

Role of Midwives in Perinatal Mental Health

Scope of Practice

The midwife's scope of practice is dependent on certifications and licensing credentials.

Midwives Scope of Practice:

- Annual gynecological exams, family planning, preconception care, prenatal care, labor and delivery support, newborn care, and menopausal management.
- Provide education around fertility, nutrition, exercise, contraception, pregnancy health, breastfeeding, and quality infant care.
- Provide education during the antenatal and postpartum period.
- Provide health care for a healthy newborn for up to 28 days after birth.

(American College of Nurse-Midwives, 2021)

Prenatal Period:

Mothers can be seen by midwives in the prenatal appointments leading up to birth.

- Educate on the “why” of medical procedures, tests, and appointments.
- Educate and bring awareness of symptomology to watch for to indicate medical intervention for mothers during pregnancy.
- Educate on labor and delivery
 - Initiate birth planning
 - Educate support partner on supporting mother during labor and delivery
- Educate for postpartum
 - Lactation/ feeding
 - Birth Control

Postpartum Check-in:

- Mothers seen at 6–8-week checkup at a hospital.
(American College of Nurse-Midwives, 2021).

Certifications & Licensing**Certified Nurse-Midwife (CNM):**

Trained in both nursing and midwifery

- Bachelor of Science degree in Nursing
- Advanced degree (Master's degree) in Midwifery
- Certified by the American College of Nurse-Midwives

Certified Midwife (CM)

- Certified in midwifery
- Must have a bachelor's degree
- Certified by the American College of Nurse-Midwives

Certified Professional Midwife (CPM)

- Trained in midwifery
- Meets Standards of the North American Registry of Midwives
- Multiple educational backgrounds are recognized to become a CPM.

Direct-Entry Midwife (DEM)

- Independent, individual trained in midwifery through apprenticeship, a midwifery school, or a college/university program.

Lay Midwife

- Not certified or licensed as a midwife
- Received informal training through self-study or apprenticeship

(American College of Nurse-Midwives, 2021).

Access to Midwife Care

A referral is not necessary for midwifery care. However, a physician can refer to a midwife, but a self-referral can also be completed by the patient.

American College of Nurse-Midwives

www.midwife.org

Health Grades

<https://www.healthgrades.com/midwifery-directory/nd-north-dakota/horace>

References

American College of Nurse-Midwives. (2021). *Definition of midwifery and scope of practice of certified nurse-midwives and certified midwives.*

https://www.midwife.org/acnm/files/acnmldata/uploadfilename/000000000266/Definition%20Midwifery%20Scope%20of%20Practice_2021.pdf