

April 2021

# HEALTHCARE HIGHLIGHTS

The Rural AHEC Student Newsletter



## April's Healthcare Career Focus:

### Nurse Midwife

Midwives care for the health and wellness of women before, during and after pregnancy. They often have a nursing educational background prior to taking coursework that allows them to become certified as a nurse midwife, but some midwives do not have a nursing background. Many women opt to be under the care of a midwife in preparation to start a family because they believe in the holistic nature of the support a midwife provides new mothers and babies. The trust that develops is one foundational reason for this.

### What might I do as a Nurse Midwife?

Practice in a variety of healthcare settings, such as clinics, hospitals, birthing centers, and home birthing sites

Assess health needs of women before and during pregnancy and post-partum

Collaborate with physicians and specialists, especially if any complications arise in an otherwise normal pregnancy

Insure safe and continuous support for pregnant/childbearing women and their families

Perform first exams and pre-conception counseling for young women, and annual exams thereafter

Provide mothers-to-be with a variety of birthing options and offer support and care through each

Prescribe medications as necessary

Screen for health risks and provide support/education

Monitor and intervene in birthing process as needed



### How do I become a Nurse Midwife?

- Complete coursework including anatomy, biology, and women's studies
- Graduate from a bachelor degree program in nursing or other associated field (midwife)
- Complete a Master's degree or higher in Midwifery
- Apply for and obtain a license to become a certified Midwife (in NYS)
- Years of higher education range from 6 - 10 years

**Average Salary:**  
**\$120,380**

according to NYS Department of Labor  
Entry Level: \$83,130, Experienced: \$161,820

## What is it really like to be a Nurse Midwife?

Midwifery is not for the faint of heart. It is a very rewarding, very challenging career that requires at least 6 years of college education. Midwives must be prepared to handle people in crisis situations with confidence and expertise.

Some notes about becoming a nurse midwife:

- You will be able to diagnose, treat, and refer patients to specialists.
- You will make decisions based on observation, knowledge, and patient preferences.
- You will be an important, trusted part of the birthing team.
- You will demonstrate the skills and abilities to independently manage the assessment and care of a well newborn.
- You will make a permanent impression on the lives of your patients.

Watch these videos about what certified nurse midwives actually do:

[https://www.youtube.com/watch?v=fc16d9RvD\\_g](https://www.youtube.com/watch?v=fc16d9RvD_g)

<https://www.youtube.com/watch?v=ApgsKWHr3rs>



Meet Caitlin, a certified nurse midwife who works fulltime for a hospital: <https://www.pocketprep.com/a-day-in-the-life-as-a-certified-nurse-midwife/> and Autumn, a CNM who works in a birthing center: <https://www.today.com/tmrw/what-midwife-day-job-midwife-t173004>

***“... I feel strongly that nurse-midwives care for more than just the patient... Whether it’s encouraging siblings to find the heartbeat with a handheld doppler or helping new dads catch their baby, midwifery is a family affair. ...”***

Caitlin Goodwin  
CNM

***“It was the midwifery model of care, the idea of caring for people, having a big focus on educating and empowering people to make their own decisions in health care that appealed to me. That’s what really sold me because they think people should have that autonomy and should be empowered to make decisions about their own bodies and be educated to know what’s going on...”***

Autumn Nelson  
CNM

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*Please contact us if you have questions about healthcare career opportunities or educational pathways to healthcare careers!*

Western New York Rural Area Health Education Center (R-AHEC) is one of nine centers in the New York State Area Health Education Center (NYS AHEC) organization. Our mission is to improve health and healthcare through education.

Acknowledgement: The NYSAHEC System is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under the Award titled Area Health Education Centers (AHEC) Program (U77). The content and information is solely the responsibility of the authors and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

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