

Description

Did you know the Editorial Board for The Student Midwife is entirely made up of student and newly-qualified midwives? We commission, write and edit all the articles that fill our wonderful journal, so we know we're bringing content that is of the most interest and use to you. Let's dive in and meet one of the team!

This month we're talking to Krystyna Nowobilska-Dean, a newly-qualified midwife in South-West England.

What's your role at TSM and how long have you been involved?

I've been co-editor for two years.

What's your favourite part of being part of TSM?

I love being able to network with students and midwives globally. It's always amazing to collaborate with peers from far-off places like Malawi, Australia, New Zealand and more local (yet somehow still so distant!) places like Ireland or even the other side of London.

What made you choose midwifery?

I was really drawn to the independent and autonomous practice involved in midwifery. There is a unique ability to bond with and develop a special relationship with my caseload, and I can offer them open, honest and evidence-based information without being directed by a medical model of care. Although midwifery roots sit within a lot of elements of nursing care, the true foundations of midwifery lie in woman and person-centred care, free from a medically-driven practice.

What's your area of passion?

Labour care is the place I am happiest. I am much more a labour-ward midwife than I ever expected I would be – maintaining normality within complex birth and supporting families to achieve their birth goals despite underlying conditions.

Is there anything you dislike about midwifery?

Two main things, the 12-hour shifts and the expectation to do on-calls after a full day in the community. I appreciate that continuity for the woman/birthing person is important, but I would prefer eight hours with one person if that meant I would be better rested.

What's the most pressing issue facing the sector?

Staff shortages, mainly midwives but really in all areas of care provision in perinatal care, from domestic to consultants.

Days or nights?

Days.

What's your preferred assessment style?

Hands on practice, rather than simulated OSCEs.

What's your one tip for student midwives?

Never stop trying, no matter how many times you feel like you may have failed.

How do you take your tea?

Builders tea!

What's for dinner tonight?

Home-made chicken fajitas. **TSM**

Category

1. Student Midwife Blog

Date Created
27th April 2022