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UNIT 1

MIDWIFE'S OCCUPATION



PART 1. READING

Exercise 1. Answer the questions.

1. What does the word “midwife” mean?
1. What skills should a midwife have?
3. What are the main roles of the midwife?

Exercise 2. Describe the meaning of the saying: “Experiencing the birth of a baby as part of your day job is incredible.”

Exercise 3. Read the text and say if the following statements are true (T) or false (F).

1. The aim of midwife is to support a woman in pregnancy.
2. Labour is a natural process.
3. Midwives are trained specialists as the members of health care team.
4. The obstetrician is a doctor whose main tasks are to diagnose and to bring a woman through pregnancy, labour and postnatal care.
5. Gynecologists make routine examinations to detect abnormalities of the uterus.
6. Midwives work hard and often should be on-call to provide 24-hour care.
7. The role of the midwife is to provide skilled care for all women, newborn infants and their families.
8. Midwives contribute to the quality of maternity care.

MIDWIFE'S OCCUPATION

“Midwife” is a word, which in English means “with woman”. In French, a midwife is a sage femme, or a “wise woman”. The aim of midwife is to support a woman in labour. Labour is a natural process. Midwives are the most common birth attendants in the world. The average child born in our world is born into the hands of a midwife. Nowadays midwives are trained specialists who work independently and as the members of health care team with obstetricians, gynecologists and neonatologists to provide care and to support to women and their families throughout pregnancy, labour and during the period

after a baby's birth. Midwives often describe their job as 'privileged'. Midwife's presence during all stages of pregnancy, labour and the early postnatal period is vital.

The obstetrician is a doctor whose main tasks are to diagnose and bring a woman through pregnancy, deliver her child, and give the new mother adequate postnatal care. Gynecologists make routine examinations of cervical and vaginal secretions to detect abnormalities of the uterus and cervix including cancer. They perform two main types of surgical operations: repairing any injuries caused to the vagina, uterus, and bladder during the childbirth; and removing cysts and benign or malignant tumours from the uterus, cervix, and ovaries. The diagnosis and treatment of infertility are a combined obstetric-gynecologic effort. If someone wants to be an obstetrician or a gynecologist, he or she should go to the university.

Midwives provide full antenatal care, including antenatal classes, clinical examinations and screenings, identify high-risk pregnancies, monitor women and support them during labour, teach new and future mothers how to take care of their babies. They work with women from a variety of backgrounds and they need to be confident enough to communicate with different people. All women will need the midwife to understand the emotional, physical and psychological processes of pregnancy and birth. Sometimes pregnancies do not go as normal and a midwife will need to offer support and advice on stillbirth, miscarriage, termination, neonatal death and neonatal abnormalities. Midwives work hard and often should be on-call to provide 24-hour care at the woman's home as well as in hospital. A midwife mainly deals with pregnant women requiring professional support and advice. A midwife should be the health professional for a woman, providing evidence-based information and helping her make informed choices about the options and services available throughout her pregnancy.

Thus, a midwife should have different skills:

- good communication and observation;
- interest in the physical, psychological and process of pregnancy and birth;
- ability to answer questions and offer advice;
- happy to work as part of a team;
- dealing with emotionally charged situations.

THE ROLE OF THE MIDWIFE IN THE 21ST CENTURY

Midwifery is defined as “skilled, knowledgeable, and compassionate care for childbearing women, newborn infants, and families across the continuum throughout pre-pregnancy, pregnancy, birth, postpartum, and the early weeks of life. (The definition of midwifery from “The Lancet Series on Midwifery”).

The role of the midwife is to provide skilled care for all women, newborn infants and their families. Midwives work with women and their families from pre-pregnancy, pregnancy, labour and birth, postpartum, and the early weeks of infant's life. They provide care based on the best available evidence and keep up to date with current knowledge and skills. Midwives make a vital contribution to the quality and safety of maternity care. They combine clinical knowledge, understanding, and skills with interpersonal and cultural competence. They work in partnership with women.

They provide health education, health promotion and health protection to promote psychological and physical health and well-being and prevent complications. In case of complications, the midwife is responsible for recognizing and for immediate response, management, and collaborating with multidisciplinary team and acting as an advocate to ensure that care always focuses on the needs, views, preferences, and decisions of the woman and the needs of the newborn infant.



PART 2. DISCUSSION

Exercise 1. Find the following words in the text “Midwives Occupation”.

1. Акушерка.
2. Роды.
3. Навык.
4. Знание.
5. Новорождённый.
6. Защита здоровья.
7. Многопрофильная команда.
8. Общаться.

Exercise 2. Match the words with definitions.

The word	Definition
1. Care	A. to be in charge of the work
2. To be responsible	B. a specially trained person whose job is to help women when they are having a baby
3. Midwife	C. an ability to do something well, especially because you have learned and practiced it
4. Privileged	D. the process of looking after someone, especially because they are ill, old, disabled or very young

The word	Definition
5. Skill	E. having a special advantage or a chance to do something that most people cannot do

Exercise 3. Fill in the gaps in the sentences.

Means, examinations, antenatal classes, pregnancy, monitor, to detect abnormalities, newborn infants, health care team, care, evidence-based information, psychological.

1. “Midwife” is a word which in English _____ “with woman”.
2. Midwives are trained specialists who work independently and as the members of _____ with obstetricians, gynecologists and neonatologists.
3. The obstetrician is a doctor whose main tasks are to diagnose and bring a woman through _____, deliver her child, and give the new mother adequate postnatal _____.
4. Gynecologists make routine _____ of cervical and vaginal secretions _____ of the uterus and cervix including cancer.
5. Midwives provide full antenatal care, including _____, clinical examinations and screenings, identify high-risk pregnancies, _____ women and support them during labour, teach new and future mothers how to feed, care for and bathe their babies.
6. All women will need the midwife to understand the emotional, physical and _____ processes of pregnancy and birth.
7. A midwife should be the health professional for a woman, providing _____ and helping her make informed choices about the options and services available throughout her pregnancy.
8. The role of the midwife is to provide skilled care for all women, _____ and their families and to provide health education, health promotion and health protection.



PART 3. COMMUNICATION

Exercise 1. Read the text and write the main roles of the midwife.

Exercise 2. With a partner act out the discussion about midwifery.

Discuss the modern trends in midwifery.

Use the following.

- The main problem is...
- The question of...

- First, I would like to say...
- Another example of this is...
- First, second, third...
- Finally...
- I feel that...
- I think/don't think that...
- In my opinion...
- Well, if you ask me...
- As I see it...
- On the one hand..., on the other hand...
- Some people think that, others say that...
- I am not sure if...
- I doubt that.

Exercise 3. With a partner act out a dialogue.

Strategies:

Student A: a midwife. — To describe her job.

Student B: a medical student. — To ask questions about the midwifery as a profession.

UNIT 2

HISTORY OF MIDWIFERY AND OBSTETRICS



PART 1. READING

Exercise 1. Answer the questions.

1. When did the history of midwifery start?
2. When did the physicians start to practice obstetrics and gynaecology?
3. What advances were made in the 20th century in the field of midwifery, obstetrics and gynaecology?

Exercise 2. Describe the meaning of the sentence: “The medical care of pregnant women and of female genital diseases developed along different historical paths”.

Exercise 3. Read the text and say if the following statements are true (T) or false (F).

1. Midwives are not the most common birth attendant in the world.
2. Long ago some experienced women helped during childbirth.
3. In China, midwives were respected.
4. In Greece the midwife was a woman who had born children herself.
5. In the 19th century, European physicians began to attend on normal deliveries of royal and aristocratic families.
6. The invention of the forceps used in delivery, the introduction of anesthesia and the introduction of antiseptic methods in the delivery room were the advances in obstetrical practice.
7. In the 19th century, obstetrics developed chiefly in the areas of fertility control and the promotion of healthy births.
8. The prenatal care and instruction of pregnant mothers to reduce birth defects and problem deliveries was introduced about 1920.

HISTORY OF MIDWIFERY, OBSTETRICS AND GYNECOLOGY

Midwives are the most common birth attendant in the world. The average child born in this world is born into the hands of a midwife. The medical care

of pregnant women (obstetrics) and of female genital diseases (gynecology) developed along different historical paths.

As women gave birth, they received care from others. Long ago some experienced women became to be called as “the wise women” and the helped during childbirth. Thus, the profession of midwifery began. Biblical recognition of the functions of midwives included several verses recounting the experiences of two Hebrew midwives who refused to kill male infants in defiance of the King of Egypt. Historians have found the practice of midwifery referred to in other papyri as well as in ancient Hindu records.

In Greek and Roman times, midwives were respected, autonomous care providers to women during their reproductive cycles. Some qualifications for the practice of midwifery began to evolve during this period. For example, in Greece the midwife was a woman who had born children herself. This requirement has remained in the practice of midwifery throughout several cultures and centuries and exists even today.

The profession of midwifery continued without major changes throughout the centuries, even in the Dark and Middle Ages. In their practices, midwives routinely used herbs. The midwives of these centuries generally continued to learn by sharing skills and knowledge from generation to generation but without the development of the university education system.

Obstetrics had been the field of female midwives for a long time, but in the 17th century, European physicians began to attend on normal deliveries of royal and aristocratic families; from that beginning, the practice grew and spread to the middle classes. The invention of the forceps used in delivery, the introduction of anesthesia, and Ignaz Semmelweis’s discovery of the cause of puerperal (“childbed”) fever and his introduction of antiseptic methods in the delivery room were all major advances in obstetrical practice.

Asepsis in turn made the cesarean section, in which the infant is delivered through an incision in the mother’s uterus and abdominal wall, a surgical alternative to natural childbirth. By the early 19th century, obstetrics had become established as a recognized medical discipline.

In the 20th century, obstetrics developed chiefly in the areas of fertility control and the promotion of healthy births. The prenatal care and instruction of pregnant mothers to reduce birth defects and problem deliveries was introduced about 1900 and was rapidly adopted in the world. Beginning with the development of hormonal contraceptive pills in the 1950s, obstetricians and gynecologists have also become increasingly responsible for regulating women’s fertility. With the development of amniocentesis, ultrasound scanning, and other methods for the prenatal diagnosis of birth defects, obstetricians and gynecologists have been able to terminate pathological and unwanted preg-

nancies. At the same time, new methods for artificially implanting fertilized embryos within the uterus have enabled obstetricians and gynecologists to help previously infertile couples to have children.

Gynecology as a branch of medicine dates back to Greco-Roman civilization, if not earlier. The renewal of interest in diseases of women is shown in the huge encyclopedia of gynecology issued in 1566 by Caspar Wolf of Zürich. In the early and mid-19th century, physicians became able to perform a limited variety of surgical operations on the ovaries and uterus successfully. The American surgeon James Marion Sims and other pioneers of operative gynecology also had to combat the public prejudice against any exposure or examination of the female sexual organs. The two great advances that finally overcame such opposition and made gynecologic surgery generally available were the use of anesthesia and antiseptic methods. The separate specialty of gynecology had become established well by 1880. Its union with the specialty of obstetrics began late in the century and has continued to the present day.

At late 20th century, midwives were already recognized as highly trained and specialized professionals in obstetrics. In the 21st century, midwives who work in hospital are trained to view birth as a normal and healthy process. The midwifery model of pregnancy and childbirth as a normal and healthy process plays a much larger role in the modern society.



PART 2. DISCUSSION

Exercise 1. Find the following words in the text “History of Midwifery, Obstetrics and Gynecology”.

1. Развиваться.
2. Продолжаться.
3. Врач.
4. Репродуктивное здоровье.
5. Быстро.
6. Открытие.
7. Кесарево сечение.
8. Хирургические операции.

Exercise 2. Match the words with definitions.

The word	Definition
1. Fertility	A. a medical treatment when a surgeon cuts the body to remove or to repair the diseased organ
2. Herb	B. the process of giving birth to a child

The word	Definition
3. Surgery	C. to fight with somebody or something
4. Delivery	D. the ability of a person produces babies
5. To combat	E. a small plant that is used to make medicine

Exercise 3. Fill in the gaps in the sentences.

Modern society, reproductive, professionals, ultrasound scanning, healthy, incision, fertility control, child.

1. The average _____ born in this world is born into the hands of a midwife.
2. In Greek and Roman times, midwives were respected, autonomous care providers to women during their _____ cycles.
3. Asepsis in turn made cesarean section, in which the infant is delivered through an _____ in the mother’s uterus and abdominal wall, a surgical alternative to natural childbirth.
4. In the 20th century, obstetrics developed chiefly in the areas of _____ and the promotion of healthy births.
5. With the development of amniocentesis, _____, and other methods for the prenatal diagnosis of birth defects, obstetricians and gynecologists have been able to abort defective fetuses and unwanted pregnancies.
6. At late 20th century, midwives were already recognized as highly trained and specialized _____ in obstetrics.
7. In the 21st century, midwives who work in hospital are trained to view birth as a normal and _____ process.
8. The midwifery model of pregnancy and childbirth as a normal and healthy process plays a much larger role in the _____.



PART 3. COMMUNICATION

Exercise 1. Read the text and write a short history of midwifery.

Exercise 2. With a partner act out the discussion about the main events and discoveries in the history of the midwifery.

Discuss the problem of the development of midwifery throughout ages.

Use the following

- The main problem is...
- The question of...
- First, I would like to say...

-
- Another example of this is...
 - First, second, third...
 - Finally...
 - I feel that...
 - I think/don't think that...
 - In my opinion...
 - Well, if you ask me...
 - As I see it...
 - On the one hand, on the other hand...
 - Some people think that, others say that...
 - I am not sure if...
 - I doubt that.

Exercise 3. With a partner act out a dialogue.

Strategies:

Student A: a midwife. — To tell about the history of midwifery, obstetrics and gynaecology.

Student B: a student. — To ask a lot of questions about history of midwifery, obstetrics and gynaecology.

UNIT 3

MIDWIFERY EDUCATION



PART 1. READING

Exercise 1. Answer the questions:

1. What should be done to become a midwife?
2. How long should a person study to get a diploma of midwife in Russia?
3. What are the career paths for a midwife?

Exercise 2. Describe the meaning of the statement of the WHO: “Strengthening midwifery education is a key step to improving quality of care and reducing maternal and newborn mortality and morbidity”.

Exercise 3. Read the text and say if the following statements are true (T) or false (F).

1. Midwifery is not a separate profession from nursing.
2. To become a midwife a person will need to train and study for an undergraduate degree or postgraduate degree or diploma.
3. Approved full-time midwifery degree courses last for four years.
4. Half time is spent studying at university and half-gaining practical, supervised experience in a hospital.
5. At the beginning of the 20th century, midwifery included the care of women both in childbearing and in routine gynecological needs throughout the life.
6. Midwives of all types attend births in women’s homes, birth centers, and hospitals.
7. In Russia, the basic level of midwifery education is provided by basic medical colleges, which is 5 years of training.
8. WHO considers the training of all types of midwives to be essential to improve maternal health and reduce infant mortality.

MIDWIFERY EDUCATION

Midwifery is a global profession. Childbearing women, newborn infants, and families share similar needs wherever they live and midwives make a vital contribution to their survival, health and wellbeing across the world. The

World Health Organization (WHO) has stated that ‘strengthening midwifery education is a key step to improving quality of care and reducing maternal and newborn mortality and morbidity’.

Midwifery is a separate profession from nursing, although there is a shortened training curriculum for registered adult nurses. To become a midwife a person will need to train and study for an undergraduate degree or postgraduate degree or diploma. Training to be a midwife involves studying at degree standard in midwifery, through either an approved pre-registration degree in midwifery or an approved degree apprenticeship in midwifery. Approved full-time midwifery degree courses last for three years. Half time is spent studying at university and half-gaining practical, supervised experience in a hospital.

The International Confederation of Midwives (ICM) maintains standards for midwife education and practice. At the beginning of the 21st century, midwifery included the care of women both in childbearing and in routine gynecological needs throughout the life.

In the world, there are two approaches to licensed midwifery practice: one from Nursing and the other from outside Nursing (direct entry). Direct-entry midwives receive formal training, and they enter health care practice directly as midwives rather than through any other health profession (direct entry is the most common approach worldwide).

Nurse-midwifery, on the other hand, involves post-nursing education. Countries such as Canada, the United Kingdom, and the United States have both types of midwives. Other countries have training and licensure for only one approach. Many countries support only direct-entry midwifery. Direct-entry midwives in the United States receive a professional designation of certified midwife (CM) or certified professional midwife (CPM). In contrast, nurse-midwives become nurses first and then add midwifery training as a postgraduate component to their nursing. This may be at the certificate or master’s level. Midwives of all types attend births in women’s homes, birth centers, and hospitals.

In Russia, the basic level of midwifery education is provided by basic medical colleges, which is 3 years of training after the 11 years of secondary education. If a person wants to be an obstetrician or a gynecologist, he or she graduates degree of the medical university and postgraduate curriculum. The time of education is more than 5 years.

WHO considers the training of all types of midwives to be essential to improve maternal health and reduce infant mortality. In its 2010 Global Standards for Midwifery Education, the ICM set three years of postsecondary education as a minimum standard for practice as a trained midwife.

There are many chances for midwives to progress their career with more experience. As well as offering support to mothers and babies, they may support other midwives in their practice. They could combine responsibility for managing other staff by becoming a team or unit manager or supervisor. This could then lead to further roles such as head of midwifery and director of midwifery services. Midwives can choose a clinical academic career to be a researcher or to teach midwifery students.

Midwives should continue learning and always keep their skills and knowledge up to date. Therefore, they visit conferences, seminars, practical courses, discussions.



PART 2. DISCUSSION

Exercise 1. Find the following words in the text “Midwifery Education”.

1. Образование.
2. Последипломный.
3. Здоровье матери.
4. Руководитель акушерской службы.
5. Ответственность за.
6. Практический опыт.
7. Снижать.
8. Знания.

Exercise 2. Match the words with definitions.

The word	Definition
1. Career	A. relating to a mother or to being a mother
2. Maternal	B. an official paper stating that a person has completed a course of education or passed an exam
3. Training	C. an educational institution at the highest level where people study to get a degree
4. Certificate	D. a job or profession that a person has been trained for, and which he or she does for a long period of the life
5. University	E. the process of teaching or being taught the skills for a particular job or activity

Exercise 3. Fill in the gaps in the sentences.

Standards, up to date, essential, birth centers, academic, to progress their career, global, a trained midwife.

1. Midwifery is a _____ profession.
2. The International Confederation of Midwives (ICM) maintains _____ for midwife education and practice.
3. Midwives of all types attend births in women's homes, _____, and hospitals.
4. WHO considers the training of all types of midwives to be _____ to improve maternal health and reduce infant mortality.
5. In its 2010 Global Standards for Midwifery Education, the ICM set three years of postsecondary education as a minimum standard for practice as _____.
6. There are lots of chances for midwives _____ with more experience.
7. Midwives can choose a clinical _____ career to be a researcher or to teach midwifery students.
8. Midwives should continue learning and always keeping their skills and knowledge _____.



PART 3. COMMUNICATION

Exercise 1. Read the text and write the main steps in making the career of the midwife.

Exercise 2. With a partner act out the discussion about career paths in midwifery.

Discuss the problem of making a career in midwifery.

Use the following.

- The main problem is...
- The question of...
- First, I would like to say...
- Another example of this is...
- First, second, third...
- Finally...
- I feel that...
- I think/don't think that...
- In my opinion...
- Well, if you ask me...

- As I see it...
- On the one hand..., on the other hand...
- Some people think that..., others say that...
- I am not sure if...
- I doubt that.

Exercise 3. With a partner act out a dialogue.

Strategies:

Student A: a midwife. — To promote the midwifery as a career.

Student B: a future student. — To hesitate about the career in midwifery.