

THE PINARD

Newsletter of the Canadian
Association of Midwives

See page 6-7 for recent statistics
on midwifery care across Canada.

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MIDWIFERY IN CANADA IS GROWING!

OVER 275,000 BIRTHS

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CAM
ACSF

Canadian Association of Midwives
Association canadienne des sages-femmes

PRESIDENT'S MESSAGE

SO MANY THINGS TO SHARE WITH YOU IN THIS ISSUE OF THE PINARD!

CAM has been working hard over the past few years to promote the profession of midwifery within the federal government. Since January, CAM's Executive Director, NACM Co-Chairs, the CAM staff and myself, your President, have collectively put a lot of renewed energy into this work. We like to think that there is no longer a single person on Parliament Hill that can say they have never heard of midwifery!

In addition, CAM recently supported the Midwives Association of New Brunswick to attend important provincial government budget and health planning meetings. It seems that the midwifery file may finally be starting to see some traction in New Brunswick. CAM has also been supporting the Community Midwives Association Yukon in their steps towards legislation, regulation and funding in that territory. Midwifery has been practically non-existent for far too long in the remaining provinces and territory; CAM continues to prioritize



advocacy in these jurisdictions to ensure regulated and funded midwifery becomes a reality everywhere across Canada.

Be sure to read our global work updates on page 4, as there are new and exciting projects in development. CAM has been invited to participate in projects to strengthen midwifery and improve maternal, newborn and child health in South Sudan, a challenging country with incredibly poor outcomes for pregnant women and babies. Members: keep your eyes open as there will be emails in your inboxes soon regarding the many new ways to be involved with CAM's international projects. We strongly believe that Canadian midwives bring a unique perspective to the international stage and that these global projects help to increase our visibility here at home and to support our national advocacy work as well.

And of course, this year's CAM AGM, Conference and Exhibit will be held in Montreal from November 4 to 6, 2015. It is my great pleasure to welcome you to my home town! The content of this year's conference promises to be extremely interesting and engaging. The conference is also a wonderful opportunity to network with your colleagues from across Canada, and also with our invited international guests such as ICM President Frances Day-Stirk and Soo Downe.

Please take a moment to introduce yourself to me while in Montreal; it is a privilege and joy to meet CAM members from across the country during the conference! And I can't wait to see you all on the dance floor!



CAM is now on Twitter!
Follow us at [@Canadamidwives](https://twitter.com/Canadamidwives)



Follow us at:
[facebook.com/
CanadianMidwives](https://facebook.com/CanadianMidwives)

ADVOCACY AND INITIATIVES

CAM continues to work diligently to ensure that midwifery is included as an integral component in the planning and delivery of all pan-Canadian maternal and newborn health care strategies. CAM continues to advocate for federal recognition of the profession, to enable midwives to be hired in federal jurisdictions. CAM also continues to reach out to MPs, political staff, and specifically the Ministry of Employment and Social Development regarding inclusion of midwives in the Student Loan Forgiveness Program for Family Doctors and Nurses working in rural and remote areas after graduation.

In January and again in March, NACM and CAM co-presented to the Standing Committee on Health (HESA) of the House of Commons, once in support of Bill C-608, an *Act Respecting a National Day of the Midwife*, and once for a committee study on Best Practices and Federal Barriers related to scopes of practice and skills training of healthcare professionals. Bill C-608, which would effectively make May 5th National Day of the Midwife in Canada, continues to wind its way through the Senate and committees, and we remain hopeful that it will receive Royal Assent and become law before the election this fall. CAM continues to meet with Senators, MPs and political staff to ensure the Bill is not forgotten after having come so far in the legislative process.

Amidst all the challenges, we are reminded of why we continue to be persistent with our requests to the current government. We recently received 20 testimonials from midwifery students, hopeful students or recent graduates who would benefit from the Student Loan Forgiveness Program if it was extended to midwives. These testimonials also demonstrate how this critical support would increase access to midwifery care in rural and remote communities, care that is often desperately needed.



CAM Executive Director, Tonia Occhionero and President Emmanuelle Hébert meet with Lois Brown, Conservative MP for Newmarket-Aurora.

I have always hoped to return to rural Ontario to practice one day. However, when I graduate, much of my planning will revolve around my student loans, which will unfortunately drastically limit my choices of community. The reality is that I will need to work in an area with a high caseload in order to make enough income to service my debt repayments. For this reason, it could be 7+ years before I can consider rural practice (with the lower caseloads, and higher expenses for things like vehicle maintenance and gas). I believe the (student loan forgiveness) program would be extremely helpful in offering incentive or encouragement for recent graduates like me to pursue rural practice, particularly in our home communities, where we have long-term ties and an intimate knowledge of the area and families. It would allow me to consider this option much sooner, rather than putting it off until it's financially feasible, at which point it might not really be realistic anymore (once I've put down "roots" elsewhere). How many potential rural practitioners are lost because we seek high volume in our initial careers, and then settle into a practice and stay? If a program like this were in place, it would be a significant factor in my decision about location to practice.
- Laurentian University Midwifery Student



NACM Co-Chair Ellen Blais and CAM President Emmanuelle Hébert with Terence Young, Conservative MP for Oakville just after CAM presentation to HESA.

GLOBAL ENGAGEMENT

MOM-MENTUM TEA ON PARLIAMENT HILL, MAY 5TH, 2015

CAM participated in the Mom-mentum Tea reception on Parliament Hill on May 5th, 2015, organized by the Canadian Network for Maternal, Newborn and Child Health (CAN-MNCH). The reception brought together numerous Members of Parliament and Senators, including Lois Brown (CPC), Hélène Laverdière (NDP), Kirsty Duncan (LPC) and Justin Trudeau (LPC). On display during the event was the exhibit *Through Her Eyes*, which showcased global maternal and child health projects by Canadian organizations. CAM's contributions highlighted midwives Esther Wilms and Upendo Mligo. Esther, RM from Ontario, recently traveled to Tanzania as an Emergency Skills instructor with the joint project between CAM and the Tanzania Registered Midwives Association (TAMA). Upendo, midwife from the rural district of Mtwara, traveled with her young son to attend the emergency skills training. Upon arriving back in her home town, Upendo immediately put her skills to use, successfully delivering a breech baby. The May 5th reception on Parliament Hill provided a great platform to showcase CAM's involvement in emergency skills training and association strengthening in Tanzania.

CAM'S ENGAGEMENT IN SOUTH SUDAN

CAM has recently been asked to provide technical support to the UNFPA "Deploying Midwives" project in South Sudan, funded by the Canadian Department of Foreign Affairs, Trade and Development (DFATD). Emmanuelle Hébert and CAM staff member Pauline Bondy traveled to South Sudan at the end of May to determine how CAM can best support and contribute to this and future projects aimed at strengthening midwifery in that country. South Sudan is one of the most fragile and underdeveloped countries in the world, with extremely high rates of maternal and infant mortality (see page 5). During the visit, CAM met with key stakeholders at the Ministry of Health, UNFPA, DFATD, WHO, and other NGOs. CAM visited



Emmanuelle Hébert and Pauline Bondy visit with the staff at a Community Health Centre in South Sudan.

multiple health centres and clinics and witnessed the general need for improved quality of maternal and newborn health care services.

Overall, the MNCH needs are the same in South Sudan as in many other developing countries: the need for strengthened midwifery curriculum; the need for midwifery regulation; the need to strengthen the Association to promote midwifery and to better support midwives; and the need to support increased uptake of MNCH services by target communities. What is so different in the case of South Sudan is that programs must find ways to operate under the constraints of an ever changing environment due to ongoing conflict. There is an important role for CAM to play in this context, particularly in supporting the adaptation of the respectful care model to improve the conditions for mothers and babies.

Soon, CAM will be recruiting three senior midwives to participate in a training workshop for new South Sudanese midwifery graduates and 15 Canadian new registrants to participate in a remote peer-to-peer knowledge exchange project with South Sudanese newly graduated midwives.

Stay tuned for the Call for Interest coming soon!

PROFILE ON SOUTH SUDAN



The official language of South Sudan is English, but there are over

60

indigenous languages, most classified under the Nilo-Saharan language family.

The ongoing civil war, that reignited in December 2013, is estimated to have taken the lives of over

10,000

South Sudanese and displaced more than one million people.

The Republic of South Sudan is the world's newest country, having gained its independence from Sudan in

2011

Estimated that the current midwives meet only

6%

of the country's needs for maternal and infant care.

Maternal mortality rate of

2054

per 100,000 live births and leading cause of death for girls aged 15-19.

Infant mortality rate of

84

per 1000 live births.

Population:

12 million

approximately 90% rural

Only

11.8%

of women and 36.8% of men aged 15-49 can read and write.

Life expectancy:

55

years

Fertility rate:

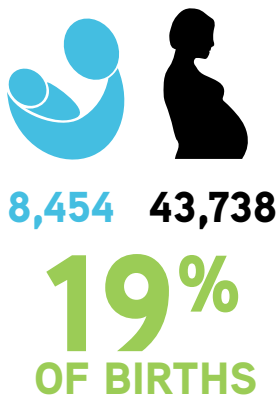
6.7

MIDWIFERY IN CANADA IS GROWING!

Since regulation in the 1990's and later, midwifery in Canada has grown exponentially. In 2005, there were 500 registered midwives in Canada.

Today there are over **1,300!**

BRITISH COLUMBIA



**MIDWIFERY
BIRTHS**

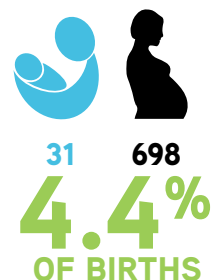


TOTAL BIRTHS
JULY 1, 2013 TO
JUNE 30, 2014

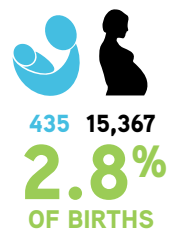
YUKON



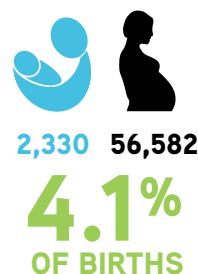
NORTHWEST TERRITORIES



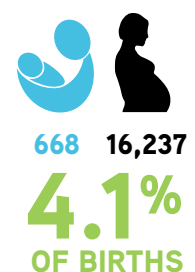
SASKATCHEWAN



ALBERTA



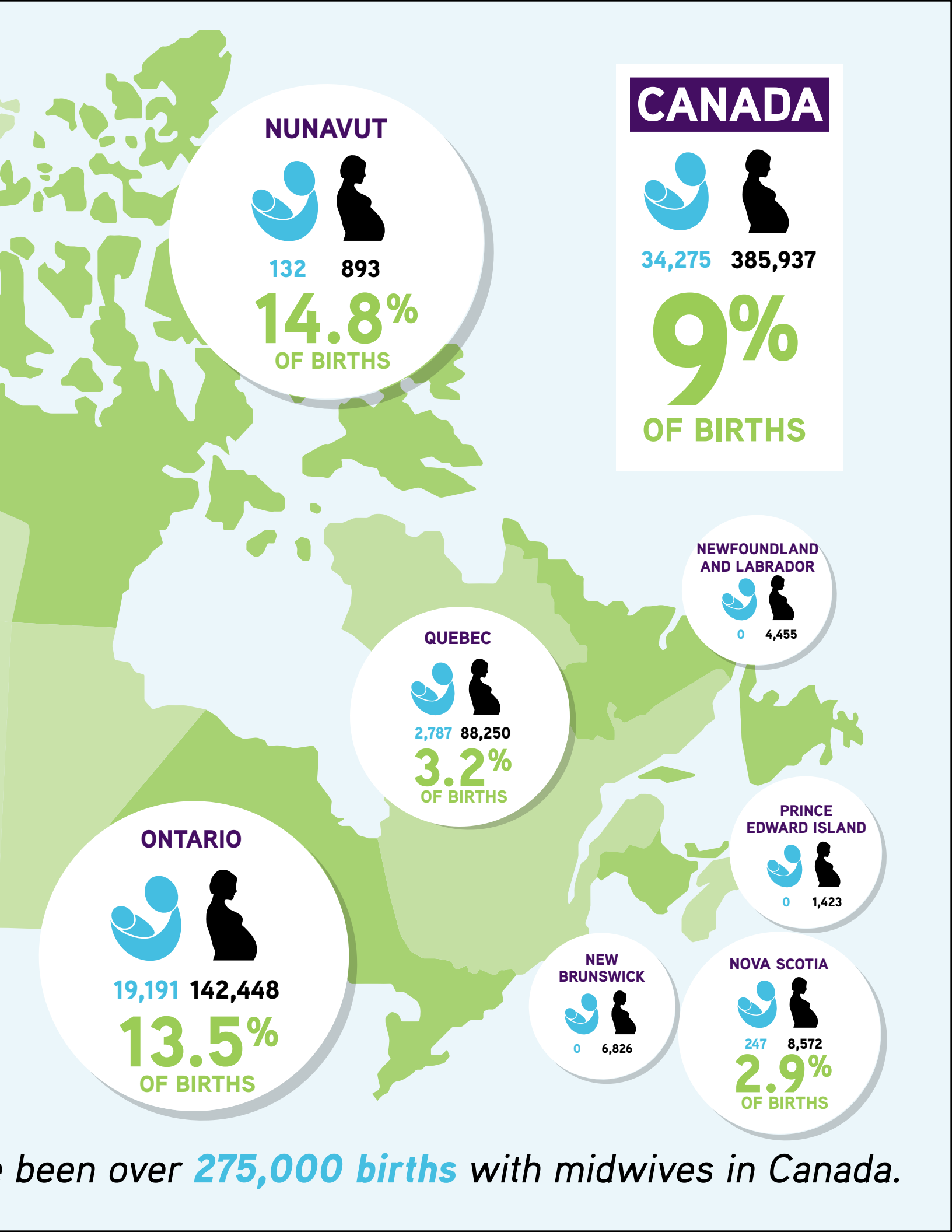
MANITOBA



Data based on Statistics Canada 2013-2014 and data from individual provinces and territories.

Reference time period may be slightly different in different jurisdictions. For more details, contact CAM at admin@canadianmidwives.org.

Since regulation, there have



CANADA



34,275 385,937

9%
OF BIRTHS

NUNAVUT



132 893

14.8%
OF BIRTHS

NEWFOUNDLAND AND LABRADOR



0 4,455

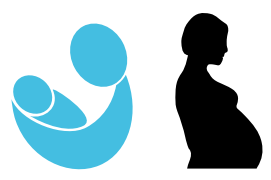
QUEBEC



2,787 88,250

3.2%
OF BIRTHS

ONTARIO



19,191 142,448

13.5%
OF BIRTHS

PRINCE EDWARD ISLAND



0 1,423

NEW BRUNSWICK



0 6,826

NOVA SCOTIA



247 8,572

2.9%
OF BIRTHS

There have been over **275,000 births** with midwives in Canada.

ASSOCIATION ACTIVITIES



CAM CONFERENCE 2015: BIENVENUE À MONTRÉAL!

Registration is now open for CAM's 15th Annual AGM, Conference and Exhibit, November 4-6 in Montreal! The theme of this year's conference is **Midwives: Supporting Communities in Canada and Around the World.**

REGISTRATION

Take advantage of our early bird rate! To register visit:
<http://www.canadianmidwives.org/conference/registration.html>

KEYNOTE SPEAKERS

include **FRANCES DAY-STIRK**, ICM President

SOO DOWNE, RM, PhD

Professor of Midwifery, University of
Central Lancashire, England

STEPHANIE ST-AMANT, PhD

Semiologist, Post-doctoral Researcher
McGill University

The conference is a wonderful opportunity to engage in the national dialogue on midwifery! We look forward to seeing you there!

MAY 5TH: THANK YOU MIDWIVES FOR ALL YOU DO!

On May 5th, CAM President Emmanuelle Hébert sent a video of thanks to all CAM members. If you have not seen it already, you can view it at:

<https://www.youtube.com/watch?v=QWLM2STxMWA&feature=youtu.be>

If you haven't yet had a chance to check your email, please do so to find a small gift from CAM in honour of May 5th. Thank you to all of our midwife members, providing care in Canada and beyond!



CANADIAN MIDWIFERY MODEL OF CARE POSITION STATEMENT

Thank you to all CAM members that took the time to respond to the member consultation by survey on the draft version of the Canadian Midwifery Model of Care position statement. Over 110 members provided feedback on this statement. The CAM Board of Directors will now review all comments and formulate a final draft of the position statement, to be released in the fall of 2015.

ACROSS CANADA

YUKON

Great news from the Yukon, one of the last jurisdictions in Canada where midwifery is still not regulated or funded. Our newly formed association, Community Midwives Association Yukon (CMAY), has elected a President, Kathleen Cranfield, RM originally President from Ontario, and a Board of Directors that represents both midwives and consumers of the Yukon. We have received support from all 12 First Nations in Yukon as well as the family physicians providing obstetric care to continue to lobby the government to introduce regulated and funded midwifery care in our territory. Over the past month, we have met with numerous members of the government, including Health Minister Mike Nixon, Minister Responsible for the Women's Directorate Elaine Taylor and MLA Brad Cathers. Our May 5th event was very well attended by politicians and citizens alike. On May 5th, all three parties, including the governing Yukon Party made unsolicited statements in support of midwifery in Yukon, followed by a motion from the Minister of Health



Elaine Taylor, Minister Responsible for the Women's Directorate and MLA Brad Cathers were two of the many attendees of the May 5th event in Whitehorse.

to establish a working group to further investigate the next steps for regulation in Yukon. The government has since contacted CMAY to ensure that we are well represented on this working group and to make plans for a round table on midwifery to be held within the next year. All of this points to regulated midwifery moving forward in our territory and we cannot wait until midwifery services are accessible to women and families in Yukon!



NEW BRUNSWICK

This year, the Midwives Association of New Brunswick (MANB) has focused on relationship building with our provincial government and partnering with the province's consumer group to help move midwifery forward. In April, MANB President Kate LeBlanc travelled to Fredericton, with support from CAM, to contribute to a stakeholder's consultation meeting for the 2016-2017 NB health budget. During this process, Kate was able to connect with various stakeholders in the health professions and Health Ministry, and presented the Canadian model of midwifery care as a cost-effective solution for the province. This process continued at a forum in May, with MANB represented by Communications Officer Catharine

Tunnacliffe, as midwifery is under consideration as an option to improve maternal-newborn care in NB. In celebration of May 5th, International Day of the Midwife, NB Families for Midwives hosted a film screening of *A Mother is Born* and a panel event featuring registered midwife, Carolyn Moffat, a nurse, an obstetrician, a family physician, and parents. NB families are increasingly demanding access to registered midwives, and with growing interest from and contact with our Liberal government, we are feeling positive about the future of midwives in NB. We continue to take the necessary steps to see midwifery happen in New Brunswick.

ALBERTA

Midwifery remains one of the fastest growing medical professions in Alberta, now with 94 Registered Midwives. Nicole Matheson assumed the Presidency after serving on our Board for two years. She will continue her rural practice. Nicole has over 15 years in healthcare with a Masters in Nursing and an Associate Degree in Midwifery. We thank Joan Margaret Laine for years of hard work and dedication, and look forward to her guidance as Past President. Dr. Lolly de Jonge was appointed as CEO effective February 1. Lolly is a pre-eminent maternity care advocate with senior management experience and 25 years of community leadership. Recognized as a Notable Aboriginal, Lolly has a PhD in Human & Organizational Systems and a Masters in Human Development. This fall there will be 52 students in Mount Royal University's Bachelor of Midwifery program; the first cohort of 8 students graduated in June. The College of Midwives of Alberta is working towards bringing midwifery



under the Health Professions Act (from the Health Disciplines Act). We have formed a Communications Committee to liaise with consumer groups, other maternity care practitioners, and government representatives. Our funding agreement expired on March 31. We hope that, with a new government, we can negotiate a contract that fulfils families' needs and accelerates midwifery growth. Website:

AbMidwives.ca

ONTARIO

The Association of Ontario Midwives presented three awards at its annual conference in May. Midwife Karyn Kaufman received the Lifetime Achievement Award, Hôpital Montfort in Ottawa won the Hospital Integration Award and Dr. Brian Goldman, the host of the CBC Radio program *White Coat, Black Art*, received the Media Award.

The province's recent 2015 budget highlighted support for midwifery, and specifically included a historic commitment to fund Aboriginal midwives providing care in their communities. The AOM is currently in discussions with the Ministry of Health and Long-Term Care to negotiate a new contract.

On Equal Pay Day (April 20), AOM president-elect Elizabeth Brandeis and the Association's legal counsel Mary Cornish spoke at a press conference about pay equity, with a focus on the challenges faced by midwives in Ontario. The AOM is a member of the Equal Pay Coalition, which seeks the implementation of equal pay for work of equal value both through legislation and collective bargaining. Hearings for the AOM's pay equity application with the Human Rights Tribunal of Ontario are slated to begin in September.

The AOM's Clinical Practice Guidelines program has created a video for midwifery



Midwives Bridget Lynch, Jay MacGillivray, Sara Wolfe and Diane Simon met with Ontario Minister of Health Dr. Eric Hoskins on May 5 in recognition of International Day of the Midwife.

clients who have suffered a postpartum hemorrhage (PPH). <https://www.youtube.com/watch?v=CqIVK7PgpXI> The project was funded by Women's Xchange, a women's health research and knowledge translation program based at Women's College Hospital.

BRITISH COLUMBIA

The MABC has had a busy winter and spring forming new committees and implementing new and expanded programming including the Homebirth Supplies and Medications Program that will allow midwives to stock their homebirth bags at their local hospital free of charge. We also have a new fee advisory committee creating fee items for expanded scope skills including CS first assist. Nearly one hundred members have now participated in an online Indigenous Cultural Competency training program and we are working on Haidi Gwaii to integrate midwives into their communities. As we head into our AGM in June, we are wanting to honour our outgoing president, Shannon Norberg, who for six years has led our association with kindness and vision to a prosperous position with a sound policy framework and unprecedented stakeholder



Alixandra Bacon, MABC President-elect

engagement. It is with great humility and alacrity that Alixandra Bacon steps into her role as the MABC President-elect.

QUEBEC

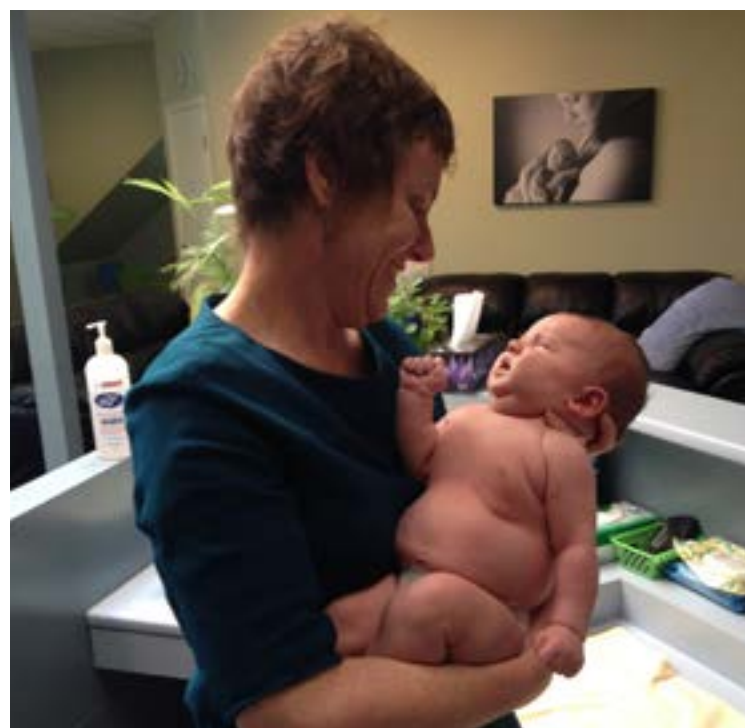
The past months have been very busy for midwifery in Quebec. Just as midwives began their new agreement regarding conditions of practice, we have already begun the next round of negotiations with the government for our next agreement. Our new Labour Relations Officer is keeping very busy! Our members assembly in April concluded the reporting of the last round of negotiations and set the priorities for the next round.

For International Day of the Midwife, Health Minister Gaétan Barrette gave a [press statement](#) that spoke highly of the value of midwives to the health and social services system. At the same time, the Minister of Health and Social Services announced the publication of the [Cadre de référence pour le déploiement des services de sage-femme au Québec](#), a long-awaited tool that will support the development of new midwifery services and birthing centres. In addition, the document promotes a better understanding of the scope of midwifery practice and its contribution to the health system in Quebec. We continue to make progress!

THE HEARTBEAT



This month we thought we would share something a little different, in honour of International Day of the Midwife, and in honour of the hard work that midwives do across Canada and around the world. Midwifery client, Brenda, gave birth to her son, Asher, earlier this year with Birth Partnership Midwifery Services of Calgary Alberta. She wrote this letter to her primary midwife, Helen Cotter. It is an excellent reminder of the difference midwives make every day in the lives of women, babies, and families across Canada. Thanks to Brenda and Helen for sharing this story!



Midwife Helen and baby Asher.

Dear Helen,

Since my son's birth, I've been thinking over the gift of midwifery, and especially, the gift of having you care for me so beautifully for both of my childbirth experiences. When I had my daughter several years ago, pregnancy, midwifery, and childbirth were all new to me. As I went through this second pregnancy and childbirth, I've been more reflective, more aware of what it is that you and midwives all over, actually do. I've been more able to appreciate it, to recognize just how significant it is. And to realize that it is inherently personal. It is woman to woman care. It is serving. It is a different relationship than any other medical professional and it has me wanting to communicate the profound impact you have.

I think what touched me the most this childbirth was the breadth of the care you provided throughout my labour. You served me in both the profound moments (catching my emerging child!) and in the messy and menial moments. You helped me use the bathroom. You pulled on those awful but wonderful mesh panties. You pulled stained and bloody sheets away. You took notes and filled out forms. And you did it all so quietly, quickly, and unassumingly. You listened, spoke encouragement, and supported me emotionally. You faithfully wheeled that heart-rate monitor out to me in hospital hallways and stairwells. You groggily answered the phone at 3 in the morning and cared for me the rest of that morning, after already rushing to the aid of another woman in labour.

The massive scope of your care is humbling and inspiring to me. You did so many jobs that in other professions are separated and delegated to a number of support people. And amidst doing all these things, you provided care in a way that allowed me to feel safe; somehow making me feel as if I were labouring under the care of a (very knowledgeable) friend. You treated me with respect and provided suggestions and opinions when desired and necessary.

I suppose I just want you to know that I noticed so much more this time around. I am thankful for so much more. The many things you did throughout my labour and delivery to serve me and care for me and my child did not go unnoticed. I am so very thankful for you, the team, and midwifery as a whole.

Sincerely, Brenda, a thankful mama

NEWS FROM NEPAL AFTER THE EARTHQUAKE

Midwife Cathy Ellis had been working with UBC Midwifery students in Nepal as part of the "Students for Global Citizenship" third year midwifery course for a few weeks when on April 25th, a massive earthquake hit Nepal, causing over 8,700 deaths and devastating cities, towns and villages. Though the students were required to leave, Cathy and her partner Mickey, a family physician, remained in Nepal to assist their friends and colleagues during this difficult time.



Midwife Cathy Ellis with mothers in Nepal.

Working with a team of over 40 people, organized by Sonrisa Orphanage, Cathy Ellis traveled to Samundra Devi village in the district of Nuwakot on May 5th. All housing in the village had either partially or completely collapsed and the school and health clinics were so badly damaged as to be unusable. The group set up a temporary relief camp to provide tarps for shelter, food donations and medical care. Cathy provided care in the 'women's tent' with another midwife, Pema Sherpa, from the Midwifery Society of Nepal. They provided vitamins, iron and deworming medication to all pregnant women, and treated malnourished and dehydrated babies and young children with oral rehydration salts, zinc and nutritional cereal. Cathy also distributed blankets and hats donated by Canadian midwifery supporters to pregnant and postpartum mothers. Several mothers had severe problems with uterine prolapse, a common condition in Nepal due to carrying heavy loads, poverty and poor food. Cathy and her team worked to find financial assistance for these women, and others with severe medical conditions, to be able to seek additional medical care in Kathmandu. The efforts of the team, were greatly appreciated by the residents of the village. Thank you Cathy, for your amazing work!

UPCOMING EVENTS

JUNE, 2015

American College of Nurse-Midwives 60th Annual Meeting & Exhibition

JUNE 27-JULY 1, 2015
National Harbor, MD
www.midwife.org

JULY, 2015

ICM Regional Conference of the Americas

JULY 15-17, 2015
Paramaribo, SURINAME
www.regconference2015.org

SEPTEMBER, 2015

Introduction to Legal Nurse Consulting

SEPTEMBER 22-25, 2015
Canmore, AB
www.connectmlx.com

Rencontre à deux mains 1^{ères} Rencontres franco-espagnoles sur la rééducation périnéale

SEPTEMBER 25-26, 2015
Madrid, Spain
www.encuentro-a-dos-manos.com



More info on events at:
facebook.com/CanadianMidwives

SEPTEMBER, 2015

4th World Congress of Clinical Safety Clinical Management and Governance for Healthcare Risk and Crisis

SEPTEMBER 28-30, 2015
Vienna, Austria
www.iarimm.org/4WCCS/

OCTOBER, 2015

MANA Annual Conference

OCTOBER 15-18, 2015
Albuquerque, NM
www.mana.org/mana2015

NOVEMBER, 2015

12th World Congress of Perinatal Medicine

NOVEMBER 3-6, 2015
Madrid, Spain
www.wcpm2015.com

2015 CAM/ACSF Annual Conference

NOVEMBER 4-6, 2015
Montreal Marriott Chateau Champlain
Montreal, QC

CAPWHN 5th National Conference

NOVEMBER 5-7 2015
Hilton Quebec
Québec, QC
www.capwhn.ca

VOLUNTEER WITH



COUNTRY: ETHIOPIA START DATE: OCTOBER 2015

6 MONTHS

- Midwifery Advisor
- Gender and Research Advisor

12 MONTHS

- RMNC Health Program Advisor
- Health Education/Communications Advisor