

JESSICA DENSMORE, DM, CNM, MSN, FACNM

176 Belvidere Street
Saint Johnsbury VT, 05819
Phone: (617) 504-8980
Email: Jessica.Densmore@gmail.com

EDUCATION

Thomas Jefferson University, Philadelphia, PA, Doctorate of Midwifery

Research: Physiologic Labor Sounds, Body Movements, and Coping: a mixed methods study

GPA: 3.8/4.0

Yale University School of Nursing, New Haven, CT, Master of Science Degree with Honors

Specialty: Nurse Midwifery **GPA:** 3.7/4.0

Smith College, Northampton, MA, Bachelor of Arts Received

Major: Government **GPA:** 3.5/4.0

Boston University, Boston MA, Post-Baccalaureate Pre-Medical Program

Dartmouth College, Hanover, NH, Summer Exchange Program

Bowdoin College, Brunswick, ME, College Exchange Program

Saint Johnsbury Academy, St. Johnsbury VT, High School Diploma

LICENSURE

Certified Nurse Midwife, State of New Hampshire #057004-23, State of Vermont #101.0135151

Registered Nurse, State of New Hampshire #057004-21, State of Vermont #026.0149156

CURRENT EMPLOYMENT

Certified Nurse Midwife, Dartmouth-Hitchcock Medical Center, Lebanon, NH (August 2014-Present)

- Working as a full-scope certified nurse midwife in multiple clinics, CenteringPregnancy® prenatal care, and inpatient in our academic hospital
- Instructor at The Geisel School of Medicine with the opportunity for faculty advancement
- Attending for medical students, residents, and midwifery students
- Overseeing CenteringPregnancy® group prenatal care within the practice and implementing improvements needed for growth and expansion of the program

Product Development Consultant, CEEK Women's Health, Portland, OR (October 2015-Current)

- Evaluating market trends for vaginal specula
- Designing a line of products to better meet the needs of patients and providers during gynecological exams
- Advising through the full cycle of development from product concept through design, prototyping, engineering, evaluation, manufacture, and marketing
- Launching two products to market with a third expected to be released in 2020

HEALTHCARE

Certified Nurse Midwife, Cheshire Medical Center Dartmouth-Hitchcock, Keene, NH (September 2007-August 2014)

- Practiced as a full scope certified nurse midwife caring for women across the lifespan
- Managed high-risk patients collaboratively with and integrated team
- Mentored and trained both midwifery and medical students at all stages of their education (clinical Faculty at Yale University, Frontier Nursing University, and The Geisel School of Medicine)
- Developed and launched CenteringPregnancy® group prenatal care and completed site certification requirements
- Submitted a successful IRB application and coordinated the associated data collection and analysis
- Wrote three successful grant proposals which yielded \$31,000 for the CenteringPregnancy® program
- Led a team honored with the 2011 Chairman's Award for the "CenteringPregnancy® Steering Committee"

Unit Coordinator, Brigham & Women's Hospital, Boston, MA (December 2003-August 2004)

- Worked on antepartum, postpartum, and gynecology/oncology units
- Coordinated staff, patients, and charts on a busy hospital floor
- Responded to the needs of patients

Maternity and Emergency Room Volunteer, Brigham & Women's Hospital, Boston, MA (June 2002-May 2004)

- Aided nursery staff in caring for newborns
- Cared for new mothers with physical and emotional support
- Supported patients and their families during their emergency room visit

Obstetric Internship, George Butterworth M.D., Nantucket, MA (July 2001)

- Assisted patients during pregnancy, childbirth, and complications that arose
- Charted weight, urine analysis, and overall well-being of obstetric patients
- Exercised doula support skills for women in labor including providing information about labor and delivery, answering questions about technology and complications, utilizing pain relief techniques, and facilitating family bonding

Nurse Midwifery Integration

- **Cheshire Medical Center**, Keene, NH (January 2007-April 2007)

Nurse Midwifery Intern

- **University of New Haven Health Services**, New Haven, CT (September 2006-December 2006)
- **Women's Center at Yale New Haven Hospital**, New Haven, CT (January 2006-December 2006)
- **Labor and Birth at Yale New Haven Hospital**, New Haven, CT (January 2006-December 2006)

- **Planned Parenthood**, New Haven, CT (December 2006)
- **Church of Scotland Hospital**, Tugela Ferry, South Africa (August 2006-September 2006)
- **MIC Clinic**, Bronx, NY (September 2005-December 2005)

Nursing Immersion

- **Community Maternal Health Rotation**, Trinidad, WI (June 2005-July 2005)
- **Labor & Birth and Postpartum**, Saint Raphael's Hospital, New Haven, CT (April 2005-June 2005)
- **Pediatric Unit**, Bridgeport Hospital, Bridgeport, CT (March 2005-April 2005)
- **Psychiatric Unit**, Griffin Hospital, Derby, CT (January 2005-March 2005)
- **Cardiac Unit**, Yale New Haven Hospital, New Haven, CT (November 2004-December 2004)
- **Neurology Unit**, Yale New Haven Hospital, New Haven, CT (September 2004-November 2004)

FINANCE

Financial Analyst, JP Morgan Chase, Global Power Group, New York, NY (July 2000-January 2001)

- Graduated from eleven-week accredited training program which included financial accounting, market dynamics, corporate finance, risk analysis, and financial modeling
- Analyzed transactions and companies for credit worthiness by identifying risk, building financial models, conducting industry research, and preparing comparable analysis
- Prepared pitchbooks which clearly present financial strategies and options through written, graphic, and charted formats

Investment Analyst, Capital Ideas, Franconia NH (Summer 1997, Summer and Spring 1998)

- Anticipated trends and investigated emerging investment opportunities
- Reported on micro and macro financial analysis on specific companies and markets
- Synthesized information into conclusions and recommendations
- Assisted the teamwork within the office to produce results for our clients

PAPERS

Physiologic Labor Expression and Provider Response, 2023

The way individuals express the sensations of labor and birth has not been well documented in the literature, and yet it is key for providers to understand this expression to best support laboring individuals. The purpose of this study was to better understand how laboring individuals expressed the sensations of labor and how they perceived the support of the team around them. The objective was to describe the ways people managed the sensations of labor and birth and how they interacted with the people around them. This study was mixed methods, including a survey for demographic information and birth satisfaction ratings and a qualitative interview. Recruitment was completed primarily through mailed flyers to people who had experienced birth without an epidural. It was completed at a rural New England academic medical center which is the site of approximately 1700 births per year. Seventeen qualitative interviews were completed using a framework of descriptive phenomenology. Participants expressed the need for autonomy to do what is instinctual in labor.

Other helpful tools were primal low moaning sounds, gripping with their hands, and rocking movements. Participants described an inward focus in which they often repeated reassuring phrases to get them through. In addition, participants felt it was important for the provider team to read the room well, listen to and believe the person in labor, and avoid interruptions. The study found that coping was very internal and did not find that people were using sound or movement to communicate outwardly with their team. This study found that people experiencing physiologic birth needed autonomy to follow their instinct. They used low moaning sounds and used their bodies to rock and their hands to grip. In addition, they identified relying on internal reassurance. This knowledge has the possibility of influencing the way people in labor are cared for in birth settings. This research should be replicated in other populations for generalizability.

State Boards of Midwifery, 2007

Abstract: A policy feasibility study of creating state-level boards of midwifery as a regulatory structure. It explores the history of how the current regulatory system developed, as well as the factors that would affect the creation of a board of midwifery. This is an important analysis because it affects how midwives are regulated and, thus, their scope of practice. That scope, in turn, has a trickle-down effect on the availability of midwives to individual healthcare consumers. The method employed by this study is a multifaceted analysis of the literature combined with the solicitation of information from key people who are involved in policy formation. This paper finds that there are many legislative options that need to be analyzed on a state-by-state basis. Each state has a distinctive regulatory environment which will be uniquely impacted by a board of midwifery.

BOOK PUBLICATION

Dutton, L.A., Densmore, J.E., Turner, M.B. (2010). A pocket guide to clinical midwifery: The efficient midwife. Jones and Bartlett Publishers.

Dutton, L.A., Densmore, J.E., Turner, M.B. (2019). A pocket guide to clinical midwifery: The efficient midwife (2nd ed.). Jones and Bartlett Publisher.

LEADERSHIP

President, The New Hampshire Chapter of the American College of Nurse Midwives (April 2008-April 2012)

- Represented the chapter and member interests for the State of New Hampshire for two terms
- Transitioned the chapter to Affiliate status
- Organized a well-attended regional meeting

New Hampshire State Representative, Grafton County, District 3 (November 1998-December 2000)

- Represented the citizens of five towns for a two-year term in the New Hampshire Legislature
- Orchestrated my campaign for office which included going door to door, creating literature, organizing supporters, and participating in newspaper debates
- Participated as a Member of the Science, Technology, and Energy Committee
- Evaluated text and content of hundreds of legislative bills that came before my committee and the floor of the House of Representatives
- Initiated contact with people around the state to effectively solve problems

HONORS AND AWARDS

Excellence in teaching: Resident education, 2016

Excellence in teaching: Medical student education, 2015

Chairman's Award: Centering Pregnancy Steering Committee, 2011

SPEAKING ENGAGEMENTS

Supporting the partner and family after a traumatic birth experience – Northern New England Perinatal Quality Improvement Network – June 2024

Documenting the Midwifery science of physiologic birth – Midwifery Forward PA – March 2024

Physiologic labor sounds, body movements, and coping: a mixed methods study - Midwifery Thinks! Symposium – September 2023

Centering prenatal care from the patient's perspective – Grand Rounds - March 2017

Building Centering Pregnancy: Better for women, babies, families, providers, healthcare, communities, and the world - March of Dimes Annual Strategic Planning Meeting, Manchester, NH - March 2014

The Child in the First Three Years: Bridging the birth to childcare continuum – Sophia's Hearth Family Center, Keene, NH - April 2010

How can activists utilize electoral politics as a tool for achieving social justice? - Civil Liberties and Public Policy Program, Hampshire College, Amherst, MA – March 2007

Reproductively Just Healthcare: creating a patient-centered practice – Civil Liberties and Public Policy Program, Hampshire College, Amherst, MA – April 2006

Educating and Activating Voters: exploring the ways in which we can make progressive change through the political system – Civil Liberties and Public Policy Program, Hampshire College, Amherst, MA – April 2006

CONTINUING EDUCATION

Centering Healthcare In-House Trainer Preparation Workshop – September 2016

Centering Healthcare Level II Advanced Training – January 2014

Neonatal Resuscitation – November 2018, October 2016, March 2013, March 2012, March 2010, March 2008, April 2006

Nexplanon Clinical Training – March 2019 update, June 2012

Microsoft Access for Developers – May 2012

Education Program in the Protection of Human Subjects – June 2011

Centering Pregnancy – May 2010, May 2006

Implanon Clinical Training – September 2007

First Assisting for Cesarean Birth: Standards, Techniques and Recommended Practices – October 2007
Endometrial Biopsy – April 2007
Neonatal Resuscitation Trainer Certification – August 2006
Midwife Assistant Workshop: The Farm Midwifery Center – March 2001
Analyst Training Program: Chase Manhattan Bank – September 2000
Emergency Medical Technician training and certification in Massachusetts – June 2002
Certified Doula training and certification with Doula's Association of North America – January 2001

CONFERENCES

American College of Nurse-Midwives Annual Meeting – May 2022, May 2021, May 2019, May 2018, May 2009, May 2008, May 2006
International Society for the Study of Women's Sexual Health – February 2024
American College of Obstetricians and Gynecologists Annual Meeting – May 2017, April 2018
Northern New England Perinatal Quality Improvement Network – June 2024, February 2023, November 2022, June 2022, November 2018, January 2016, October 2015, May 2015, April 2014, September 2012, March 2012, February 2011, November 2010, February 2009, October 2008
Midwifery Thinks! – September 2023, August 2022, August 2020
Transforming Care Through Disruptive Design: Centering Healthcare – Washington DC – October 2013
Spinning Babies Workshop & Resolving Shoulder Dystocia – Keene, NH – October 2013
American College of Nurse-Midwives NH Affiliate Regional Meeting – Portsmouth, NH – November 2011
Contraceptive Technology Conference – Boston, MA –April 2010
Penny Simkin Presents – Keene, NH –April 2008
From Abortion Rights to Social Justice – Amherst, MA – March 2007
Leadership Seminar, American College of Nurse-Midwives – Mount Snow, VT –September 2006
From Abortion Rights to Social Justice – Amherst, MA –April 2006

PROFESSIONAL AFFILIATIONS

American College of Nurse Midwives – Membership since January 2006
New Hampshire Affiliate of the American College of Nurse Midwives – Membership since 2007
New Hampshire Nurse Practitioner Association – Membership since 2009
American Association of Nurse Practitioners – Membership since 2014