



## PROFESSIONAL MIDWIVES

PROVIDE SUPPORT FOR NATURAL BIRTH

**FH** FERNANDEZ  
HOSPITAL

Health Care for Women & Newborn

## WHO IS A MIDWIFE?

A Midwife is a professional and trusted expert in natural birth. She looks after pregnant women who have no medical complications. She is a person who has successfully completed a midwifery education programme that is recognised in the country where it is located and that is based on the *International Confederation of Midwives (ICM) Essential Competencies for Basic Midwifery Practice and the framework of the ICM Global Standards for Midwifery Education*.

The midwife is recognised as a responsible and accountable professional, who works in partnership with women to give the necessary support, care and advice during pregnancy, labour and the postpartum period.

The midwife helps with the immediate care of the newborn and helps mothers breastfeed as well. She is highly skilled, competent and confident to recognize complications, offer immediate emergency treatment and refer on time to a higher centre. This helps reduce maternal deaths and long term morbidity.

**Midwives, therefore save lives of mothers and their babies.**

## THE UNIQUENESS OF MIDWIFERY

A professional midwife is not a doctor. She is not a nurse. She is a unique professional trained to be with the woman, to offer midwifery care and support through her labour and the birth of her baby. The continuous support of a professional midwife helps provide the environment of trust. The woman's fears are reduced, her physical, emotional and psychological needs are met within an atmosphere of respectful care.



## WHAT TO EXPECT FROM A MIDWIFE DURING LABOUR?

- Gentle, nurturing care which will respect you and your beliefs.
- Respect for your Birth Preferences and honest communication, should there be a need to seek other options.
- Encouragement to move around and to adopt any position you wish to, in the active phase of labour.
- Support the position of choice for birth – squatting, knee-chest, lateral (lying on the side), upright, standing.
- Freedom to eat and drink. You will be given a menu with safe options.
- The midwife will help you breastfeed your baby and will leave your side only after you are confident and comfortable.



## WHY SHOULD WOMEN BE GIVEN THE CHOICE?

Midwifery care is as safe as an obstetrician-assisted delivery, for women with uncomplicated pregnancies. Studies have also shown other benefits of availing midwifery services, such as: Increased maternal satisfaction, shorter labour, lower need for pain relief, higher rates of normal births and lower need for Caesarean Section.

## NATURAL BIRTH

Childbirth is a natural physiological function and women are biologically programmed to deliver normally. Our personalized midwifery support will make your pregnancy a joyful and memorable event, free from all unnecessary medical interventions.



## MIDWIFERY TRAINING AT FERNANDEZ

Fernandez Hospital is committed to supporting natural birth and offering professional midwifery care to all birthing women. In August 2011, the Hospital launched a two-year Professional Midwifery Education and Training (PMET) programme. Tutors/midwives come regularly from UK to help train batches of students nurses. Till April 2017, these trained midwives have helped birth 6024 mothers.

**We at Fernandez believe birthing is a human right  
and every woman must be offered professional midwifery care.**