

TRANSITION TO PRACTICE

Students and New Midwife Committee

August 8th, 2018

Tonight's Presentation

- Malpractice and professional liability
- Midwifery certification through the AMCB
- Preventing burn out as a new graduate with emphasis on self care

Speakers



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Certification

- AMCB <http://www.amcbmidwife.org/home>
- Recertification every 5 years
 - Retake the AMCB exam year 4, pay exam fee (instead of annual fees)
 - Certificate Maintenance Module Method
 - Complete 3 AMCB certification maintenance modules, AND
 - Complete 20 contact hours (2.0 CEUs) of AMCB or ACME approved units, AND
 - Pay annual fees (\$70/yr)

Licensure

- Licensure
 - National
 - AMCB certification
 - National Provider Identifier (NPI)
- DEA License
- State
 - RN license
 - APRN, APN, CNM/CM state license
 - Controlled substances registration

State Licensure

- State Licensure
 - ACNM's State Guidance documents
 - Regulation of midwifery practice
 - Scope of practice
 - Prescriptive authority
 - Application process, accreditation, certification
 - Other statutory provisions
 - Relevant policy resources

Ongoing requirements

- Ongoing Requirements
 - Requirements vary practice to practice.
 - BLS, CPR
 - Neonatal Resuscitation
 - EFM Certification
 - Credentialing

Malpractice and Professional Liability



Mamie's Pearls

- Make sure you have good coverage, whether occurrence or claims with tail
- Don't sign until you've seen the insurance face sheet
- Know you're a good hire – as a new midwife provider, you have the lowest cost premium
- Average years in practice before being sued is 6
- Keep a tight circle of safety
 - Ask for help, support when and as you need it
- Consult often, document like crazy
 - Mamie finds that providers are frequently out-documented by nurses, so talk with your colleagues after an event and try to come to a consensus about what happened and how it's documented
 - You can't over-document

Mamie's Pearls cont'd

- Don't practice wish management – practice according to the standard (practice protocol, Varney, etc)
- Debrief with the patient/family and colleagues if there is an adverse outcome, be on the same page regarding documentation
- Act like a midwife
 - Be present to your patient, watch your tone of voice
 - Many times, despite being named in a suit, midwives are dropped
- Suits – most of the time, it's not personal but because people need money to help pay for a disabled child

SELF-CARE AND BURNOUT PREVENTION FOR MIDWIVES

Erin M Wright DNP, CNM, APHN-BC

Objectives

- Describe sources of midwifery stress and its sequelae
- Understand the importance of midwifery self care
- Engage in experiential self care

Sources of midwifery related stress

- Systems
- Patient care
- Ethical dilemma
- Workload



- Halperin, et al., 2011; Mollart, Skinner and Newing, 2013; WHO, 2016; Yoshido & Sandall, 2013. Wright, E et. al 2018)

Long term impacts of midwifery related stress

- Complete job attrition
- Reduced attendance at births
- Move to academia/retirement
- Burnout



HOW DO WE TAKE CARE OF OURSELVES?

What does the evidence show?

Sustainability and resilience

- Sustainability
 - The ability to be maintained at a certain rate or level.
 - Avoidance of the depletion of natural resources in order to maintain an ecological balance.
- Resilience
 - The capacity to recover quickly from difficulties; toughness.

(Oxford English Dictionary, 2017).



Self care: Evidence Based Methods

- Meditation

- (Hevezi, 2016;Manocha et al., 2011; Melville et al, 2012; Tarantino et al., 2013).

- Yoga

- (Bansal,Gupta, Agarwal&Sharma, 2013; Bernstein et al., 2015;Prasad, Varey & Sisti, 2016).

- Mindfulness-Based Stress Reduction

- (Fourer, et al. ,2013; Warriner, et al, 2016; Wright, 2017; Wright, et al., 2018)

Let's try the 4-7-8 breath



MINDFUL BREATHING

INHALE FOR 4 SECONDS

HOLD IN-BREATH FOR 7
SECONDS

EXHALE FOR 8 SECONDS

MINDFUL BREATHING CAUSES THE AUTONOMIC NERVOUS SYSTEM TO SHIFT FROM A FIGHT-OR-FLIGHT STATE (SYMPATHETIC) TO A CALMER, MORE RELAXED STATE (PARASYMPATHETIC).

Add mindfulness to your day

in only 10-15 minutes

Here are 4 ways to add mindfulness to you schedule, each way only takes 10-15 minutes of your time:

*Remember, consistency is key.



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Mobile apps for facilitating stress reduction

- [Omvana](#)
- [Headspace](#)
- [Aura](#)
- [Stop, Breathe & Think](#)
- [Calm](#)
- [The Mindfulness App](#)
- [InsightTimer](#)

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Questions

- **I am graduating in 6 months, should I start looking for work/begin applying?**
 - Yes!
 - Most jobs are acquired through networking, not by looking at job posts. Speak with professors, midwife mentors and provide them with your resume if a job turns up!
- **Why is the average number of years before being named in a suit 6 years? That is terrifying to a student.**
 - This has been established by looking at records and by 6 years of practice you have acquired enough deliveries/ volume that being named in a suit is more likely.
 - Most of them are dropped!
 - Document, document, document. You CANNOT over document!

Questions Con't

- What are the red flags for poor work-life balance?
 - No real definition of “work- life” balance. You need to establish what that means for YOU.
 - High turnover is a red flag.
 - Ask questions about what employees like or enjoy about their place of work to get a sense of what keeps them coming back.
- Deal breakers for jobs?
 - Look at malpractice contract carefully. Note the tail coverage!
- How do I know a fair salary for my area?
 - Look online; salary.com
 - ACNM resources on salary: <http://midwife.org/Workforce-Resources>
 - Ask other midwives/ attend affiliate meetings

Questions Con't

- What kind of schedule is best?
 - No one template that works for everyone.
 - Some people enjoy shifts vs 24 hour call, some night, etc.

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