

# Midwives' Association *of* Washington State



The MAWS eBulletin

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### Greetings!

The leaves here east of the mountains are turning bright shades of yellow and red and we can see from the valley where I live that the snow has already begun to fall up high. As beautiful as fall is, it's hard for me to believe it's already here! I'm sure that many of you too have vegetables to save from your gardens before the first fall frosts happen all across the state, but I hope that you'll take the time to read this issue of our newsletter. This e-news is packed full: We've brought you stories about midwives in the news including a now famous midwife, Robin Lim, nominated as one of only 10 CNN heroes. Find out how you can vote to make her #1!

The fun doesn't stop there - we've included the latest scholarly articles and recommendations regarding Gestational Diabetes as well as details about our upcoming MAWS Fall Conference

(Nov 18) and All Region Peer Review (Nov 19). Also, don't miss the link to the brand new *Washington State Orientation Manual of Licensing and Professional Practice Issues for Midwives*. I wish I'd been handed one of those when I got started!

Read on for so much more! And remember if you don't have the time to read this e-news today - don't let it get buried at the bottom of your email inbox. Save it somewhere obvious to read later or print it out and put it on the back of your toilet.

I hope to see you next month at the conference and annual meeting.

Best,

Kristin J. Effland, CPM, LM  
MAWS Vice President



### 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](#).

Waterbirth Solutions, Inc.  
[www.waterbirthsolutions.com](http://www.waterbirthsolutions.com)  
Port Townsend, WA

Healing Tortoise Acupuncture & Herbs  
[www.healingtortoiseacupuncture.com](http://www.healingtortoiseacupuncture.com)  
Seattle, WA

Sloan Family Chiropractic  
[www.sloanfamilychiropractic.com](http://www.sloanfamilychiropractic.com)  
Olympia, WA

### Robin Lim, one of CNN's Top 10 Heroes 2011

[Vote online for midwife Robin Lim](#) nominated as one of CNN's 2011 heroes, and read more about the amazing work she is doing in Bali.

"Does the world have a responsibility to all pregnant women, to each new baby? Yes," Robin Lim said. "Each baby, each adult deserves a clean, healthy, loving environment. ... Those things are basic. Those are a human right."

Tune into CNN on December 11th for the live celebrity paneled show where we will find out the results and watch CNN as they are featuring her throughout the next few weeks. Please pass this on to anyone you know who might like to vote for Robin!

### New Website Directory Pages

The new MAWS web site is coming soon! As a Professional Member or Associate with a Directory Listing, you can send a photo or logo and expanded content up to 150 words for your dedicated page. [Click here](#) to view a screen shot of one of the pages.

### Registration Coming Soon for the MAWS Fall Conference and Annual Meeting

This fall's exciting topics include:

- *Birth in a Cultural Context* - Annie Moffat and Sheila Capestany



- *'I'm Sorry' - Enhancing Relationships, Easing Grief and Preventing Medical Malpractice Claims* - Victoria Grace
- Update on the Literature on VBAC (Louisa Wales) and Gestational Diabetes (Tracy McDaniel) and a discussion of MAWS VBAC Guidelines facilitated by Louisa Wales
- *The MANA Statistics Project: Streamlining, Expanding, and Going Public?* and *Darwin and the U.S. Homebirth Movement: Towards a (R)evolutionary Obstetrics* - special guest, Dr. Melissa Cheyney, CPM and medical anthropologist.

## Miles for Midwives - A Perfect Day!



We had a lovely day for our ACNM/MAWS Miles for Midwives fun run. There was a nice crowd with over 200 midwives and supporters at beautiful Seward Park.

[Click here to see the 2011 Miles for Midwives photos on Facebook.](#)

## All-Region Peer Review at the 2011 Fall Conference and Annual Meeting

Melissa Hughes will be facilitating this fall's All-Region Peer Review. [Please contact Melissa](#) to RSVP now.

## Have You Heard the Buzz?

...about the new Guidelines for Gestational Diabetes Screening released by the International Association of Diabetes and Pregnancy Study Group Panel? Have you seen the ACOG Committee Opinion in response to their recommendations? To read more about these new developments, [click here](#). And join us at the MAWS Fall conference on Nov 18 to learn more about the latest GDM research and recommendations!

## MAWS Board of Directors Ballot Coming to You Soon!

The ballot for this year's Board election should have arrived in your mailbox. Please take a moment to [look over the bios](#) of those on this year's ballot on the MAWS web site, then check off your votes, add a first-class stamp, and drop in the mail.

The current Board members who are up for re-election have terms that don't expire until 2012, but they are back on the ballot again this year in order to stagger term expirations to help preserve institutional memory. We also have two brand new board members up for election this year. So, please vote for each of these members whom you agree can serve you for another two years.

## Guidelines for Diagnosis of Hyperglycemia in Pregnancy - 2011

[Click here](#) (PDF) to read the 2011 Guidelines for Diagnosis of Hyperglycemia in Pregnancy released by the International Association of Diabetes and Pregnancy Study Group Consensus Panel.

## First Ever Midwife-Attended Birth at Whidbey General Hospital!

Read the article written in the Whidbey General Hospital publication, *The Pulse*, about

## GDM and Hemoglobin A1C: The ADA recommendations

Wonder what the American Diabetes Association and the International Association of Diabetes and Pregnancy Study Groups have to say about Gestational Diabetes including when to run the hemoglobin A1c test? [Read this article](#)



Cynthia Jaffe, L.M., and Matias Glass, who, together, made history as the first ever midwife attended birth at the hospital!

[Click here](#) to download the article (PDF).

[for more information.](#)

**[Check out the blog](#) by Childbirth connection about their work as it relates to midwifery**

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

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.



**"Gestational diabetes: Poke, pee, and eat your carbs"**

...records a mother's perspective on her experience of her GDM diagnosis. Read this article to learn what this mother wished to convey to her care provider as well as her call for more research. [Full Article>](#)

**Join MANA on Facebook**

["Like" our MANA Region facebook page](#) and share it with your friends! The original page was closed due to facebook changes, so please spread the word anew and post something to share!

**Consider signing this petition so that military families can have access to midwifery care too!** [Read more here>](#)

**Congratulations to Niki Corragio, LM, CPM** for being featured in the Kitsap Peninsula

**InJoy Birth & Parenting Offers a Series of Webinars Latest Addition - *Fathers Matter***



What About Dads? While mom and baby are basking in everyone's attention, dads are often overlooked during the postpartum experience. But, Dad's involvement, and more than just changing diapers, is essential during these early weeks and beyond.

[Fathers Matter and other past webinars are available here>](#)

**Regional Neonatal Grand Rounds**

New video teleconference series from Seattle Children's Outreach programs titled, will feature "Therapeutic Hypothermia for Neonates with Hypoxic Ischemic Encephalopathy." This one-hour lecture series will be presented: **January 5, 2012 and March 1, 2012** and presents information for physicians, nurses, respiratory therapists, and other healthcare professionals in our 5-state region who care for newborns.

Continuing education credits are available. [PDF Flyer](#)

**HB 2380: Victory for Midwives and Families in Oregon**

We are pleased to report the unanimous passage of HB 2380 that improves the Oregon midwifery statute, while preserving voluntary licensure. In Oregon, licensure is achieved by passing the NARM examination and additional, state-mandated training and examinations. With few exceptions, licensed midwives in Oregon are also CPMs, as are many of the women who choose to forgo state licensure, and practice as

## Business Journal!

[Read the article here>](#)

"traditional midwives" (as Oregon law and administrative rules refers to them).

[Full Article>](#)

## Hot off the Press!

MAWS just created an [Orientation Manual for LMs](#) to help prospective and new midwives in WA access resources and understand the laws that pertain to licensed midwifery in our state. Pass this *WA State Orientation Manual of Licensing and Professional Practice Issues for Midwives* on to a student or aspiring or new midwife that you know. Thanks so much to Jodilyn Owen for her initial draft that spawned this awesome document!

In addition to an overview of the history of midwifery in WA State and an outline of networking opportunities, you will find links to resources and information for licensing and practicing midwifery in Washington State. The goal of this document is to provide those applying for direct-entry midwifery licensure with an awareness of the various organizations that provide services for midwives and their practices, as well as an overview of many important aspects needed to obtain your license and open your practice. [Click here](#) to check it out!

## MAWS Convenes a Challenge Process Task Force

By Charlene Campbell LM CPM

This past year, the MAWS board convened a workgroup called the Challenge Process Task Force, to help streamline the State's Challenge Process for licensing midwives. "Aspiring midwives regularly contact MAWS and the DOH to inquire about what they need to do to ensure that the work they do will meet the state's requirements if they are not attending (or planning to attend) a state-approved school. Candidates who are compiling their applications also seek guidance as they attempt to determine what information they must provide to demonstrate how their program/diploma/certificate meets 'equal requirements.'" (*MAWS Streamlining the Washington State Challenge Process*, Oct 2011)

For many months the Challenge Process Task Force has been hard at work preparing a series of documents and recommendations. On Tuesday, September 27th, a formal presentation was made to the Midwifery Advisory Committee (MAC) and the Department of Health (DOH) in Olympia, Washington. There was a warm reception by the MAC/DOH as the head of the Challenge Task Force, Charlene Campbell, along with MAWS President, Audrey Levine and MEAC Director, Joanne Myers-Ciekco, presented the documents and recommendations.

[Click here to read more about the work of the task force>](#)

## 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?

### SAVE THE DATE!

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](http://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

**Advanced Practice in Primary and Acute Care-Pacific Northwest 34th Annual National Conference (Includes a Midwifery Track - Download the pdf to check this out)**

October 27-29, 2011 - Seattle, WA. [More information>](#)

**Survival Spanish for Healthcare Professionals: Phase One WEBINAR**

Friday, November 04, 2011. [More information>](#)

**North American Midwifery: Beyond Boundaries: Joint MANA/ CAM Conference**

November 9-12, 2011 - Niagara Falls, Ontario. [More information>](#)

**2011 International Congress Echoes from the Womb: Applications for Lifelong Well-Being**

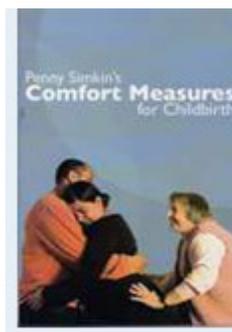
November 17-20, 2011 - San Francisco, CA. [More information>](#)

[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.

