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# MMB Real Talk

— An Exploration of the Stages of Growth &  
Self Discovery After Midwifery School —

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# You Belong Here.

“ I am right where I need to be in this moment”



# Exploring, Growing, Adapting, Reflecting

Exploring life, growth, and adaptation after graduation from midwifery school

- Celebrate, Rest & Reflect, Next Steps
- Exam Prep & Timelines, Resume help
- CNM role options
- On Call vs. Not On Call
- *Pivot- trying a new style of midwifery*
- Balance and Boundaries (work & personal)
- Recovery Mode
- Connecting- Friends, Classmates, & Colleagues & Mentors

## Part of Me:



UC San Diego Health







## Celebrate, Rest & Reflect, Next Steps

- You deserve to celebrate
- What does rest & reflection look like and feel like for you?
- Next steps.. Envisioning and creating a plan for studying & job searching that is paced and balanced (ideally).
- Overlap of studying, job applications, interviews

# Exam Prep & Resume Help

- Applications for exam
- Study Book, Flash Card, Brain
- Important handouts tools
- Practice Exam question
- Timeline 2-3 weeks spaced out
- On Campus Resume assistance, mentors

Graduated: Sep 9th

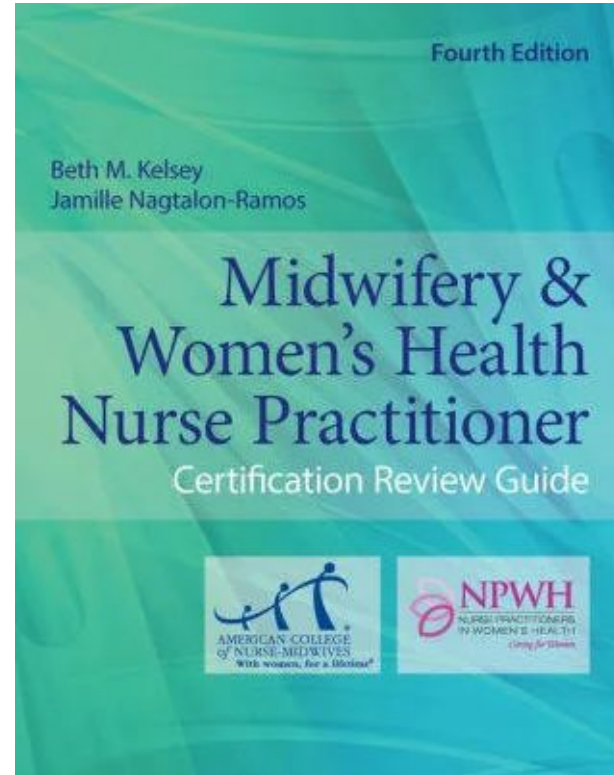
Exams : Mid October

Interviews: Early October

Job Start: Jan

Credentialing typically takes 3 months.

Hospital Privileges- Feb 2020



## CNM options

- Hospital
- Home
- Birth Center
- Web Based Care
- Office
- Hybrid- Mix of different styles
- Education, Community based, Research....



# On Call vs. Not on Call

## Pro for me:

Grounded Midwifery Care

Continuity

Fewer patients at one time

Assisting entire labor & delivery & PP

Skill set, trust, independence, triage

Working with a smaller team & hospitalist

1st assisting, Hospitalist, CNM group

## Con for me:

Sleep interruption

Sleeping in call room

Long on call weekends-all or nothing

Salary pay'

On Call from office & home

Office day after being on call at night

Call & Coverage unpredictability

Pivoting.



# Balance & Boundaries

- Hours per week/month
  - Admit time , staff meetings, chart prep, education
  - Post call office hours/duties
  - Orientation
  - On call hours
  - Family & Friends...prep time for work. Time for rest.
  - Aim for a mix of what will work best for you and what is most important in your life

# Recovery Mode

- Rest
- Debriefing difficult days, nights, patient cases
- Working through challenges with classmates, mentors
- Exercise, Meditation, Breath Work
- Body Work: Acupuncture, Massage, Float Spa
- Favorite hobbies

**Figure 1.**

Transition Stages Model

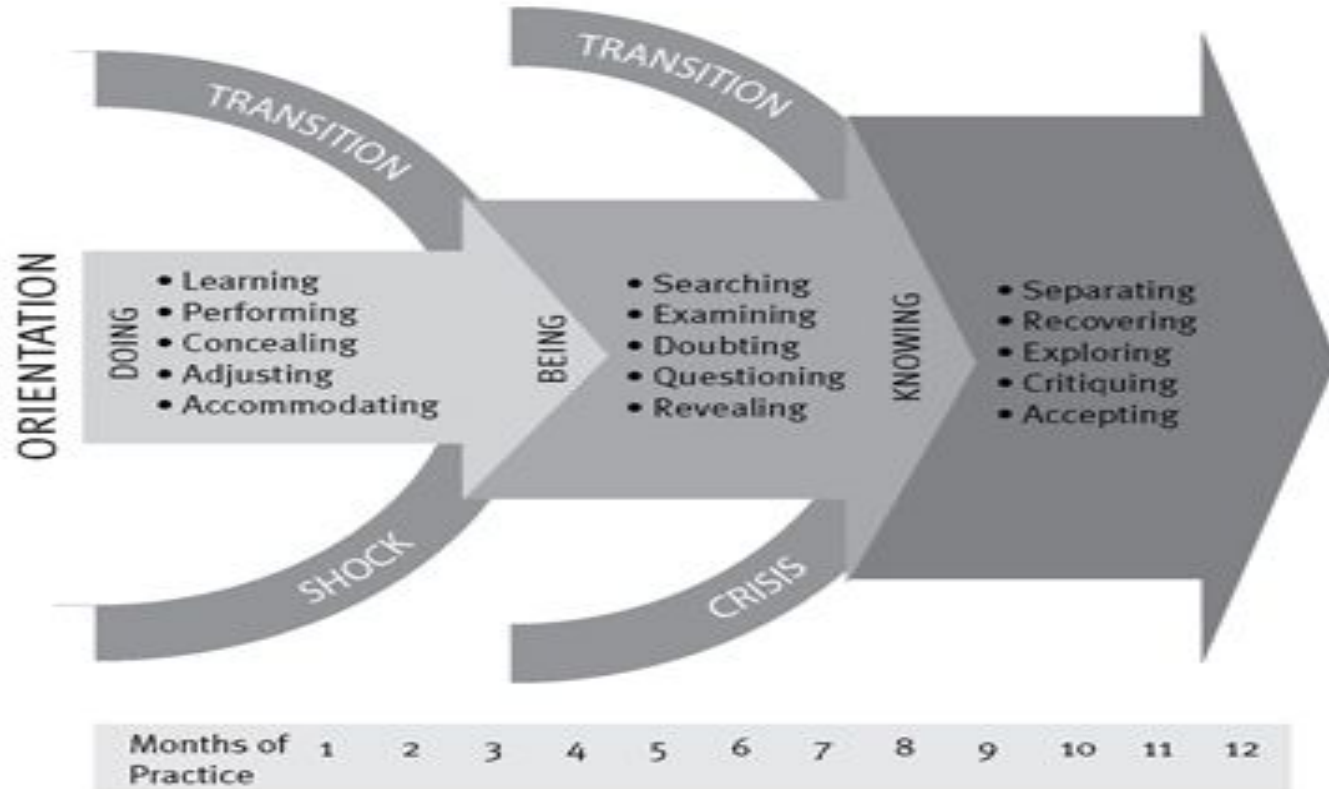


Figure 1. Stages of transition theory. Duchscher, J. B. (2008). A process of becoming: The stages of new nursing graduate professional role transition. The Journal of Continuing Education in Nursing, 39(10), 441-450.

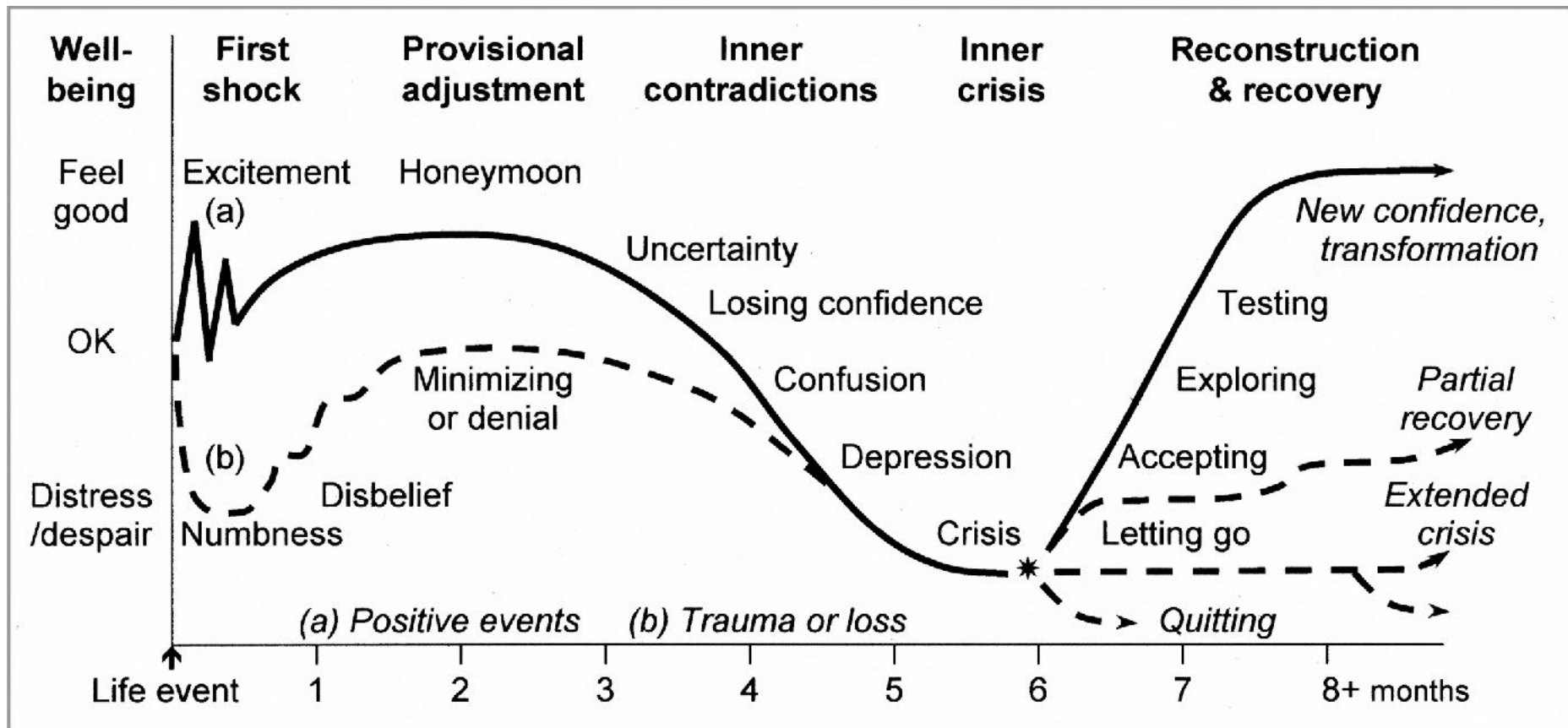


Figure 2. Phases and features of the transition cycle for individuals. (Reproduced with permission from Eos Career Services, [www.eoslifework.com](http://www.eoslifework.com)).





**Thank you**

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