



The Importance of Community Midwifery


Sherry Hopkins, CPM
Certified Professional Midwife

Introduction



Sherry Hopkins, CPM

- Founder of Well Rounded Momma, a maternity center in Las Vegas, NV since 2007.
- Certified Professional Midwife Certification
- North American Registry of Midwives (NARM) Qualified Evaluator Training
- Delivered 1,000+ Babies
- Assisted in both out-of-hospital and hospital deliveries.



There are many pathways to becoming a community midwife, however our goal is the same.

We all want to improve birth outcomes by supporting continuity of care, shared decision making, client autonomy, education based, accessible, respectful and available care as well as collaboration with other providers.

Some ways we do this in our practice

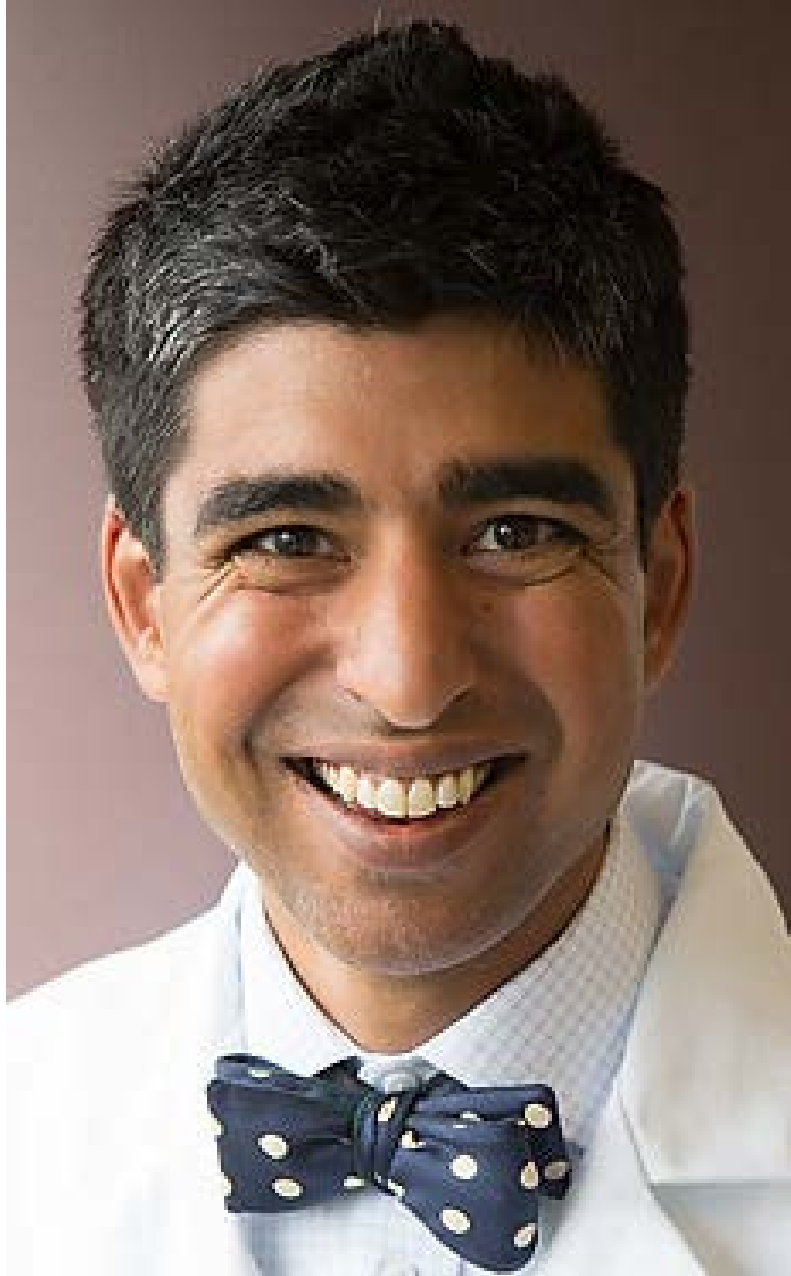


- Most Midwives have an average of 3-5 years of academic and hands on training in the field.
- **The training we receive specializes in deliveries in out of hospital settings.**
 - Making us qualified providers for appropriate risk assessment.
- Midwives take an average of 2-6 clients a month, giving them more time to invest in the individual and their family, helping create community.
- We know that the later in pregnancy individuals receive care, the higher risk they become, therefore we offer preconception and early 1st trimester care.
- We see clients an average of 12-14 times throughout their pregnancy, birth and an average 4-8 times within the first 6 weeks postpartum.
- The average time spent during these visits is about an hour.

Some ways we do this in our practice

- We have additional training to support women with breastfeeding and perinatal mood and anxiety disorders (PMAD).
- Midwives provide trauma-informed care as part of our practice, which has the potential to prevent adverse outcomes.
- We also recognize the need for more Midwives of color so that our clients might easily access a care provider that looks like them and understands their culture.





Neel T. Shah, MD MPP FACOG


Harvard Medical Faculty
Physicians

American physician, Harvard
assistant professor, and founder
of the nonprofit organizations
Costs of Care and March for
Moms.

The Community We Serve

- **Our clientele seeks out low intervention delivery options.**
- It is common for clients to seek out-of-hospital settings because of the lack of options in any other setting.
- Many families prefer that siblings and other family members are involved with birth support.
- We often cater to families who are minorities, where English may be their second language.
- It is common for our clients to disclose that they have a history of abuse or trauma and want care that will honor their body autonomy.
- We often have long term relationships, being involved in continued parenting advice, education and community relationships.
- We have found that if pregnant patients cannot find out of hospital options, they will often go unassisted.





“Although it may take time, there is an urgent need for all to come together to improve maternity care and build a high functioning, integrated, regulated and collaborative maternity care system. A system that fosters respect for all pregnant people, newborns and family, regardless of their circumstances or birth or health choices.”

The National Academies of Sciences Engineering & Medicine

How we can move forward

- Collaboration
- See better representation within state boards and meetings.
- Include Families
- More conversations about the important roles we each play in Nevada.

