



Midwife To Be

TRAINING

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Welcome Letter

Dear Midwife Student,

I am excited for you as you start this new venture in your life. My course was made to meet the needs of students I have trained mostly here in South Carolina, but can be done by any student anywhere. Some of the students I trained here in SC have opened birth centers and are also CPMs. Our South Carolina students now get their SC license by doing PEP with NARMS to get CPM. We have made many changes over the years and it keeps getting better.

Here's How It Works Online

Midwife To Be (MTB) is hosted on Moodle, an online school program that helps us organize assignments, forms, tests, and gives instant grades. The online version of this course has been designed by students just like you for ease of use and to provide a structure that will help keep you on task. You will be guided through the program one step at a time. We encourage you to keep hard copies of your work, but do not require it. Once you have finished all of the reading assignments, quizzes and book reports for each unit, logged all of your required hours, as well as read your two chosen books and taken the tests for them, you will need to pay for the next unit in Moodle (which is only \$25) in order to move on to the next unit. (NOTE: If you don't have any internet access this can be done by snail mail and check, if you send a SASE.)

The outlines and forms in this Welcome Packet should help keep you organized and on track. You will need to keep copies of all completed forms for your records. Tests are closed book and are not to be shared with others. We follow the honor system in this course. The hours required will be done by reading, studying, test taking, web search, videos, etc. It is best to stay on topic of the unit as much as you can.

Midwife To Be Timeline & Cost Estimate TIMELINE

- Online Coursework | There are 3 Phases of the Midwife To Be Course, with 30 Units in total. Length of study varies by student and the amount of focus you put into it, but the entire course can be completed within 2.5 years if you steadily work to complete 1 Unit per month.
- Clinical Hours | Aim to accrue 6 clinical hours per Unit.

COST

Online Course: \$50 – Registration (Includes Unit 1) \$25 – Per Unit (30 Total Units) Total: \$775.00

- *There is a 10% discount offered if MTB is paid in full anytime during Unit 1 or Unit 2.*

**Optional: Accountability Add-on Option meeting: \$25 per Unit

Be sure to plan for cost of books and midwifery supplies as well. If you plan to pursue certification to become a CPN, more detailed cost estimation information is located in the [NARMS Candidate Information Booklet](#).

Hands-On Learning

You'll want to aim to complete 6 clinical hours per Unit. Clinical hours will be done as you can, and can include births, prenatal visits, postpartum visits, volunteering in Labor & Delivery, Medicaid and other prenatal clinics, EMT classes (these are great to take in addition to other studies), Doula work, etc. Be creative...help a local midwife or childbirth instructor to get your foot in the door. Take extra classes at the community college that will help (anatomy, record keeping, blood draw, etc.). You will have to piece your training together as other midwives before you have done. If you can't start any clinical hours just do more reading for now and keep doing Units. Life itself will also teach you. Be a good listener. Have good character traits. Learn to communicate effectively. Your own spouse, births, kids, breastfeeding experiences, etc. will teach you much.

Some may be able to join us here for skills weekends. Networking is fun and encouraging. Find or start a local study group as you can. Start going to births as you find a Midwife/Doctor to train you.

Accountability Add-on Option

Since staying on track and being consistent can be a problem with any correspondence course, I am now offering an accountability add-on option. For an extra \$25 per Unit, I am offering a private Live Wiziq 30-minute session to go over the Unit (with myself or other LM or CPM), discuss the project, discuss the test taken and any apprenticing issues. You must finish the Unit within 1 month for this option. Please note: in keeping with the 1 Unit/month schedule, it will still take 2.5 years to finish your studies, so keep this in mind no matter which option you choose. You can start this Accountability Option at any time.

Pursuing Certification

Some may go on to take CPM with NARMS. I will help you with records I have if you go the PEP route. If you want my course to be submitted for your state for approval, let me know.

Books

Information on books to get started can be found on the MTB website under Getting Started. There you will find a link to a list of new and used books that can be ordered. If you order through the Amazon Link provided, a small portion of the sale goes to midwife missions trips. The 3 most critical books to get started in Phase 1 are:

- (1) Holistic Midwifery: A Comprehensive Textbook by Anne Frye
- (2) Varney's Midwifery (latest edition if possible, but not the mini book)
- (3) Practical Skills Guide – by Pam Weaver and Susan Evans (buy it here: www.babybirthandbeyond.com)

Then you'll want to work your way to these:

Priority Books	Phase 1: Holistic Midwifery (Volume 1) • Frye
	Phase 1: Varney's Midwifery (latest edition if possible; not mini book) • Varney Phase 1:
	Practical Skills Guide for Midwifery • NARMS www.babybirthandbeyond.com Phase 1:
	Old's Maternal & Newborn Nursing • Olds & London
	Phase 2: Birthsong Midwifery Workbook • Singingtree
	Phase 3: Understanding Diagnostics Tests in the Childbearing Year • Frye

You may want to get others on the reading list also. Check the local library and with other local students to borrow books.

Final thoughts: BE CONSISTANT and you will get this done. Write or email if you are having problems. I am here for you.

Blessings on your new path, Lisa Aman, LM

Navigating the Online Tools

Here's how to get started on Moodle:

1. Go to www.midwifetobe.com/moodle. This is the MTB Moodle Home Page. You will return to this site each time you wish to read assignments or submit coursework.
2. Click the "Create new account" box.
Here are the steps to set up a Moodle account:
 - i. Fill out the New Account form with your details.
 - ii. An email will be immediately sent to your email address.
 - c. Read your email, and click on the web link it contains.
 - d. Your account will be confirmed and you will be logged in.
 - v. Now, select the course you want to participate in.
 - vi. If you are prompted for an "enrollment key." This will "enroll" you in the course.
 - vii. You can now access the full course. From now on you will only need to enter your personal username and password (in the form on this page) to log in and access any course you have enrolled in.
3. Once you're inside Moodle, at the MTB Moodle Home Page, Click "HOW TO USE MOODLE! START HERE!!" and open the PDF file called "START HERE!! INTRODUCTION TO MOODLE!" This document provides instructions and screen shots to teach you how to use Moodle.
4. Next, click "Home" in the left navigation column and in the center of the page click "Welcome and Information Packet." This document is the one-stop-shop for many of the individual documents listed in each unit; it simply provides you a thorough overview and place to print off forms and pages that will be helpful throughout the course.
5. Now you are ready to start Unit 1. In the left navigation column, click "My Courses."
6. Under the Phase 1 heading, click "Unit 1 Anatomy and Medical Terminology."
7. When prompted, enter enrollment key: **Midw!f3toBEUnit1**
8. You are ready to begin your coursework!

Get to know each other:

- **Update Your Profile in Moodle** | Once you've logged into your Moodle account, update your Profile by following these directions:
 - Click the down arrow beside "My Profile Settings" on the left side of the home screen under the heading ADMINISTRATION. There you will be able to click "Edit Profile."
 - Update your information, and make sure to scroll down to the very bottom and click "Other fields" and update the state in which you live. This is very helpful for networking with other Midwife To Be students in your area. Also, make sure to mention if you want a local study partner and provide your contact info, etc.
- **Join the MIDWIFETOBE Yahoo Group** | Be sure to join our yahoo group! A link can be found on the MTB website. Once you've joined, feel free to introduce yourself to the group. Notices of skills weekends and other communications will be posted through this private group.
- **Join the MidwifeToBe Facebook Group** (optional) | This is a fun place to network and share stories with your classmates and other midwives.

At the end of each unit you must submit the following:

If using Moodle:

- Upload Activity Log of hours
- Practice quiz included in most Units (grades don't count)
- Take two tests (instant grades!)
- Two basic book reviews (complete the form in Moodle)
- Project uploaded if required (not graded but to be shared with others)
- \$25 via PayPal for next Unit

If using snail Mail:

- Copy of unit completed (hours need to total minimum hours)
- Two book reports (form on page 21)
- Test answers from last two tests (ask for them by email at dancingmidwife@gmail.com)
- \$25 for next Unit
- Project completed
- SASE for test return

Midwife To Be Unit Check-Off Form

This document is for your personal record, to keep track of what you have completed.

Unit #	Unit Title	H. work Hrs. (45)	Medical Hrs. (6)	Mailed w/fee	Births Attended	PNVs & PPVs	Study Group
1	Anatomy						
2	Physiology						
3	Fetal Growth						
4	Lab Work						
5	Nutrition I						
6	Nutrition II						
7	Drugs & Interactions						
8	Childbirth Education						
9	Counseling						
10	Prenatal Care						
11	Risk Factors						
12	Prenatal Discomforts						
13	Prenatal Comp. I						
14	Prenatal Comp. II						
15	Prenatal Comp. III						
16	Labor & Delivery I						
17	Labor & Delivery II						
18	Fetal Positions						
19	Labor Support						
20	Birth Complications I						
21	Birth Complications II						
22	Birth Complications III						
23	Hospital Transports						
24	Postpartum Normal I						
25	Postpartum Normal II						
26	Postpartum Changes						
27	Breastfeeding						
28	Postpartum Comp.						
29	Newborns						
30	Newborn Complications						

Midwife To Be Course Outline

OVERVIEW

This course is designed for those interested in becoming a Home Birth or Missionary Midwife. There are 3 Phases, each containing 10 Units. Each Unit must be completed before moving on to the next. All coursework must be done in order. The course can be completed in 30 months. An outline containing reading, tests, a project, and homework is provided for each Unit.

OUTLINE Phase I

I. **Basic Science**

Unit 1. Anatomy & Medical Terminology (basic overview of body system with focus on reproductive system)

Unit 2. Physiology (including hormones, menstrual cycle, natural birth control, etc.)

Unit 3. Fetal & Placenta Development (including genetic screening, assessment, etc.)

Unit 4. Lab Work (wet preps, microscopes, PKU, prenatal panels, cultures, etc.) Unit 5.

Nutrition (including vitamins & minerals, weight gain etc.)

Unit 6. Nutrition & Exercise (including herbs and nutritional counseling)

Unit 7. Drugs & Interventions (including Pitocin, Vit.K, Rhogam, Ultrasound, other prenatal tests)

II. **Antepartum Management**

Unit 8. Childbirth Education (homebirth requirements & preparation methods)

Unit 9. Communication & Counseling (stress management, family unit, etc.)

Unit 10. Prenatal Care (within normal limits)

Phase 2

Unit 11. Risk Factors & Referrals (protocols, abuse, etc.) Unit

12. Prenatal Discomforts (including alternate medicine) Unit 13. Prenatal Complications Part I

Unit 14. Prenatal Complications Part 2

Unit 15. Prenatal Complications Part 3

C. **Intrapartum**

Unit 16. Labor and Delivery Part 1 Unit 17. Labor and Delivery Part 2

Unit 18. Pelvimetry & Fetal Position (including malpresentations) Unit

19. Labor Support (doula work, massage, birth plans, family unit) Unit 20. Birth Complications Part I

Phase 3

Unit 21. Birth Complications Part 2

Unit 22. Birth Complications Part 3

Unit 23. Hospital Transports (E.M.S., back up, cesarean, etc.)

D. **Postpartum**

Unit 24. Postpartum Normal Part I Unit 25. Postpartum Normal Part 2

Unit 26. Postpartum Changes (psycho-social, depression, etc.)

Unit 27. Breastfeeding (from mom and baby's side)

Unit 28. Postpartum Complications (lacerations, bleeding, stillbirth, etc.)

Unit 29. Newborns-Normal (newborn exam, age assessment, circumcision, etc.)

Unit 30. Newborn Complications (abnormalities, infections, etc.)

Online Classes (optional)

- [Charting Laws and Decision Making](#) online class (2 hr class: \$50) (required for Alaska) ▪ [Midwife To Be International](#) (25, 1 hr classes: \$250)
- [Doula To Be](#) [10% discount if in MTB] (12, 1 hour classes: \$270)

Credit Hours

- 1 Credit earned per Unit (45 hours self-study) = 30 Total Credits
- 2/3 Credit earned for weekend classes (5 classes at 10 hours each) = 3 1/3 Total Credits ▪ 1 Credit earned for 45 hours of clinicals over and above state requirements (min. 270) = 6 Total Credits

Sample Month Outline (for Unit 9)

- Read 2 books on Phase 1 list
- Take 2 closed-book tests (by mail/email) using the honor system
- Read Nurse Midwifery pages 174-179
- Read Holistic Midwifery pages 296-338 & 591-627 (test on above when completed)
- Go over NARMS skills 191, 192, 195, 196, 27
- Complete 1 project (example: list hospitals in area) ▪ Document hours of study
- Upload

Summary of what to do to get started:

1. Create your account in Moodle and update your Profile. (Make sure to select your state in "Other Fields" in order to find a study partner.)
2. Order your books through the MTB Amazon Link on website to support midwifery missions.
3. Join YAHOO group MIDWIFETOBE and send intro of self, if desired. You're welcome to join the Facebook MidwifeToBe group as well.
4. If you haven't already completed the registration page online, please send registration page to Dancingmidwife@gmail.com or Lisa Aman LM | 120 Barbrey Dr. | Easley, SC 29640

Frequently Asked Questions

What Is A DEM?

Direct Entry Midwife is kind of a generic term, and really refers to any midwife who learns midwifery without first having to become a nurse (hence the "direct entry" part of the acronym and what differentiates DEMs from CNMs). Some DEMs learn by apprenticeship, some attend distance-learning or "in person" schools, and others learn by self-study. Some DEMs are very skilled and experienced...others, not so much. "Lay" midwife is kind of an archaic term for DEM—many midwives have rejected it in favor of DEM, feeling that "lay" connotes "unprofessional" or unskilled.

What Is A CPM?

A CPM is a Certified Professional Midwife (most are DEMs, although some CNMs are also CPMs) who has met the standards set by NARM for certification. Those standards can be met by formal schooling at a MEAC accredited school or by the PEP process.

Is Midwife To Be Accredited?

No, it's not MEAC accredited. It costs more than I make to get accredited and stay accredited each year. That cost would in turn be passed onto YOU. My personal mission is to educate midwives for a reasonable cost, so accreditation isn't something I plan to do at this time. You do not have to go to an MEAC accredited school to sit for the NARM exam. You can review the NARM website to see the qualifications needed to sit for the exam. The information is listed here:

[The North American Registry of Midwives Eligibility Requirements
www.narm.org](http://www.narm.org)

Does The Midwife To Be Program Offer Any Apprenticeships Or Hands-On Experience?

It is up to each individual student to make her own way within midwifery. I set up weekend skills workshops every so often to help you achieve our skills check offs. In addition, I have taken women to other countries to get some catches. However, it is up to you individually to make contacts in the area to help get your apprenticeships. You may want to set up your own doula business to help make contacts within the local birth world. This also will give you great exposure to other doulas and midwifery students. There are also state associations in most states (even those where homebirth midwifery is illegal.) Taking the initiative to be involved and meeting others in the field will help you make the contacts necessary to help attain an apprenticeship. Finally, most of us believe in God's Plan for our lives, and He can open doors for you personally and as you seek out experiences, you will find that opportunities come available.

What If It's Not Legal In My State? Is It Worth It?

Worth is something that each woman must determine on her own. What is your personal desire to be a midwife? Is this a calling or something you are going into for money? If it is money, you will probably find that a cost analysis compared to the risk associated with practicing in an illegal state may not be "worth it" for you. However, if this is a true calling, then you will likely find that the financial benefits are fair, but the personal benefits of midwifery are, as the MasterCard commercials say, "Priceless." Each state's laws are different, as well as the degree to which they may prosecute or leave midwives alone. Your own tolerance for risk is a big factor here and no one can answer the question above except for you. Midwives do practice illegally. Some have gone to jail. In some states, the laws are heavily enforced, while in others it is pretty much ignored. I recommend you get in touch with the midwives group in your state and speak with a midwife that practices in your state. That is really the best way to find out more about the climate in your individual state.

Is There A Time Limit?

No but it may be harder to pass the NARMS exam if you drag it out too long (if you are planning to take). Some students take MANY years training and have kids along the way, take breaks etc. The more you learn, the more midwives you work under, etc., the better Midwife you will become.

Why Is This Course So Inexpensive?

This course was made around being licensed here in South Carolina and the needs of the local student. I also wanted to make it more affordable to give Midwifery training a try, so if you do drop out you aren't losing a lot of money. Books can be resold etc. A lot of ladies are stay-at-home Moms, home schooling, etc. and this is a practical way to get back in school for many.

What Books Do I Get First?

Priority Books	<i>Phase 1: Holistic Midwifery Volume 1</i> by Frye
	<i>Phase 1: Varney's Midwifery</i> (latest edition if possible) by Varney (not mini book)
	<i>Phase 1: Practical Skills Guide for Midwifery</i> NARMS www.babybirthandbeyond.com
	<i>Phase 1: Old's Maternal & Newborn Nursing</i> by Olds & London
	<i>Phase 2: Birthsong Midwifery workbook</i> by Daphne Singingtree
	<i>Phase 3: Understanding Diagnostics Test in the Childbearing Year</i> by Anne Frye

You may want to get others on the reading list too. Check the local Library and with other local students to borrow books to get started.

How Do I Get Skills Hours In?

Any way you can. Some ideas are practicing skills, doula work, watching/helping at births/prenatals, childbirth classes, study groups, volunteer at pregnancy center, etc. The study time will be easier and more interesting as you get contact with real pregnant ladies.

How Do I Find A Midwife To Work With?

First of all, it's better to get going with the course so you can learn some basic information. Plus, you will be proving to the Midwife you are asking that you are serious about training in a course. Each situation will be different.

Do an online Midwife search, ask around, check breastfeeding groups, health food stores, Chiropractors or ask other homebirth moms. Check with CNMs who work in a hospital to see if you can sit in on prenatal days. Maybe even ask a local Doctor who is Midwife-friendly if you can come in as a student/volunteer. There are also many opportunities along the way to go to birth centers/projects for a season to get births in. (Texas is a popular place on the Mexican border.)

Just remember many Midwives have been "burned out" training students so it's a privilege getting to go to births and training under a (usually) very busy Midwife. Make her work easier not harder. Show up for births, prenatals etc. on time. Dress neatly and appropriately for your area. Don't argue or contradict a Midwife in front of clients. Remember it's HER practice and you are there to learn. You are also representing her. If on call for a birth, be on call! Clean up after births, help with paperwork, find out how to be a blessing, serve her, and her clients, and you will learn.

Phase 1 Books

Course Instructions: Books may be read in any order in each phase. To complete your Book Reviews and Tests for each Unit, simply pick 2 of the 20 books or sections of books listed below.

Priority Books Needed for Phase 1:

I do not require you to purchase books, but it's helpful to have your own copy of these books in particular. Other books listed in the Book Review/Test list below may be borrowed or purchased as well.

★ **Understanding Diagnostic Tests in the Childbearing Year** • Frye ★

Practical Skills Guide for Midwifery • NARMS

★ **Varney's Midwifery** • Varney (latest edition if possible; not the mini book)

★ **Olds' Maternal-Newborn Nursing & Women's Health Across the Lifespan** • Davidson, London, Ladewig

★ **Holistic Midwifery (Volume 1)**• Frye

★ **A Midwife's Handbook** • Sinclair

Books & Sections of Books for Unit Book Reviews / Tests	Date Read	Grade
1 Complete Book of Pregnancy and Childbirth • Kitzinger		
2 Spiritual Midwifery • Ina May Gaskin		
3 Heart And Hands • Elizabeth Davis		
4 Natural Childbirth the Bradley Way • McCutcheon		
5 Labor Progress Handbook • Simkin & Ancheta		
6 Prescription for Dietary Wellness • Balch & Balch		
7 Active Birth • Balaskas		
8 Easing Labor Pain • Lieberman		
9 Anatomy and Physiology for Midwives • Coad and Dunstall		
10 The Complete Aromatherapy and Essential Oils Handbook for Everyday Wellness • Purchon and Cantele		
A Midwife's Handbook • Sinclair		
11 ▪ Chapter 1 – Test 1		
12 ▪ Chapter 2 – Test 2		
13 ▪ Chapter 3 – Test 3		
14 ▪ Chapter 4 – Test 4		
15 ▪ Chapter 5 & 6 – Test 5		
16 ▪ Chapter 7, 10, 11 – Test 6		
17 Physical Examination and History Taking (Sixth Ed.) • Bates		
Olds' Maternal-Newborn Nursing & Women's Health Across the Lifespan • Davidson, London, Ladewig		
18 ▪ Pregnancy – Test 1		
19 ▪ Birth – Test 2		
20 ▪ Postpartum & Baby – Test 3		

Phase 1 Projects

Please pick any one project to do with each of your units. You need to log which project you chose on your Unit Tracking Form that you will turn in at the end of the unit. Some of the projects need to be uploaded to Moodle site to share with others. Don't copy other projects but use for ideas. You will learn from each other.

	PROJECTS	Date Completed
1	Join state group and attend meetings if possible	
2	Find a local study group or partner and get together on a regular basis	
3	Attend a set of Childbirth classes	
4	List birth options in your area (home / hospital / ABC)	
5	Do a homebirth community service project (Library film showing, etc.)	
6	Attend a class on pregnancy exercises (or get video and complete)	
7	Get state regulations on homebirth for your state	
8	Get laws and info on PKU tests	
9	Get laws and info on Kids vaccinations	

10 List referrals (WIC, Abuse centers, Pregnancy centers, etc.)

	TURN IN UNITS	Date Completed
1	Anatomy & Medical Terms	
2	Physiology	
3	Fetal & Placental Development	
4	Lab work	
5	Nutrition 1	
6	Nutrition 2	
7	Drugs & Tests	
8	Childbirth Education	
9	Communication & Counseling	
10	Prenatal Care	

Phase 2 Books

Course Instructions: Books may be read in any order in each phase. To complete your Book Reviews and Tests for each Unit, simply pick 2 of the 20 books or sections of books listed below.

Priority Books Needed for Phase 2:

I do not require you to purchase books, but it's helpful to have your own copy of these books in particular. Other books listed in the Book Review/Test list below may be borrowed or purchased as well.

- ★ **Birthsong Midwifery Workbook** • Singingtree
- ★ **Human Labor & Birth** • Oxorn & Foote
- ★ **Obstetrics & the Newborn** • Beischer & Mackey ★
- Naturally Healthy Pregnancy** • Parker
- ★ **Holistic Midwifery (Volume 1)**• Frye

	Books & Sections of Books for Unit Book Reviews / Tests	Date Read	Grade
	Human Labor & Birth • Oxorn & Foote		
1	▪ Test 1 – beginning through page 152		
2	▪ Test 2 – pages 153 - 436		
3	▪ Test 3 – pages 437 - 684		
4	▪ Test 4 – page 685 through the end		
5	Birthsong Midwifery Workbook • Singingtree		
6	Understanding Addictions, Drug Use and Abuse • March of Dimes (read and do test on March of Dimes website)		
7	Empty Arms • Ilse (or other baby loss book)		
8	Pregnancy Childbirth & the Newborn (Revised) • Simkin		
9	A Guide to Effective Care in Pregnancy & Childbirth • Enkin		
	Obstetrics & the Newborn • Beischer & Mackey		
10	▪ Basic Test in book		
11	▪ Advanced Test in book		
12	▪ Pregnancy Test in book		
13	▪ Birth Test in book		
14	Counseling the Nursing Mother • Lauwers & Shinskie		
15	Holistic Midwifery (Volume 2) • Frye (see study guide – no test)		
16	Pushed • Block		
17	The Baby Book • Sears		
18	Mommy Diagnostics • Parker		
19	When Survivors Give Birth • Simkin		
20	Naturally Healthy Pregnancy • Parker		

Phase 2 Projects

Please pick any one project to do with each of your units. You need to log which project you chose on your Unit Tracking Form that you will turn in at the end of the unit. Some of the projects need to be uploaded to Moodle site to share with others. Don't copy other projects but use for ideas. You will learn from each other.

	PROJECTS	Date Completed
1	Join M.A.N.A. www.mana.org	
2	Get CPR certification (infant and adult)	
3	Do herb projects (make tinctures, grow, make herb mixes)	
4	Attend Le Leche League series meetings	
5	Find out about HIPAA Privacy laws and fines	
6	Write booklet on nutrition in pregnancy for clients	
7	Make a risk factors check off sheet to use	
8	Do 3 diet recall sheets on clients or friends and go over with them	
9	Visit a medical library: see what books and resources are available	

10 Help out state Midwifery group with a project

	TURN IN UNITS	Date Completed
1	Risk Factors & Referrals	
2	Prenatal Discomforts	
3	Prenatal Complications	
4	Prenatal Complications 2	
5	Prenatal Complications 3	
6	Labor & Delivery 1	
7	Labor & Delivery 2	
8	Pelvimetry & Fetal Positions	
9	Labor Support	
10	Birth Complications	

Phase 3 Books

Course Instructions: Books may be read in any order in each phase. To complete your Book Reviews and Tests for each Unit, simply pick 2 of the 20 books or sections of books listed below.

Priority Books Needed for Phase 3:

(You have probably already purchased most of these for Phase 1 and 2.)

I do not require you to purchase books, but it's helpful to have your own copy of these books in particular.

Other books listed in the Book Review/Test list below may be borrowed or purchased as well.

★ **Understanding Diagnostic Tests in the Childbearing Year** • Frye

★ **Varney's Midwifery** • Varney (latest edition if possible; not the mini book) ★

Holistic Midwifery (Volume 1)• Frye

★ **A Midwife's Handbook** • Sinclair

	Books & Sections of Books for Unit Book Reviews / Tests	Date Read	Grade
	Holistic Midwifery [Volume 1] • Frye		
1	▪ Test 1 – pages 201 - 338		
2	▪ Test 2 – pages 339 - 498		
3	▪ Test 3 – pages 499 - 632		
4	▪ Test 4 – pages 633 - 736		
5	▪ Test 5 – pages 737 - 780		
6	▪ Test 6 – pages 781 - 882		
7	▪ Test 7 – pages 883 - 944		
8	▪ Test 8 – pages 945 - end		
9	A Cooperative Method of Natural Birth Control • Nofziger		
	Understanding Diagnostic Tests in the Child • Frye		
10	▪ Test 1 – Tests		
11	▪ Test 2 – Problems in Pregnancy pages 61-150 (6 th ed)		
12	▪ Test 3 – Pap & Metabolic pages 177-285		
13	▪ Test 4 – Disease Conditions pages 287-366		
14	▪ Test 5 – Fetal Diagnosis pages 368-667		
15	▪ Test 6 – Assessing the baby pages 669-786		
16	▪ Test 7 – Appendix/Post-partum Testing pages 789- end		
	Varney's Midwifery • Varney		
17	▪ Test 1 – Pregnancy		
18	▪ Test 2 – Labor and Birth		
19	▪ Test 3 – Newborns		
20	▪ Test 4 – Post-partum		

Phase 3 Projects

Please pick any one project to do with each of your units. You need to log which project you chose on your Unit Tracking Form that you will turn in at the end of the unit. Some of the projects need to be uploaded to Moodle site to share with others. Don't copy other projects but use for ideas. You will learn from each other.

PROJECTS		Date Completed
1	Volunteer at pregnancy center or clinic with pregnant clients	
2	Study and make a file on pros/cons of circumcision	
3	Teach a private childbirth class	
4	Read about births in other countries	
5	Bless a Midwife (Help her file, type, organize, treat to lunch, etc.)	
6	Do informed consent for your practice to be	
7	Do protocols for practice to be	
8	Visit or call possible back up Doctor	
9	Do free Doula job to lady in need	
10	Tour a lab (state is best)	

TURN IN UNITS		Date Completed
1	Birth Complications 2	
2	Birth Complications 3	
3	Hospital Transports	
4	Postpartum Normal	
5	Postpartum Normal 2	
6	Postpartum Depression, etc.	
7	Breastfeeding	
8	Postpartum Complications	
9	Newborn Normal	
10	Newborn Complications	

Course Unit Tracking Forms

Midwife To Be	Name	Date Sent
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Unit 1: Anatomy & Medical Terminology

V	Varney's Midwifery 4th Edition		Practical Skills Guide, 3rd ed.
HM	Holistic Midwifery, Vol. I, by A. Frye		by Weaver & Evans
V	chapters 1, 45, 52, 56		<input type="checkbox"/> Handwashing
HM	Basic Anatomy & Physiology p. 79-136		<input type="checkbox"/> Gloving and ungloving
			<input type="checkbox"/> Sterile technique
			<input type="checkbox"/> Sterilization of instruments

Book Title _____ Test Date _____ Grade _____

Book Title _____ Test Date _____ Grade _____

Project _____

Date	Activity	Start Time	End Time	Total Times	
				Self-Study	Clinical

Total hours needed per unit...	Page Totals		
Self-Study: 45 hours (reading, homework, etc.)			
Skills/Clinicals: 6 hours (practicing skills, study group, births, pnv, pregnancy centers childbirth classes, etc.)	2nd Page Totals		
	Unit Totals		

Midwife To Be		Name	Unit #			
Date	Activity	Start Time	End Time	Total Times		
				Self-Study	Clinical	
Page Totals						

Book Review

STUDENT'S NAME:

DATE:

BOOK:

AUTHOR:

HOW WOULD YOU RATE THE BOOK ON A SCALE FROM 1-10 (1 POOR - 10 BEST)?

WOULD YOU ENCOURAGE OTHERS TO READ THIS BOOK?

WHO?

WHAT ARE A FEW THINGS YOU LEARNED?

WHAT DID YOU DISAGREE WITH?

DID YOU TAKE NOTES TO STUDY?

Clinical Experience Record

This is for your own use to keep track of your clinical hours, but does not need to be turned in to Lisa.

Name			
Date	Experience	Preceptor	Notes

Clinical Experience Abbreviations:

- PNV: Prenatal Visit
- NBE: Newborn exam
- MB: Missed Birth
- PPV: Postpartum Visit Home B.: Home Birth
- OB: Hospital Birth
- CEC: Childbirth Ed. Class
- M: Management
- BFC: Breastfeeding Class

Documentation of Birth Attendance

This for your own use to keep track of your clinical hours, but does not need to be turned in to Lisa.

Apprentice's Name:					
Date:		Location: <input type="checkbox"/> Home <input type="checkbox"/> Hospital		Preceptor:	
Labor State Length: 1st _____ 2nd _____ 3rd _____					
Gestations	Pregnancies	Age	# of PNVs	# of PPVs	Hrs in Labor Attendance
Labor Summary					
Skills Used					
Study/Research					

Where to Purchase Course Books

Below are a few helpful places you may find your books at a discounted or reduced rate:

Free/Creative ideas

- Local Library (may also find at a medical library or library within a hospital)
- Borrow from Midwife, Childbirth instructor or L.L League Lib. (don't forget to return) ▪

Ask for them for Christmas, Birthday gifts

- Garage sales, thrift stores and used book stores may have some (Pray before you shop ☺) ▪
- midwifetobe yahoo group files have other ideas

Discounted/Reduced ideas

- **Help Support Midwifery Missions!!! – Purchase books through [Lisa's Amazon Booklist](#)**
 - Bookstores -Books a Million, B&N, etc. can order textbooks... get discount card and save in shipping
 - www.ebay.com – bid on books
 - www.half.com – used books at discount from individual sellers, linked to eBay ▪
- www.addall.com – big used search on line
- www.marchofdimes.com – alcohol/drugs booklet \$20 or 1-800-367-6630 others available too ▪
- www.birthsupplies.com – has most of your books
- www.1cascade.com – has all books 800-443-9942
 - www.childbirthconnection.org free download of A Guide to Effective Care in Pregnancy and Childbirth

**Varneys Midwifery
Out line for MTB**

Unit	Topic	Version 3	Version 4	Version 5	Version 6
1	Anatomy and terms	Ch 17 to 236	Ch 1,45,52,56	Ch 11,20	Ch 19
2	Physiology	Ch 4,5,6	Ch 16, 17, 18	Ch 12,13	Ch 24 & 32
3	Fetal Development	Ch 17 237 on	Ch 21	Ch 1,2	Ch 36
4	Labs	40-43 & 52-55	Ch 46,47,50,57-60	Ch 7,8	Ch 4 & 20
5	Nutrition Vit/minerals	Ch 20	Ch 6	Ch 6	Ch 7
6	Nutrition herbs /diet	Ch 12	Ch 4	Ch 16	Ch 22
7	Drugs / Intervention	Ch 30	Ch 2,10	Ch 5	Ch 9
8	CB Education	Ch 31	Ch 9, 35	Ch 3,4	Ch 1 & 4
9	Communications	Ch 14	Ch 3,5,7	Ch 9,10	Ch 3
10	Prenatal care	Ch 10&41	Ch 10,53,54,55	Ch 22	Ch 21
11	Rick factors		Ch 8, 11,12,14,15	Ch 14,15	Ch 8 &14
12	PN Discomforts	Ch 18	Ch 14,15	Ch 19	Ch 6
13	PN complications 1	Ch 3	Ch 23	Ch 23	Ch 23
14	PN complications 2	Ch 21	Ch 24	Ch 24	Ch 12
15	PN complications 3	Ch 49, 50	Ch 15	Ch 21	Ch 2 & 5
16	L&D pt 1 process	Ch 22,60	Ch 26,27,62,63,66,67	Ch 25	Ch 25
17	L&D pt 2 fetal resp.	Ch 27, 61, 64,65	Ch17,70- 74	Ch 27	Ch 26
18	Pelvimetry /F position	Ch 51, 56	Ch 61	Ch 26	Ch 10
19	Labor support	Ch 23,24		Ch 28	Ch 27
20	Birth complications 1	Ch 25	Ch 75,76,77,78	Ch 30	Ch 28
21	Birth complications 2	Ch 26	Ch 21,30,38	Ch 29	Ch 29
22	Birth complications 3	Ch 71	Ch 22,34,79	Ch 31	Ch 30
23	Hospital transports			Ch 32	Ch 31
24	PP Normal 1	Ch 29, 38	Ch 31,33,42	Ch 33	Ch 33 & 11
25	PP Normal 2	Ch 66,67		Ch 34	Ch 15
26	PP changes	Ch 39		Ch 17,18	Ch 17 & 18
27	Breastfeeding	Ch 38,47, 57	Ch 43	Ch 36	Ch 13 & 35
28	PP complications	Ch 28,30,68,69,70	Ch 44	Ch 35	Ch 34
29	Newborns Normal	Ch 32,33,35,36,72,73	Ch 36,37,39,40,80,81	Ch 37,38	Ch 37 & 16
30	Newborn problems	Ch 34,37	Ch 40	Ch 39	Ch 38

About Lisa Aman



Lisa Aman, LM

www.floatingriverplace.com

www.newlifehomebirth.com

www.midwifetobe.com

www.doulatobe.com

I've known I wanted to be a Midwife since 1975 when I was pregnant with my first baby at age 15. I moved to The Farm in Tennessee after the baby was born to start training. Little did I know it wouldn't be that easy. I did get to take pictures for *Spiritual Midwifery* and other books, but didn't get to start training until I lived in California at age 17. I was then living with a previous Farm Midwife and went to my first birth to assist while I was in early labor myself with a breech! Later the next day, I ended up with a C-section for failure to progress. I then moved to Texas and trained with many different Midwives and had my third boy there at age 21 (VBAC almost in the hospital parking lot). Soon after, I became a Christian and have been serving God ever since.

After taking the EMT class and the Association of Texas Midwives course, I started practicing in Texas. Eventually, I relocated to South Carolina as midwifery is legal here and there was only one other midwife in the state. I have been licensed here and training midwifery students since 1985 and have created this course with their help.

I am married to Chris, mother to 3 boys and 1 girl (born on my birthday weighing 10lbs 14oz, my first homebirth). I currently have 7 grandchildren, two of which I had the privilege to deliver. My hobbies are Bible study, sewing, mosaic tile work, gardening, camping, homesteading, plant-based nutrition, and mission trips.

www.midwifetobe.com