

What is a midwife?

Midwives are healthcare professionals who provide an array of healthcare services for women including gynecological exams, contraceptive counseling, prescriptions, and labor and delivery care.

They offer expert care during labor and delivery and after birth. They often function as both a quality and economical option for birthing care.

What are the benefits of having a midwife?

- Decreased risk of needing a C-section/cesarean delivery
- Reduced rates of labor induction
- Decreased infant mortality rates
- Decreased risk for preterm birth
- Lower costs for both clients/patients and insurers
- Increased satisfaction with the quality of care
- Reduced use of regional anesthesia

How do I find a midwife?

Start by getting recommendations from your doctor, birthing centers, and hospitals. Also reach out to friends who have used midwives in the past. Make sure to meet and interview any potential midwives to ask about their experience and costs.

Some insurances will cover hospital midwifery services but not traditional midwives.

What are the four different types of midwives?

A **certified nurse midwife (CNM)** is a nurse who has a master's degree in midwifery and has been trained in many aspects of comprehensive women's healthcare. They offer women-centered, individualized care for patients and their families in hospitals, birthing centers, and/or home.

A **certified midwife (CM)** has a background in a health-related field other than nursing and graduated from a master's level midwifery education program. They offer women-centered, individualized care for patients and their families in hospitals, birthing centers, and/or home.

A **certified professional midwife (CPM)** has education and clinical training from a midwifery education accreditation council program or school. They focus on providing care in homes and freestanding birth centers. In some states, they may also practice in clinics and doctor's offices providing well-woman and maternity care.

Traditional midwives are those who choose not to become certified or licensed. They are often a part of religious communities. They believe midwifery is a social contract between the midwife and the client/patient and that women have a right to choose their care providers, regardless of their legal status.

References:

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