

Midwives' Association of Washington State



The MAWS eBulletin

Volume 3, Issue 3
July 2010

in this issue

- :: Bellingham Birth Center in the Sea To Ski Parade
 - :: Miles for Midwives - Save the Date!
 - :: Michael Klein's Listserv
- :: Wax Article in the American Journal of Obstetrics and Gynecology
 - :: Mount Vernon Birth Center
- :: Mother's Advocate - A New Resource for Your Clients
 - :: Join the Discussion Forum
- :: Heaven in My Hands - A New Book by MAWS Member Nancy Spencer
 - :: Requirements to Provide Information About Cord Blood Banking
 - :: Related Research and Resources About Cord Blood Banking
 - :: MAWS New Facebook Page
 - :: Baby Safe Bottles and Formula
 - :: Are You Really Listening?
 - :: Mankind's first natural stem cell transplant
 - :: Greetings from the QMP!
 - :: Mother Health International
 - :: CPM Eligibility Requirements Review
 - :: New Membership Liaison
 - :: Upcoming Conferences & Workshops

Greetings!

Summer is finally here in WA state! Midwifery students and apprentices will be taking their licensing exam soon while the rest of us are probably angling for some vacation time while the good weather is around. This newsletter is chock full of great resources and the latest midwifery news that you want to know! Remember to print it out (and put it near your toilet for later ;) if you don't have time to read it right now.



Practicing midwives may be especially interested in the new law requiring us to inform our clients about their cord blood banking options. We have also provided you with links to resources that you can print out for your clients or that you can read to inform your shared decision making discussions.

Hoping that you and yours are well,

Kristin Effland, LM, CPM
Vice President

The Bellingham Birth Center in the Sea To Ski Parade



Clients and midwives celebrate birthing options with a float in the Bellingham Ski to Sea Parade in May 2010.

MILES FOR MIDWIVES - Save the Date!

MAWS is excited to announce that we are partnering with the Washington State Chapter of the American College of Nurse Midwives for this year's "Miles for Midwives" Fun Run/Walk, Saturday, October 9th at Seward Park in South Seattle from 10 am to noon. Our family-friendly course consists of a flat, paved walking trail around beautiful Seward Park. Come join us, bring the whole family for a fun morning and Support Your Local Midwives!

*Miles
for
Midwives
2010
Seward Park, Seattle*

[Join us on Facebook](#) for **Miles for Midwives** updates. Registration will be opening soon.

[Write to Lynn](#) if you are interested in volunteering to help with this event **Midwives, midwifery practices, doulas, and other birth-related businesses: Please consider being a sponsor of this event!** [Write to Lynn for details.](#)

Michael Klein's Listserv



Those of you who attended the spring conference had a chance to become familiar with some of the exciting work done by our speaker, Michael Klein, MD. Michael is Professor Emeritus at the

University of British Columbia and

Requirements to Provide Information About Cord Blood Banking

There is a new law in the state of Washington that went into effect July 1.

RCW 70.54.220 has been amended effective July 1, 2010 to include a requirement to provide information to all pregnant women before the third trimester of pregnancy about the

researcher on home birth, attitudes of maternity care providers, and his 1990's randomized controlled trial on episiotomies.

If you aren't already a member of Michael's listserv and would like to be part of a vibrant multidisciplinary community of people who work in the maternity care field (you may want to participate or just listen in to the discussion), all you need to do is write to Michael. [Send him an email](#) telling him who you are and what you do, and he will add you to the list.

Be prepared, however, as the many engaging discussions will sometimes result in a lot of emails to your inbox. Consider making a special folder to filter them in to. You won't regret it!

Wax Article in the American Journal of Obstetrics and Gynecology

(From NACPM) "You may be aware of a recent article claiming to have found a 3-fold increase in neonatal mortality among home born infants when compared to hospital born babies. This meta-analysis by Wax et al has been widely publicized by ACOG with a timing that appears to be designed to have maximum political impact.

The press, including the New York Times, reached out to NACPM, as well as to MANA, ACNM and other organizations, seeking comment. NACPM connected with home birth researchers and prepared the following comments for release to the press, and has been in touch with the reporter from the New York Times."

[Click here for the NACPM Press Release.](#)

[Click here to read the New York Times article](#) that was published on July 19th.

MAWS is currently drafting a response that we will send out soon.

Mount Vernon Birth Center Open House, A True Success

differences between, and the potential benefits and risks of, public and private cord blood banking so the woman can make an informed decision about whether to proceed with this, as well as informing her of the opportunity to donate blood and tissue from the placenta to a public cord blood bank after delivery.

RCW 70.54.222, also effective July 1, 2010, outlines the requirements placed on cord blood banks. The statute includes requirements for accreditation and licensing, public education, information disclosure, and providing information about the blood collected to the donors. In addition, the statute places cord blood banks under the scope of the Consumer Protection Act.

[Click here](#) to read the RCWs.

Related Research and Resources to Inform your Shared Decision-Making Discussions with Clients About Cord Blood Banking

[Cochrane Review on the Benefits and Risks of Delayed Cord Clamping](#)

[American Academy of Pediatrics \(AAP\) Policy Statement on Cord Blood Banking for Potential Future Transplantation](#)

[Cord Blood Banking for Potential Future Transplantation](#) (article from the journal, *Pediatrics*)

[FAQs from the AAP](#)

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

We've decided to move from a Facebook "group" to a Facebook "page," so if you're on Facebook, visit us and "like" our page. We want to make better use of this tool to stay in touch with our members and supporters!





Mount Vernon Birth Center and Skagit Natural Family Medicine celebrated completion and clinic expansion inviting community members

to an open house event June 19, 2010. There was a great turnout! Individuals, families and childbirth professionals meandered through both the new and expanded facilities. People were genuinely enthused and intrigued.

The community has clearly demanded growth of complementary, alternative, and well balanced health care options. Skagit County itself has seen a >125% increase in licensed midwife attended birth since 2003.

Local interest is pouring in! Growth in midwifery attended birth and the new birth center were recently covered in local media outlets. There is no shortage of cheer to share!

Thank you to MAWS, area midwives and birth centers for letting us stand on your shoulders! We look forward to continuing to provide high quality maternity care to families in our pocket of Washington.

Mother's Advocate A new resource for your clients

This new service offered by Injoy Video includes free-to-watch videos based on the Lamaze Six Care Practices for a Safe & Healthy Birth. "Mother's Advocate is dedicated to helping you have the healthiest, safest, most satisfying birth possible. While every birth is unique there is substantial evidence that points to ways you can improve your chances of having the best birth experience. This website offers free video clips and print materials that will educate and inform you on how to have the birth you want for you and your baby."

[Click here](#) to go to the Mother's Advocate website

MAWS FORUM - Come on! Try it out!

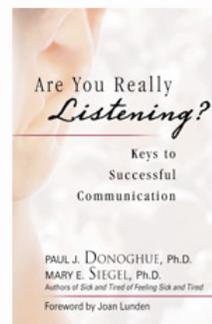
Baby Safe Bottles and Formula

[Click here](#) for the Environmental Working Group's Guide to Baby-Safe Bottles and Formula

Molly Gray gave a presentation at the recent spring conference discussing the importance of avoiding toxins in pregnancy and breastfeeding. One of the critical issues she discussed is the adverse health effects of BPA (bisphenol A) in infant bottles and formulas. If your clients will be using formula make sure they know to use BPA free infant formula!

Are You Really Listening? Keys to Successful Communication

Hope Renn, CNM, MSN and Cheri Van Hoover, CNM, MS provide a glowing review of the book, *Are You Really Listening?: Keys to Successful Communication*, in the Journal of Midwifery & Women's Health (March 2007). They write,



"Although this book would be helpful to anyone seeking better communication and deeper understanding in their relationships, it should be required reading for all medical professionals.

They conclude their review with, "This is one "self-help" book that delivers on its promise. It is a concise, insightful, and instructive tool.

It is the sort of book that you want to give to everyone you know."

[Click here](#) to buy through Powell's Books

Mankind's first natural stem cell transplant

Tolosa JN , Park DH, Klasko SK , Borlongan CV, Sanberg PR.

Department of Pediatrics, Division Neonatology, University of South Florida,

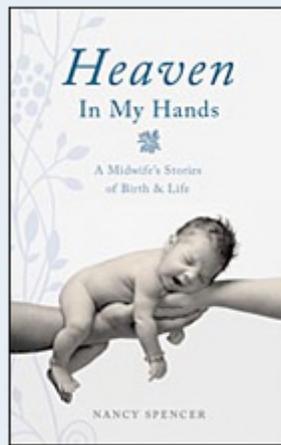
If you haven't joined the forum yet, [click here and register](#). Please use a login or email that is identifiable so we know you are a member and can approve you quickly. (The MAWS Discussion Forum is for Professional Members Only.)

Check out some of the studies in this e-news and post your thoughts to the forum. Go to the board, "Clinical News & Issues," and post under the category, "Clinical News and Issues."

A New Book from Our Own Nancy Spencer!

[Click here to read](#)

about Washington midwife and MAWS member Nancy Spencer's new book, *Heaven in My Hands--A Midwife's Stories of Birth and Life*. In her book, Nancy shares stories from her decades of practice as a midwife.



Congratulations, Nancy!

College of Medicine, Tampa, FL 33612, USA.

Abstract

The timing of the umbilical cord clamping at birth is still controversial. In the modern era of medicine, the cord has been clamped early to facilitate resuscitation and stabilization of infants. However, recently delayed cord clamping has been supported by physicians because it allows for the physiological transfer of blood from the placenta to the infant.



Many clinical studies have revealed that the delayed cord clamping elevates blood volume and haemoglobin and prevents anaemia in infants. Moreover, since it was known that umbilical cord blood contains various valuable stem cells such as haematopoietic stem cells, endothelial cell precursors, mesenchymal progenitors and multipotent/pluripotent lineage stem cells, the merit of delayed cord clamping has been magnified.

In this review, we discuss the advantages and disadvantages of delayed cord clamping at birth. We highlight the importance of delayed cord clamping in realizing mankind's first stem cell transfer and propose that it should be encouraged in normal births.

Greetings from the QMP!

We have been hard at work since my last newsletter submission six months ago. I'm happy to take the time to update you and to inform you of all that we've accomplished since then. First of all, a very big thank you to everyone who participated in Karen Hayes's audit of the QMP. Karen conducted an audit of the QMP in February and March as a requirement of her Master's to PhD bridge program that she is currently enrolled in at the University of Washington School of Nursing. Her audit consisted of collecting and analyzing information gleaned from her confidential interviews with those midwives who chose to participate. Here are a few of the highlights from her audit:

1. We have a lot to be proud of! Our Washington State MAWS/QMP program is unlike any other in the nation and overall it functions efficiently, we meet our purpose, and many midwives agree that we are doing our job well!
2. Some of you expressed a desire to know the findings of cases in which you participated as an Incident Review Panelist. It is understandable considering the time and effort you placed into participating that you'd like to know the outcome of

the case you reviewed, however the QMP cannot disclose any findings to anyone other than the midwife being reviewed. All information regarding reviewed cases is strictly and permanently confidential and will not be disclosed. Please know that your participation on Incident Review Panels is very highly valued! We rely on your participation. In every case, we always review your feedback thoroughly. We base our findings on your thoughtful consideration and critique of each case that you review for us.

3. We revised our "Peer Review and Incident Review" document in response to the questions that many of you had about Peer Review and Incident Review and your responsibilities as MAWS members to participate in these happenings. This document will be distributed with each new and renewing MAWS membership packet.

Reminders:

*We all have a shared responsibility to participate in Incident Review Panels when called upon to do so. We very much need and appreciate your participation!
 *Midwives self-report out-of-hospital births with any of the following clinical indicators within 14 days:

- Maternal/Neonatal Mortality
- Maternal Shock
- Uterine Rupture
- Maternal/Neonatal Seizure
- Uterine Inversion
- NICU or Special Care Nursery admissions within 72 hours of birth (except for observation/congenital anomalies)

[Click here](#) for the MAWS Self Reporting Form

If you have any questions or concerns about QMP related matters, please do not hesitate to contact me, your MAWS/QMP liaison, at erin@homebirthinseattle.com. I will be happy to assist you or to place you into contact with the appropriate person.

Sincerely,

Erin Curtiss, L.M., MAWS/QMP Liaison

Mother Health International



Mother Health International (formerly Bumi Sehat Haiti), is a community based, non-profit women and children health clinic and birth center, in Jacmel, Haiti. The clinic operates as a registered health care center with the Ministry of Health in Haiti and as a registered NGO. We have been caring for pregnant women and babies since the earthquake in January 2010.

With the highest maternal and infant mortality rates in the north western hemisphere, MHI is working not only to improve maternal and infant outcomes but to promote safe, natural, gentle birth and successful breastfeeding.

The clinic operates with local Haitian staff and volunteer maternal health care providers and midwives from around the world. We provide low cost or free prenatal, birth and postpartum care along with infant and child

health care. We are also committed to working with local community members through our educational programs that work to promote awareness around general nutrition, women's wellness, joyful parenting, breastfeeding and infant/child nutrition.

The clinic is set up in a dome and serves the city of Jacmel and its surrounding hillside communities.

Currently, 120-150 women are seen weekly for prenatal care and counseling, while 2-5 births occur at the clinic, daily.

We continue to offer a weekly pediatrics clinic for general health care and to assist with referrals.

We would like to invite you to apply to volunteer at this time. We are seeking experienced midwives willing to commit 3 weeks of their time.

Please find our application and further information about the clinic in Jacmel, Haiti at www.motherhealthinternational.org and/or email us at info@motherhealthinternational.org

CPM Eligibility Requirements Review

From the NARM newsletter

In 2009, an unprecedented campaign was undertaken to achieve the goal of federal recognition of the CPM credential through inclusion in the Health Care Reform legislation. The MAMA Campaign was incredibly successful in drawing together advocates and organizations dedicated to integrating the CPM into the maternal child health care system. This heightened attention on the CPM credential has led to increased scrutiny of all components and standards for certification.

Advocates for CPMs have had to face public denigration of the quality of education and training required for certification. Despite the fact that there is significant evidence to show that CPMs are adequately trained to provide safe and effective maternity care, NARM is being asked again and again to raise it's standards in order to answer concerns among the greater maternity care community about the quality of care that CPMs provide.

NARM has determined that ongoing evaluation of general education requirements for all applicants should be conducted in a format that is in keeping with NCCA standards. Therefore we are seeking to develop a process that includes all of the steps involved in setting criteria for skills and knowledge. The first step in the process is an initial focus group of stakeholders to provide a platform for review and discussion of current GE requirements and identification of areas of possible change. The focus group will meet prior to the MANA Conference on October 13, 2010.

For more information, and if you are interested in being a part of this landmark process, please submit your request by [clicking here](#) and filling out the form. You will receive a confirmation by e-mail as well as follow up information on details about the agenda for the meeting.

New Membership Liaison - Emily Streich, LM, CPM

MAWS is pleased to announce a new service to their members both new and existing. Emily Streich, LM, CPM will now take the role of "Membership Liaison." She will be available to help answer any questions MAWS members have about their membership, welcome any comments that members may have or review suggestions for improvement of member services.

Please contact her through email at memberliaison@washingtonmidwives.org or if you prefer to call, you can reach her at (360) 888-8195

UPCOMING CONFERENCES AND WORKSHOPS

DONA International Conference

August 5 -8, 2010 Albuquerque, NM. [More information>](#)

Christian Midwives International Annual Conference

August 30-September 2, 2010 - Myrtle Beach, SC [More information>](#)

2010 AWHONN Convention

September 25-29, 2010 The Venetian, Las Vegas [More information>](#)

Midwifery Today Conference: Birth Is a Human Rights Issue

September 29 - October 3, 2010 Strasberg, France. [More information>](#)

50th Anniversary Mega Conference

Lamaze & ICEA Together! Uniting for the Future of Birth
September 30 - October 3, 2010 Milwaukee, WI. [More information>](#)

The Midwives Alliance of North American 2010 Conference

October 14-17, 2010 Nashville, TN. [More information>](#)

Indiana Newborn Developmental Care Conference

October 18, 2010 Ritz Charles, Carmel IN. [More information>](#)

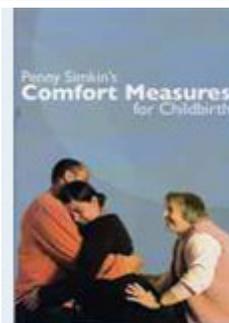
Birthing The World Conference: Enfanter Le Monde Conference on best practices in perinatal care: an interdisciplinary reflection on the early stages of life.

November 25 - 26, 2010. Quebec City, Canada [More information>](#)

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

BUY PENNY SIMKIN'S NEW COMFORT 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.

Email Marketing by

