

Birthingways

Winter 2012 Volume 16, Issue 4

The Newsletter of Birthingway College of Midwifery

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Calendar

Meet and Greet	11/18/11
Fall Term Ends	12/9/11
Winter Break	12/10 -1/1/12
Winter Term Starts	1/2/12
Winter Terms Ends	3/23/12
Spring Break	3/24/ -4/8/12
Spring Term Begins	4/9/12

A Day in the Life of a Midwifery Student

7:00 AM My alarm went off and I was still in my own bed. Our client at 41 weeks having contractions all day yesterday still did not call? Or did I miss the birth?!? Okay, where's my phone?! No, here it is. I didn't miss it. No call.

8:30 AM A free morning! I am so thankful when life works out this way. I am in two apprenticeships, but even so I am not always that busy and that's the way I like it. Sleeping and gardening are essential to my life, so I make sure I get to do both every now and then.

10:00 AM Out the door to go to my nanny job and I get a call from my doula client. She's starting to have contractions, 8-10 minutes apart. It's her first baby, so I am not too concerned. She could be doing that for days, right?

12:00 PM Lunch for the kids. Screaming at the table. Just for fun. Do I try to make them shut up? Will that squelch their little spirits? I let them scream. Until my midwifery preceptor calls. Our client's contractions are picking up. She wants me to stop by on my way to class that afternoon. I decide it will be okay if I am a little late to class. I haven't missed any yet. Should be fine.

2:00 PM Quiet time for the kids. I can get some reading done for class, in between bringing them books, water, and puzzles, and reminding them they are supposed to stay on their respective couches. ("Quiet time" is completely inappropriate for what this time sounds like to me. Maybe we should call it "less noisy relative to the constant screaming that goes on at lunch time.")

5:15 PM Check in with this client and my doula client calls again. Her water just broke! "I'll call you back."



6:00 PM Check in on my client. I get to do my first vaginal exam! And I found the cervix! Oops, I forgot to feel for the baby's head. Next time.

7:00 PM In class. Called doula client and they are heading to the hospital and will check in when they get there. My preceptor texts, they are at the birth. Come when I can.

7:30 PM Leave class early to go to the birth. (I learned that you cannot miss too much class even for births, even though you are in midwifery school. Class comes first if you are near missing 25%. Those credits are just way too expensive. Go to class!)

9:13 PM Baby born! It's a girl! (meanwhile my phone is buzzing...doula client...) I hang around for the placenta, then rush off to the hospital.

12:00 AM Doula client is 6cm when she got here and has dilated to 9cm already!

2:05 AM Crowning...episiotomy...Baby born! Another girl.

4:00 AM Wow! She's exhausted, I'm exhausted. Baby is doing well. I'm heading home. First prenatal is not until noon tomorrow. Thank you, universe, for that.

Maura Jansen is an extension student. She works as a nanny, a postpartum doula at a birth center, a labor doula, and has clinical training in two relatively slow homebirth practices. Not every day is like this day, but plenty are.

Birthingway Non-credit Workshop:

Biodynamic Resuscitation of the Newborn Initial Training

Description:

Birthingway certification in neonatal resuscitation including use of bag/valve/mask. For practitioners who have never been certified in neonatal resuscitation, who want a thorough review, or whose previous training was over two years ago. Instructor: Denise Clark, BA, EMT-P

Date / Time / Location:

Biodynamic Resuscitation of the Newborn - Initial Training ~ March 9, 2012 ~ 9:00am - 5:30pm Birthingway College of Midwifery - Carlton House 12108 SE Carlton St., Portland, OR 97266

Cost:

Neonatal Resuscitation Initial fee: \$105

Registration Deadline: March 2, 2012 at 4:30pm. After this date and time, an additional \$75 late registration fee (non-refundable) is required. Sorry, no walk-in registrations on the day of the workshop will be accepted.

Required Course-pack / Equipment

Course-pack Required: \$10

Refund Policy:

Written notice is required to receive a refund. If written notice is received up to seven calendar days prior to the first day of class, you will receive a 95% refund of the course fee. After that point, 80% of the course fee will be refunded *up to the first class day.* No refund will be given on or after the first class day. Late registration and course-pack fees are non-refundable. If the minimum enrollment of 5 is not achieved, the course will be canceled and you will receive a 100% refund. Please allow four to six weeks for receipt of refund.

Please detach registration form here.

Winter 2012 Biodynamic Resuscitation of the Newborn Initial Training – Registration Deadline 3/2/12 at 4:30pm Biodynamic Resuscitation of the Newborn Initial Training fee: \$105 + \$10 Course-pack (required) = \$115 \$ \$75 Late Registration fee (non-refundable) if registration is received after 4:30pm on 3/2/2012 \$ TOTAL Payment method: (please circle) Check/Money Order Cash PayPal (see below) Name (First, Middle Initial, Last) Address, City, State, Zip Phone Email

- We must receive this completed registration form AND full payment to register you for this workshop.
- Please make check/money order payable and mail to the address below.
- Credit card payments are accepted through PayPal by visiting http://www.birthingway.edu/payment.htm. You don't
 need a PayPal account to pay with your credit card. By paying through PayPal, you agree to the terms and conditions
 on our payment page. You must include a copy of your PayPal payment confirmation with your registration form.
- Birthingway cannot accept third-party PayPal payments. The name on the credit card/account must be the same as the student taking this workshop.

Amount needed to clear registration: \$ Amount Paid: \$ Date/Time:	OFFICE USE ONLY
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Amount needed to clear registration: \$ Amount Paid: \$ Date/Time:	
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Community and Student News

New Teaching and Staff Additions

Melissa Cole, IBCLC, RLC is a registered, board certified lactation consultant who has been offering breastfeeding support since 2002. Through her work in practice with private Lactation, Melissa believes it is a great honor to support families as they work towards their breastfeeding goals. She is a longtime La Leche League Leader and is also active with several lactation and health care professional associations. She teaches Advanced Breastfeeding Skills for the Associates in Lactation Consultation program. Melissa, her husband, Bryon and their three children enjoy living in the beautiful Pacific Northwest.



Amari Fauna recently joined Birthingway as the new Operations Coordinator. She comes from many years of working in community counseling and HIV prevention and hospice care. She recently accepted a Basic Rights Oregon "Equality Champion" award in trans justice and has an active interest in permaculture design and sustainability. She is Birthingway's exhilarated by systematic approach to NVC in the workplace. Welcome Amari!



Babies!

Faculty member, **Adeline Kell,** is excited to announce the her big news: baby Hazel Azalia was born on July 26 on their back porch, weighing in at 8 pounds 6oz!

Birthingway graduate, Melissa Cole Curry, welcomed a baby girl, Sophia Clementine, born at home into her papa's hands at 4:12pm on April 3rd, 2011 after a very reasonable 11 hour labor. Melissa writes, "We were overjoyed by her arrival, which broke all of my midwife biases (born a week early, during the daytime, and after a relatively short first time labor!) She weighed 7lbs. 7 oz, was 21 and a half inches long, and is mighty cute."

Third year student, **Colleen Schafer**, welcomed Abigail Eileen Schafer, who was born at home on September 11, 2011 weighing 9lbs 4oz. She was caught by her daddy Jack and midwife and Birthingway faculty member **Heather Hack-Sullivan**. A photo of Abigail is below.



Midwifery Clinical Training

Extension student, Danielle Kitt, is working with Joy Jech at Andaluz. Jacqueline Lynch, an extension student, is working with Augustine Colebrook in Medford, Oregon. Melissa Maureen, an extension year student, is working with Cynthia Luxford. Third year student, Angela Beach, is working with Kate Howe at Andaluz. Melissa Wiseman is working with Jesica Dolin at Andaluz. Second year Chelsea Campstudent, bell-Martin, is working with Melissa Gordon-Magnus Alma. Third year student, Divya Za, is working with Celeste Extension student, Kersey. Micaela Schulten, is working with Pamela Echeverio.



Lactation Clinical Training

First year, Associates in Lactation students, Lisa Keres, Anne Tegtmeier and Catherine Shelton are working with our lactation preceptors to provide care to clients at our FREE Breastfeeding Center. Congratulations on your great work!

Birthingway Non-credit Workshop:

The Labor Doula

Assisting Women with Birth

Description:

Lecture, readings and practical skills for providing emotional and physical support for women in labor and immediate postpartum. This course constitutes one step towards Birthingway's Labor Doula Certification and also meets the prerequisite for admission to our midwifery program. Instructor: Stacey Marshall, CD (DONA), PCD, BC, CBE

Date / Time / Location:

Sundays on 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/4/12 ~ 3:00pm - 6:00pm Birthingway College of Midwifery - Carlton House 12108 SE Carlton St., Portland, OR 97266

Cost:

Workshop fee: \$485 Registration Deadline: 12/19/11 at 4:30pm. After this date and time, an additional \$75 late registration fee (non-refundable) is required. Sorry, no walk-in registrations on the day of the workshop will be accepted.

Required Course-pack / Books

Course-pack fee (non-refundable): \$67 Course-pack will be available for pick-up at Birthingway, Monday - Friday, from 8:30am - 4:30pm after the registration deadline. Course-pack must be read before the first class session.

The following books must be read prior to attending the workshop, but are not required to be owned:

- Kitzinger S. The Complete Book of Pregnancy and Childbirth. 4th ed. Alfred A. Knopf, Inc; 2003.
- Gaskin IM. Ina May's Guide to Childbirth. Bantam Dell Publishing Group; 2003.

The following books will be read during the workshop, but are not required to be owned:

- England P and Horowitz R. Birthing from Within. Albuquerque, NM: Partera Press; 1998.
- Klaus MH, Kennell JH, Klaus PH. The Doula Book. Cambridge, MA. Perseus Publishing. 2002.
- Newman J and Pitman T. The Ultimate Breastfeeding Book of Answers. New York: Crown Publishing. 2006.

Refund Policy:

Written notice is required to receive a refund. If written notice is received up to seven calendar days prior to the first day of class, you will receive a 95% refund of the course fee. After that point, 80% of the course fee will be refunded up to the first class day. No refund will be given on or after the first class day. Late registration and course-pack fees are non-refundable. If the minimum enrollment of five is not achieved, the course will be canceled and you will receive a 100% refund. Please allow four to six weeks for receipt of refund.

Please detach registration form here.

Winter 2012 Labor Doula Workshop Registration F	orm (9 session)	- Registration Deadline 12/19/2011	at 4:30pm			
Labor Doula Workshop fee: \$485 + \$67 course-pack fee (non-refundable) = \$552						
Please send the course-pack to me. I have included \$6 postage and handling.						
\$75 Late Registration fee (non-refundable) if registration	is received after	4:30pm on 12/19/2011	\$			
		TOTAL				
Payment method: (please circle) Check/Money Order	Cash	PayPal (please see below)				
Name						
Address, City, State, Zip						
Phone	Email					

- We must receive this completed registration form AND full payment to register you for this workshop.
- Please make check/money order payable and mail to the address below.
- Credit card payments are accepted through PayPal by visiting http://www.birthingway.edu/payment.htm. You don't
 need a PayPal account to pay with your credit card. By paying through PayPal, you agree to the terms and conditions
 on our payment page. You must include a copy of your PayPal confirmation with your registration form.
- Birthingway cannot accept third-party PayPal payments. The name on the credit card/account must be the same as the student taking this workshop.

OFFICE USE ONLY							
Date/time/payment/initial							
Please route in this order:	_FIN	REG	FIN	LRC	OPS	SPC	File
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Method:		Reference #:					

Specialized and Lactation Program News



Labor Doula Program

Our Labor Doula Workshops continue to thrive! Summer and fall workshops were full of women excited to support families during their pregnancy and birth.

Our program is bigger than ever and continues to meet the needs of the communities it serves. We would like to welcome these amazing students to our Practicum:

Sylvie White
Katie Rose Alexander
Jordanna MacIntyre
Cayce Ryan
Kristin Laxson
Michelle Cushing
Maggie Bennett
Allison Filderman
Emily Bilderback
Erin Hendricks

Check out their pictures and bios on our Web site, birthingway.edu/sld.htm.

We would also like to congratulate **Georgia Lewis, Helen Hill, and Corinne Friedrich** for completing the Practicum and certifying as labor doulas. Thank you so much for all your hard work!

Childbirth Educator Program

Our spring workshop was jammed-packed with wonderful information and enthusiastic students.

We would like to welcome **Leah Rupp** into our Childbirth Educator Program. Keep up the good work, Leah!



Postpartum Doula Program

Birthingway College of Midwifery's Postpartum Doula Workshop was full of eager students this spring!

A warm welcome to those who recently joined the Practicum!

Susanne Cook Renata Austin Calina Brooke Catherine Shelton Catherine Waxenfelter

If you or someone you know is interested in any of our programs, please check out our website and visit our Facebook page.

Quick Tip

Top 5 Ways to Support a Postpartum Family:

- 1. Bring food
- 2. Wash dishes
- 3. Take the family dog for a walk
 - 4. A quick trip to the grocery store
- 5. Talk to the family's other children ask them how they are feeling.



Lactation Program News

Birthingway's FREE Breastfeeding Center has a new look and a new Facebook page. Please visit www.birthingway.edu often for updates about our center and the Lactation Program. For those who are on Facebook, you can find the most up to date breastfeeding news and information on our new page!

It's not too late to apply for the Lactation Program at Birthingway for 2012. The application deadline is **Thursday, December 1, 2011**.

Review information about the application process and download an application on our Web site.

If you have any questions about the application deadline or the process please call or email Stacey Marshall, program coordinator, at Stacey@birthingway.edu.

Are you curious about universal and local culture and politics around breastfeeding?



Breastfeeding Politics and Policy (LPOL121q)

Day and Time: Wednesdays, 1-4pm

Dates:

January 11, 18, 25, February 8, 15, and March 7 and 14

Instructors:

Rita Aparicio, MA, IBCLC and Carrie McCormick, MPH

This course dissects WHO recommendations and implementation; Federal Programs such as WIC; history of artificial feeding; social and cultural issues around breastfeeding; and ideas for being agents of change in the area of breastfeeding. Includes historical and contemporary topics with theory and action-oriented projects.

To register for this course, complete the registration form in this newsletter.

Community Spotlight



Adrienne Fuson, IBCLC, LMT, CD Birthingway Faculty Member Zenana Spa Lactation Services

What inspired you to become a teacher?

I've always liked teaching. I think that it's the best way to keep learning. I got my first experience teaching with Womenstrength as a volunteer teaching self-defense to women. That was a great experience because I could work through my nervousness being in front of a group of people. Also, my grandmother was a teacher and my mother is a professor who teaches teachers so I guess it's in my blood. My sister is a teacher as well.

Breastfeeding Center Warmline 503-762-1632

Our Breastfeeding Center is a fabulous resource for families in Portland and the surrounding area. Our phone line and free lactation consultation services provide help for any breastfeeding questions and concerns.

When did you start teaching at Birthingway? What did you teach? What was your background?

I actually don't remember exactly when I started at Birthingway so you can tell it's been a little while. I remember that I was pregnant with Asha so it was at least 10 years ago. I started by teaching the labor doula workshop which I taught up until last year when I started taking on more of the lactation education classes. I held onto the labor doula class for a while longer than I probably needed to just because I really enjoyed teaching it.

How have you and your teaching style changed since you began at Birthingway?

I've changed myself quite a bit in that I became a mother of 3 over the course of my time at Birthingway, and of course, I sat for my IBCLC a couple of years ago so my career outside Birthingway has also changed.

My teaching style has always been as kinesthetic as I can make it as that is how I learn best, so group activities, changing rooms, mixing it up are things I focus on in every class. I also still emphasize thinking for yourself, critical thinking, following your instincts because my students are going to be out there in the field making judgment calls, and I want them to have practice on how to do that from the get-go.

Over time, I think that my teaching style has changed as my understanding of the biodynamic model has deepened. I also am way into sharing the latest research findings with my students and exploring where to go when they have questions.

Interested in applying for the Lactation program in 2012? Applications deadline is

December 1, 2011.

If you have questions, please email Stacey at Stacey@birthingway.edu or check our Web site at www.birthingway.edu

What are you teaching now?

This quarter, I am just finished Pregnancy & Breastfeeding which was a brand new course that I really enjoyed. I am teaching Breastfeeding I and III, too, and enjoying getting to know the students and having a lot of fun.

We are excited about the new Associates Degree in Lactation Consultation. Will you share your thoughts on teaching future lactation consultants?

The field of lactation is so interesting to me because it's a lost art that we are learning more and more about. So the research that is coming out is new and fascinating. The most up to date theories on things like latch are actually very biodynamic in that they emphasize the hormonal connections between mom and babe and facilitate their innate abilities. I am excited for students in the lactation program to graduate from here and know things that most IBCLCs don't really know yet or aren't really practicing.

What words of wisdom can you share with new or current students?

Have as much fun learning as you possibly can, remember that it's OK to be a beginner and don't be too hard on yourself. Beginners have the strength of having open minds and fresh, loving hearts and that is huge.

Library News

Please check out the new Library section of the Web site. We've added new pages and sections to help you connect with library resources, databases, and services. Please remember to bring your library card with you. It is necessary to check out books.

You can access an online librarian 24/7 through the Oregon Library Net. Find a link from the Library Resources Web page!

New Items in the Library

DVDs

Amazing Talents of the Newborn: A Guide for Health-care Professionals and Parents. 2011.

Biological Nurturing : Laid-back Breastfeeding. 2011 Birth with Gloria Lemay. 2010.

Doula! The Ultimate Birth Companion. 2010.

Books

Between XX and XY: Intersexuality and the Myth of Two Sexes 2009.

Into These Hands: Wisdom From Midwives. 2011.

Medicine For The Outdoors: The Essential Guide to First Aid and Medical Emergencies. 2-009.

Nutritional Medicine. 2011.

Peaceful Living: Daily Meditations for Living with Love, Healing, and Compassion. 2005.

The placenta: From Development to Disease. 2011.

Stillbirth: Prediction, Prevention, and Management. 2011.

Textbook of Neonatal Resuscitation, 6th ed. 2011.

Tongue – Tie: Morphogenesis, Impact, Assessment and Treatment. 2010.

The Transgender Child: A Handbook for Families and Professionals. 2008.

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others. 2009.

The Woman's Handbook of Healing Herbs: A Guide to Natural Remedies 2011. Deb Soule's re-release.



Community Library Cards

Everyone is welcome to come browse the library, read a book, or watch a video. Community members who'd like to borrow materials may purchase a community library card:

> \$15 for three months \$25 for six months \$40 for the entire year



Library Hours

Monday 12pm-6pm Tuesday – Thursday 10am-6pm

Please call ahead and/or check the home page calendar of the Web site for holiday or other scheduled closures.

COURSE OFFERING – Winter 2012

- ♦ ADVANCED BREASTFEEDING SKILLS I (LADS221q) 2 credit hours. 6 sessions. Prerequisite: Breastfeeding III (BRF313q) and Breastfeeding Skills (BFS411q) This course is designed for lactation students to learn about advanced assessment skills, care plan implementation and proper breastfeeding device usage. During the course we will focus on honing and implementing clinical skills that pertain to lactation. This class is a pre-requisite to Advanced Breastfeeding Skills II.

 Date: Tuesdays on 1/31, 2/7, 2/14, 2/21, 2/28, 3/6/12 Time: 1:00pm − 5:00pm Location: Carlton House
- ♦ <u>BOTANICALS III (BOT313q)</u> 1 credit hour. 5 Sessions. Prerequisite: Botanicals II (BOT 332q) Study specific herbs that are versatile and effective for a variety of conditions in women's health and in midwifery applications. Students create treatment plans for "client" classmates using botanical medicine, modifying as necessary and charting appropriately. Taught by Mindy Cash, ND Date: Fridays on 1/6, 1/13, 1/20, 1/27, 2/3/12 Time: 9:00am − 11:30am Location: Foster House
- ♦ BREASTFEEDING II (BRF222q) 2 credit hours. 5 sessions. Prerequisite: Breastfeeding I (BRF211q) Students expand on their knowledge from BRF211 to assess and treat breastfeeding problems. Students utilize case studies and research projects to develop skills such as how to take a breastfeeding history of mother and baby, identification of presenting problems, and integrating counseling and education strategies into their breastfeeding support. Taught by Adrienne Fuson, BA, IBCLC, LMT, CD Date: Mondays on 1/9, 1/23, 2/6, 2/20, 3/5/12 Time: 9:30am − 1:30pm Location: Carlton House
- ♦ BREASTFEEDING POLITICS AND POLICY (LPOL121q) 2 credit hours. 7 sessions. WHO recommendations and implementation, Federal programs such as WIC, history of artificial feeding, social and cultural issues around breastfeeding, ideas for being agents of change in the area of breastfeeding. Includes historical and contemporary topics, with theory and action-oriented projects. Taught by Rita Aparicio, MA, IBCLC and Carrie McCormick, MPH

 Date: Wednesdays on 1/11, 1/18, 1/25, 2/8, 2/15, 3/7, 3/14 /12 Time:1:00pm − 4:00pm Location:Carlton House
- ◆ CHINESE MEDICINE (CHM311q) 1 credit hour. 5 sessions. An introduction to Traditional Chinese Medicine as a healing modality and its relevance to midwifery. Practices include moxibustion and acupressure. Taught by Mindy Cash, ND Date: Fridays on 2/10, 2/17, 2/24, 3/2, 3/9/12 Time: 9:00am − 11:30am Location: Foster House
- ◆ <u>COMMUNICATIONS II (COM312q)</u> *1 credit hour. 4 Sessions. Prerequisite: Communication I (COM321q).* The second course in the communication series continues the development of self and one-on-one communication skills. The emphasis in this course is on working with preceptors and clients. Taught by Sarah Peyton, BA

 Date: Thursdays on 1/5, 1/12, 1/19, 2/2/12

 Time: 1:30pm − 4:30pm

 Location: Carlton House
- ◆ COMMUNICATIONS III (COM313q) 1 credit hour. 4 sessions. Prerequisite: Communication II (COM312q). The final course in the communication series continues development of communication skills with an emphasis on working with peers and other health care providers. Taught by Celeste Kersey, BA

Date: Thursdays on 2/16, 2/23, 3/8, 3/15/12 makeup on 3/22/12 Time: 1:00pm – 4:00pm Location: Carlton House

- ◆ COMPLEX SITUATIONS I (CPX341q) 4 credit hours. 12 sessions. Prerequisites: Antepartum (ANT251q), Intrapartum (INT251q) Fetal Assessment (FET211q). Using lecture, discussion and case studies, this course covers anemia, clotting issues (thrombophilias, deficiencies, DIC), respiratory issues (asthma, amniotic fluid embolism, pulmonary embolism), energy issues (diabetes, hypoglycemia, eating disorders), liver problems (HELLP, acute fatty liver, intrahepatic cholestasis), thyroid issues, and dermatologic conditions (PUPPP, HG). Taught by Holly Scholles, MA, CPM, LDM

 Date: Wednesdays, 1/4 − 3/21/12 for 12 weeks

 Time: 1:30pm − 5:00pm

 Location: Foster House
- ♦ <u>DIFFERENTIAL DIAGNOSIS (DIF431q)</u> 3 credit hours. 12 sessions. Prerequisites: All midwifery core courses, and Fetal Assessment (FET211q), Sexually Transmitted Infections (STI311q). We recommend all midwifery courses are complete or in progress before taking this course. Using student created Signs and Symptoms book and protocols, students present case studies for differential diagnosis by their classmates. Students also create practice guidelines for antepartum, intrapartum, postpartum, and well-woman gynecology, as well as develop risk assessment guidelines and client care checklists. Taught by Holly Scholles, MA, CPM, LDM

<u>Date:</u> Tuesdays, 1/3 – 3/20/12 for 12 weeks <u>Time:</u> 2:15pm – 5:00pm <u>Location:</u> Foster House

- ♦ HEMATOLOGY SKILLS (HEM321q) 2 credit hours. 12 sessions. Prerequisite: Prenatal Skills (PRE221q) Skills covered include hemoglobin, hematocrit, and glucose evaluations with in-office devices. Venipuncture skills are also covered, including vacutainer, syringe and butterfly devises, as well as introduction to IV skills. Taught by Denise Clark, BA, EMT-P

 Date: Wednesdays, 1/4 − 3/21/12 for 12 weeks

 Time: 9:00am − 11:00am

 Location: Foster House
- ♦ HOMEOPATHY I (HOM221q) 2 credit hours. 5 sessions. An introduction to the concepts and laws of homeopathy, focusing on the use of homeopathic medicine in first aid and midwifery. This is primarily a lecture-based class, with some hands on learning experiences. Taught by Jennifer Means, ND

<u>Date</u>: Wednesdays on 1/18, 2/1, 2/15, 2/29, 3/14/12 <u>Time</u>: 9:30am – 1:30pm <u>Location</u>: Carlton House

▶ INFANCY (INF221q) 2 credit hours. 7 sessions. From an ethnopediatric perspective, this course covers newborn behavior, development, bonding and attachment, and childrearing including attachment parenting. Taught by Heather Hack-Sullivan, BSM, CPM. LDM

<u>Date</u>:Wednesdays on 1/4/12, 1/11, 1/25, 2/8, 2/22, 3/7, 3/21/12 <u>Time</u>:9:00am – 12:00pm <u>Location</u>: Carlton House

COURSE OFFERING – Winter 2012

- ♦ MASSAGE FOR MIDWIVES (MAS321q) 2 credit hours. 3 sessions. An introduction to the psychology of touch, we learn basic massage techniques with an emphasis on pregnancy and postpartum. Taught by Bonnie McAnnis, BA, LMT

 <u>Date</u>: Friday 1/13 5:00pm − 9:00pm, Saturday 1/14 9:00am − 5:00pm, Sunday 1/15 9:00am − 5:00pm

 <u>Location</u>: Carlton House
- ♦ MATERNAL COMPLEX BREASTFEEDING (LMCS231q) 3 credit hours. 10 sessions. Prerequisite: Breastfeeding III (BRF313q) This course covers a variety of more complicated physiologic scenarios for mother including: breast surgery (reductions, enlargements and cancer); nipple issues (flat, inverted etc.); genetic disorders; milk production; drug interactions. In addition, it covers psychosocial issues, such as socioeconomic issues, literacy issues, social support (lack thereof), teen moms, cultural issues in US, grief, family transition, anorexia nervosa and other eating disorders, and Perinatal Mood Disorders. Taught by Rita Aparicio, MA, IBCLC

Date: Tuesdays, 1/3 – 3/6/12 for 10 weeks. Time: 9:30am – 12:30pm Location: Carlton House

PHARMACOLOGY (PHR421q) 2 credit hours. 7 sessions. Registration for this course limited to midwifery program students, midwives and approved community students. Basic pharmacology theory, legend drugs and devices used in a midwifery practice, and administration of medications including injection techniques. Course meets Legend Drugs and Devices educational requirements for Pharmacology and Medications by Injection required for Oregon midwifery licensure. Taught by Pamela Echeverio, BS, CPM, LDM

<u>Date</u>: Tuesdays, 1/24 – 3/6/12 for 7 weeks. Makeup 3/13/12 <u>Time</u>: 6:00pm – 9:00pm <u>Location</u>: Foster House

◆ PLANT MEDICINE III (PLM323q) 2 credit hours. 7 sessions. Prerequisite: Plant Medicine I (PLM322q). Learn preparation of syrups, cordials and elixirs, as well as lozenges and suppositories, oxymels and electuaries. Create herbal formulas and prescriptions. This course includes a field trip. Taught by Carrie Nyland, ND

Date: Fridays, 2/3 − 3/16 for 7 weeks. Time: 1:30pm − 4:30pm Location: Carlton House

POSTPARTUM (PTM251q) 5 credit hours. 12 sessions. Prerequisites: Antepartum (ANT251q), Intrapartum (INT251q). Corequisite: Postpartum Skills (PTM221q). This course covers unique fetal anatomy and physiology, fetal transformation, newborn examination and age assessment. In addition, learn neonatal procedures; behavioral states; breastfeeding; infant postpartum assessment, care and complications; maternal assessment and care; maternal postpartum complications; postpartum emotional disorders. Taught by Lucina Armstrong, BA, CPM, LDM

<u>Date</u>: Thursdays, 1/5 – 3/22/12 for 12 weeks <u>Time</u>: 9:00am – 1:15pm <u>Location</u>: Foster House

♦ <u>POSTPARTUM SKILLS (PTM221q)</u> 2 credit hours. 12 sessions. Co-requisite: Postpartum (PTM251q). Skills covered include newborn physical and gestational age exam and evaluation, use of growth charts, blood estimation, placenta examination. Taught by Heather Hack-Sullivan, BSM, CPM, LDM

<u>Date</u>: Thursdays, 1/5 – 3/22/12 for 12 weeks <u>Time</u>: 3:00pm – 5:00pm <u>Location</u>: Foster House

- ◆ PRACTICE PROTOCOLS BOOK (PRP411q) 1 credit hour. 5 sessions. Prerequisites: All required midwifery program courses must be completed or in progress. In this capstone course, students apply the practice they've created throughout the midwifery curriculum to practice scenarios with a standardized patient. Taught by Jacqueline Meyer, CPM Date: Mondays on 1/2, 1/16, 1/30, 2/13, 3/5/12 Time: 4:45pm 7:00pm Location: Carlton House
- ♦ RESEARCH PROJECT (RSP411q) 1 credit hour. Prerequisite: Research Methods (RSM411q). This course focuses on the design and implementation of a research project, including definition of a topic, literature review, creation of bibliography and the production of a research paper. Please download a Research Project Registration Packet at www.birthingway.edu/registration.htm or request one in the front office. A completed Research Project Registration Form must be turned in (with payment) by the first day of the term to register.
- RUNNING A MIDWIFERY PRACTICE (RUN441q) 4 credit hours. 12 sessions. This course explores developing and structuring a practice, including deciding which products and services to offer. Covers business management and bookkeeping, informed consent, malpractice, legal concepts and requirements. Also includes getting reimbursed, working with insurance companies and HIPAA compliance. Students produce a complete Business Plan and a community resource tool. Taught by Susan Moray, CPM, LDM

Date: Tuesdays, 1/3 – 3/20/12 for 12 weeks Time: 9:00am – 12:15pm Location: Foster House

♦ <u>SURVEY OF OTHER MODALITIES (SOM321q)</u> 2 credit hours. 7 sessions. A survey style course, covering a variety of alternative healing modalities, including chiropractic, flower essences, aromatherapy, body work and hydrotherapy, with indicators for referral. Taught by Carrie Nyland, ND

<u>Date</u>: Wednesdays, 2/8 – 3/21/11 for 7 weeks <u>Time</u>: 5:30pm – 8:30pm <u>Location</u>: Foster House

◆ <u>UNDERSTANDING MEDICAL LITERATURE (UML221q)</u> 2 credit hours. 6 sessions. Basic statistical concepts, types of medical literature, critical analysis, evidence-based medicine. Taught by Kathryn H. Constant, MLS and Nancy Longatan, MEd <u>Date</u>: Wednesdays, 1/4 -2/8/12 for 6 weeks <u>Time</u>: 5:30pm – 9:00pm <u>Location</u>: Foster House

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Birthingway College of Midwifery ~ Winter 2012 Registration
Registration for enrolled students (Midwifery or Lactation Consultant Program) begins November 21, 2011 at 8:30a.m. Registration for Community Students begins November 28, 2011 at 8:30a.m. REGISTRATION DEADLINE: DECEMBER 9, 2011 at 4:30 p.m.

Tuition: \$369 per credit. To audit (\$369 per credit) please see www.birthingway.edu/for-students/registration.htm		
Advanced Breastfeeding Skills (LADS221q) 2 credits X \$369 per credit =	\$ 738	\$
Botanicals III (BOT313q) 1 credit X \$369 per credit + \$20 course-pack =	\$ 389	\$
Breastfeeding II (BRF222q) 2 credits X \$369 per credit + \$21 course-pack =	\$ 759	\$
Breastfeeding Politics and Policy (LPOL121q) 2 credits X \$369 per credit + \$30 course-pack =	\$ 768	\$
Chinese Medicine (CHM311q) 1 credit X \$369 per credit + \$20 course-pack =	\$ 389	\$
Communications II (COM312q) 1 credit X \$369 per credit + \$13 course-pack =	\$ 382	\$
Communications III (COM313q) 1 credit X \$369 per credit + \$6 course-pack =	\$ 375	\$
Homeopathy I (HOM221q) 2 credits X \$369 per credit + \$40 lab fee =	\$ 778	\$
Independent Study (IND311q) Please contact your Program Coordinator.	Please use	separate form.
Infancy (INF221q) 2 credits X \$369 per credit =	\$ 738	\$
Massage for Midwives (MAS321q) 2 credits X \$369 per credit + \$6 course-pack + \$20 lab fee =	\$ 764	\$
Maternal Complex Breastfeeding (LMCS231q) 3 credits X \$369 per credit + \$26 course pack =	\$1133	\$
Pharmacology (PHR421q) 2 credits X \$369 per credit + \$14 course pack + \$30 lab fee =	\$ 782	\$
Plant Medicine III (PLM323q) 2 credits X \$369 per credit + \$21 course-pack + \$20 lab Fee =	\$ 779	\$
Survey of Other Modalities (SOM321q) 2 credits X \$369 per credit + \$24 course pack + \$5 lab fee =	\$ 767	\$
Understanding Medical Literature (UML221q) 2 credits X \$369 per credit + \$32 course-pack =	\$ 770	\$
Midwifery Program Students Only: Please note: SSDBR Fee is Signs and Symptoms Doo	umentation Bo	ok Review Fee
Complex Situations I (CPX341q) 4 credits X \$369 per credit + \$82 course-pack =	\$1558	\$
Differential Diagnosis (DIF431q) 3 credits X \$369 per credit + \$14 course-pack =	\$1121	\$
Hematology Skills (HOM221q) 2 credits X \$369 per credit + \$14 course-pack + \$80 lab Fee =	\$ 832	\$
Postpartum (PTM251q) 5 credits X \$369 per credit + \$154 course-pack =	\$1999	\$
Postpartum Skills (PTM221q) 2 credits X \$369 per credit + \$9 course-pack + \$20 lab Fee =	\$ 767	\$
Practice Protocols Book (PRP411q) 1 credit X \$369 per credit + \$48 lab fee =	\$ 417	\$
Research Project (RSP411q) 1 credit To register, you must turn in a Registration Form for Research Project by the first day of the term. This form is available here: www.birthingway.edu/registration.htm .	Please use	separate form.
Running a Midwifery Practice (RUN441q) 4 credits X \$369 per credit + \$75 course-pack=	\$1551	\$
☐ I intend to register for Clinical Training Credit this term. To register, you must turn in a completed Registration Form for Clinical Training available at www.birthingway.edu/registration.htm If this is your first time registering for Clinical Training credit, please contact the Faculty Coordinator. ☐ I am working with this preceptor: ☐ (Preceptor Name)		
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>> PLEASE TELL US WHO YOU ARE WORKING WITH EVEN IF YOU AREN'T TAKING CREDITS. Your preceptor must be approved by Birthingway. If you're not sure, please check with the Faculty Coordinator.		
Do you intend to graduate in this term or the next? (please circle one) Yes No If "Yes", please schedule a meeting with the Student Affairs Coordinator to discuss the graduation process.		
Registration Fees (Required for all students):		
-	OLOGY FEE	,
	RATION FEE	
LATE REGISTRATION FEE \$75 (due in addition to the Registration Fee if received after 4:30pm on December 1.00pm).		
	TOTAL	\$

Several courses have readings and/or assignments due the first day of class. Please check with the front office for the availability of the syllabus and/or course-pack ten days before the start of each course.

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Birthingway College of Midwifery

TEXTBOOK ORDER FORM

Winter textbook order/cancel deadline: December 9, 2011 at 4:30pm

Student Name: (required)	
Student Name: (required)	

To cancel any textbooks you ordered and to receive a refund, please fill out a *Textbook Drop Form* (which you can get from the front office) by **December 9, 2011 at 4:30pm**. Textbook cancellations or additions will not be accepted after this date. You are responsible to pay for and pick up your books, even if you drop the course after the deadline.

The cost for the textbooks below will not necessarily reflect the lowest price. Online prices change often. You are not required to order textbooks through Birthignway; you may choose to order texts on your own.

Textbooks should be available the week of December 26th, but times may vary.

Please contact the Learning Resources Coordinator with any questions, concerns, or to check on the status of your order. You can contact her via phone or at brittany@birthingway.edu.

You must provide payment with this form, unless you are eligible for a disbursement of financial aid in the term AND have signed at the bottom of this form.

Any textbook listed below that contains asterisks is used in at least one other course offered during this term

Be sure to double check your order. Birthingway does not check for repeat orders and cannot be held responsible for any mistakes made by the student.

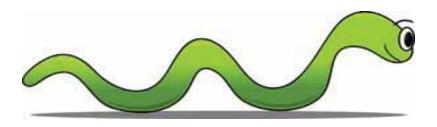
Course	Title of Required Textbook	ISBN#	Price \$	Order \$
Advanced Lactation Skills I (LADS221q)	Cadwell K. Maternal and Infant Assessment for Breastfeeding and Human Lactation: A Guide for the Practitioner. 2 nd ed. 2006.	0763735779	59	
	Genna CW. Selecting and Using Breastfeeding Tools: Improving Care and Outcomes. 2009.	0982337914	33	
	Genna CW. Supporting Sucking Skills in Breastfeeding Infants. 2 nd ed. 2011.	9781449647360	66	
	Lauwers J, Swisher A. Counseling the Nursing Mother: A Lactation Consultant's Guide. 5 th ed. 2010.	0763780529	95	
	Wilson-Clay B, Hoover K. The Breastfeeding Atlas. 4th ed. 2008.	0967275857	59	
Botanicals III (BOT313q)	Gladstar R. Herbal Healing for Women: Simple Home Remedies for Women of All Ages. 1993.	9780671767679	16	
Breastfeeding II (BRF222q)	*Lauwers J, Swisher A. Counseling the Nursing Mother: A Lactation Consultant's Guide. 5 th ed. 2010.*	0763780529	95	
Breastfeeding Politics and Policy (LPOL131q)	Palmer G. The Politics of Breastfeeding: When Breasts Are Bad for Business. 2009.	190517716X	18	
Chinese Medicine (CHM311q)	*Frye A. Holistic Midwifery Volume II: Care During Labor and Birth. 2004.*	1891145606	130	
Communications II (COM321q)	*Rosenberg MB. Nonviolent Communication: A Language of Life. 2 nd ed. 2003.*	1892005034	20	
	Siegel D. The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are. 2001.	1572307404	40	
Communications III (COM312q)	*Rosenberg MB. Nonviolent Communication: A Language of Life. 2 nd ed. 2003.*	1892005034	20	
Complex Situations I (CPX341q)	*Davis E. Heart and Hands: A Midwife's Guide to Pregnancy and Birth. 4 th ed. 2004.*	1587612216	33	
	Frye A. Holistic Midwifery Volume I: Care During Pregnancy. Reprint. 2010.	189114555X	80	
	Frye A. Holistic Midwifery Volume II: Care During Labor and Birth. 2004.	1891145606	130	
	Frye A. Understanding Diagnostic Tests in the Childbearing Year. 7 th ed. 2007	1891145568	65	
	Gruenberg BU. Birth Emergency Skills Training: Manual for Out-of-Hospital Midwives. 2008.	0979002001	36	
	Varney H. Varney's Midwifery. 4 th ed. 2003.	0763718564	153	
	Weatherby D, Ferguson S. Blood Chemistry and CBC Analysis: Clinical Laboratory Testing from a Functional Perspective. 2002.	0976136716	65	
Differential Diagnosis (DIF431q)	*Frye A. Holistic Midwifery Volume I: Care During Pregnancy. Reprint. 2010.*	189114555X	80	

Hematology Skills (HEM321q)	Kiechle F. So You're Going to Collect A Blood Specimen: An Introduction to Phlebotomy. 13 th ed. 2010.	9780930304985	25	
	Varney H. Varney's Midwifery. 4 th ed. 2003.	0763718564	153	
Homeopathy I (HOM322q)	Gerachty B. Homeopathy for Midwives. 1997.	0443057087	58	
	Yingling WA. The Accoucheur's Emergency Manual. 2001.	8170213290	5	
Infancy (INF221q)	Heller S. The Vital Touch. 1997.	9780805053548	20	
	Klaus MH, Klaus PH. Your Amazing Newborn. 2000.	073820188X	20	
	Small MF. Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent. 1998.	0385483627	18	
Massage for Midwives (MAS321q)	Stillerman E. Mother Massage. 2006.	0440507022	17	
Maternal Complex Breastfeeding (LMCS231q)	Walker M. Breastfeeding Management for the Clinician: Using the Evidence. 2011.	07637226X	73	
Plant Medicine III (PLM323)	Green J. The Herbal Medicine Maker's Handbook: A Home Manual. 2000.	9780895949905	23	
Postpartum (PTM251q)	*Davis E. Heart and Hands: A Midwife's Guide to Pregnancy and Birth. 4th ed. 2004.*	1587612216	33	
	Frye A. Holistic Midwifery Volume II: Care During Labor and Birth. 2004.	1891145606	130	
	Frye A. Understanding Diagnostic Tests in the Childbearing Year. 7 th ed. 2007	1891145568	65	
	Gruenberg BU. Birth Emergency Skills Training: Manual for Out-of-Hospital Midwives. 2008.	0979002001	36	
	Varney H. Varney's Midwifery. 4 th ed. 2003.	0763718564	153	
Postpartum Skills (PTM221q)	*Frye A. Holistic Midwifery Volume II: Care During Labor and Birth. 2004.*	1891145606	130	
Running A Midwifery Practice (RUN441q)	Sohnen-Moe CM. Business Mastery: A Guide for Creating a Fulfilling, Thriving Business and Keeping it Successful. 4 th ed. 2008.	0962126578	35	
	Davis E. Heart and Hands: A Midwife's Guide to Pregnancy and Birth. 2004	1587612216	33	
Survey of Other Modalities (SOM321q)	Kent T. Wild Feminine: Finding Power, Spirit and Joy in the Female Body. Revised ed. 2011.	1582702845	17	
Understanding Medical Literature	Best J. Stat-spotting: a Field Guide to Identifying Dubious Data. 2008.	0520257464	25	
(UML221q)	Woloshin S, Schwartz LM, Welsh HG. Know Your Chances: Understanding Health Statistics. 2008.	0520252225	22	

TOTAL for textbooks-----\$

Courses with no required textbooks:

Pharmacology (PHR421q), Research Project (RSP411q), Practice Protocols (PRP411q)



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By signing below, I am agreeing to pay for the above textbook order either by providing payment with this complete form or by authorizing use of my student aid funds for the charges listed on this form. I understand any charges not covered by aid will be due upon receipt of a statement.

Signature (required):	Date:
Office Use Only:	
Date/Time/Payment/Initial	
Please route in the following order:	
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Community News Continued



Donation Thank yous!

We are so grateful for all the wonderful donations we receive on a regular basis. All of the donations help provide our students with a quality education.

Kathryn Constant, our fabulous Librarian, donated art and food supplies to the school.

Extension student **Jess Elliott** donated swabs.

Calina Brooke, second year student, donated kitchen implements, bake ware, crock pot, and a food processor.

Without these donations, we would not be where we are today. We are a 501c3 and all donations are tax deductible.

If you have anything you would like to donate, please contact the College at 503-760-3131 or info@birthingway.edu.

Calling all Creative Birthingway Community Members!

Birthingway's 20th anniversary is March 2013!

We're looking for ideas for a theme for our anniversary celebration, something inspirational that reflects Birthingway's values and culture. The theme will be used on our 20th year anniversary poster, fliers, invitation and other celebration materials.

We want to showcase amazing birth art from artists in our community, to celebrate biodynamic birth, and honor the sacred practice of all fields in the midwifery arts and sciences. We're planning an exhibit of midwifery and other related art in conjunction with our anniversary celebration.

Clay, popsicle stick sculpture, water color, stencil, papermache, photography.... we would love to see it all!

If you would like to submit artwork or find out more about this opportunity, please contact Jena Novotny, Outreach Coordinator, at 503-760-3131 or jena@birthingway.edu



A New Way to Keep up with News from Birthingway

Would you like to hear about what's happening at Birthingway in-between newsletters?



Sign up for e-news and information updates. Go to our website and click the e-news link.



Birthingway College of Midwifery

12113 SE Foster Rd. Portland, OR 97266

Phone:

503.760.3131

Fax:

503.760.3332

E-mail:

info@birthingway.edu

If you receive this newsletter via email and you would prefer to receive it by mail, please contact the College at info@birthingway.edu or 503-760-3131

Also, don't forget! You can download all of the registration forms from www.birthingway.edu



Birthingway College of Midwifery12113 SE Foster Rd.
Portland, OR 97266

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