on MAWS' legislative work and events.



The Birth of a New Career

New programs help low-income women train to become doulas and birthing assistants.

[Listen to the Marketplace story here >](#)

[Pend Oreille Midwifery](#) is located in Sandpoint, Idaho, and specializes in home birth, birthing education, and natural birthing support. The busy practice and birth center are owned and operated by Idaho Licensed Midwife Denise Midstokke, CPM, and a small but essential team of education and birth professionals.

POM is a relationship-centered practice that places high value on providing personal, supportive midwifery care while maintaining an impeccable medical reputation through appropriate community resourcing, family education, and professional excellence. We are looking for a Certified Professional Midwife to join our team in serving the community with midwifery services. This person will be an ambitious, enthusiastic, and dedicated midwife who is committed to both their professional career and our business.

[Job Description](#)

(PDF)

[Application](#) (PDF)

From NACPM and AME: Join Us at an Unprecedented Moment in Time

Certified Professional Midwives are gaining significant momentum as primary maternity care providers in the U.S. and educators are positioning themselves to create the expanded CPM workforce for the future. As we look out on the landscape, both in the states and on the national level, it is clear that something "big" is happening in professional midwifery that reflects national trends in policy, health care, and education. What do we need to be thinking about and doing together to fulfill this promise and potential to advance professional midwifery in the United States?

REGISTER NOW - EARLY-BIRD RATES END 1/31/12!

The Association of Midwifery Educators and the National Association of Certified Professional Midwives invite you to

Symposium 2012

CPMs and Midwifery Educators: Contributing to a New Era in Maternity Care

March 16 -19, 2012

Airlie Center, Warrenton, Virginia (1 hour from Washington, D.C.)

Imagine for a moment... spending three days with colleagues and friends in an idyllic country setting, delving deeply into our professional opportunities and challenges, examining cutting edge thinking about health care and education with experts in public policy, legislation, and business, exploring global and national trends as they might apply to midwifery, and learning from our peers who are breaking new ground in policy, practice and education. Join us to identify fresh approaches to old challenges together, and to create a renewed vision with concrete next steps for advancing professional midwifery in the United States.

Who should attend?

- CPMs who are concerned with sustainability and advancement of the profession, creating increased access for women to CPM services and improving their practices
- Midwifery educators, including mentors and preceptors

- CNMs who work with and support the practices of CPMs
- Advocates and allies for a CPM role in maternity care reform in the U.S.
- Leaders in national and state midwifery organizations
- Consumers who are passionate about the need for better access to midwifery care

CEUs will be available pending approval

Visit www.CPMSymposium.org.

This website is under development, but you can sign up to receive more details and regular updates about the Symposium.

UPCOMING CONFERENCES, WORKSHOPS & COMMUNITY EVENTS

When Survivors Give Birth with Penny Simkin and Phyllis Klaus

February 4 & 5, 2012 - Kenmore, WA

[More information>](#)

2012 REACH Conference

March 9, 2012 - Mountlake Terrace, WA

[More information>](#)

Symposium 2012, CPMs and Midwifery Educators: Contributing to a New Era in Maternity Care

March 16-19, 2012 - Warrenton, Virginia

[More information>](#)

SAVE THE DATE: MAWS Spring Conference - Friday, May 4

[See the MAWS web site](#) for ongoing continuing education opportunities.

BUY PENNY SIMKIN'S NEWCOMFORT MEASURES FOR CHILDBIRTH DVD & PENNY WILL DONATE 10% TO MAWS!

This 90-minute interactive DVD contains more than 40 techniques for reducing and managing the pain of labor contractions. Christiane Northrup, MD states, "Comfort Measures is wonderful. I suggest that it be required viewing for all pregnant couples and childbirth professionals." Use [this link](#) to buy it now or [click here](#) to read more about it.



This is *your* newsletter. Please send any feedback or suggestions to [Kristin Effland](#). We welcome suggestions for future topics, popular articles or research to include.

