

MMB REAL TALK

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HOW TO MAXIMIZE YOUR TIME WITH A PRECEPTOR AT CLINICALS AND BE SUCCESSFUL?

- Discuss expectations and goals with your preceptor at the beginning of your shift
- Communicate your goals for the day, including taking charge as the lead midwife and how many pts you can manage at once
- Debrief after deliveries especially when there is a PPH, shoulder dystocia, etc.
- If your clinical site has a pelvis/baby model, use that while debriefing. Or buy a mini one from Amazon to keep in your bag
- Utilize down time to go over scenarios or practice suturing. Use either hospital model or have your own.

TIPS FOR MIDWIFE INTERVIEWS

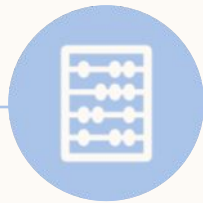
- Dress professionally
- Be on time (maybe even a little early)
- Create career portfolios for each interviewer, if it is a panel
 - Cover Page with Image & Name
 - Include CV and/or cover letter
 - Letters of Recommendation
 - Typhon Stats
- Sell your experiences as a RN and midwife student



CHOOSING DIFFERENT PRACTICE SETTINGS

- Hospital Midwife – inpatient, outpatient, scope of practice plus consults
- Birth Center Midwife – only provider until assistant arrives, group practice with midwives and have a consulting physician
- Home Birth Midwife – only provider until assistant arrives, networking is key with other midwives in the area (CNMs, LMs/CPMs, OBs) handful of home birth physicians in LA that can be called for non-emergent scenarios

OUT OF HOSPITAL CARE



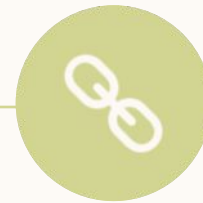
NRP

- Delaying cord clamping until after resuscitation
- Same equipment minus radiant warmers
- Manual Delee suction
- Cutting board or sheet tray
- Karen Strange NRP class



PPH

- Same uterotonics are carried by midwives
- No IV typically, so start with IM/PO/PR drugs until assistant is able to start an IV
- Monitor VS
- Call 911



COST & INSURANCE

- Average out-of-pocket cost in LA is \$7,500 for the entire pregnancy & additions
- Superbill with PPO insurance
- Lab work covered by PPO and Medi-Cal, not HMO or Kaiser
- Tricare covers authorized birth centers

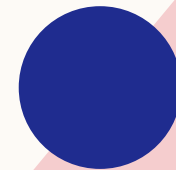


The Birth Hour (2020).

<https://thebirthhour.com/shoulder-dystocia-and-neonatal-resuscitation-homebirth-story/>

EARLY CAREER STRATEGIES FOR LAYING THE FOUNDATION FOR A REWARDING MIDWIFERY CAREER

- Ask questions if unsure and learning from fellow midwives/OBs
- Communicate with nursing staff, especially if new orders are placed
- Take Hands-On Courses like Spinning Babies Resolving Shoulder Dystocia



WAYS TO BECOME CONNECTED TO MIDWIFERY WORK OUTSIDE OF CLINICALS

- Join ACNM to be able to join CNMA, free membership for BIPOC students with code **CA2020**
- Attend ACNM annual conferences for national connections
- Attend CNMA annual conferences for CA connections (2023 meeting taking place in LA on 8/26/23 in-person or virtual)
- You can also volunteer for various CNMA committees

THANK YOU

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