

Midwife Referral

What is a midwife?

Midwives (certified nurse-midwives (CNMs) and certified midwives (CMs) provide care for families during pregnancy, childbirth, and the postpartum period. They also provide sexual and reproductive health, gynecologic health, and family planning services including preconception care. Midwives provide primary care for individuals from adolescence throughout the lifespan as well as care for a healthy newborn during the first 28 days of life.

A midwife may:

- Provide prenatal appointments, manage your labor and delivery experience, and offer postpartum care appointments
- Provide Well-Woman exams
- Counsel and provide birth control after delivery
- See your newborn for their initial well-baby care
- Assist you with breastfeeding and lactation services

Why involve a midwife during pregnancy and postpartum?

- Midwives spend a lot of time counseling and education during prenatal care visits.
- Women often felt more supported during their pregnancy, labor, delivery, and postpartum recovery due to their continuous relationship with their midwives.
- Midwives can offer one-on-one care to a woman during her delivery, which has shown a positive effect on birth (Sehhatier et al., 2014).

Referral Information and Additional Resources

References

- Sehhatier, F., Najjarzadeh, M., Zamanzadeh, V., & Seyyedrasooli, A. (2014). The effect of midwifery continuing care on childbirth outcomes. *Iranian Journal of Nursing and Midwifery Research*, 19(3), 233-237.
- <https://mana.org/about-midwives/what-is-a-midwife#:~:text=Midwives%20are%20the%20traditional%20care%20providers%20for%20mothers,optimal%20births%20and%20recoveries%20during%20the%20postpartum%20period>

