

Description

Meet the team! – Brogan

Brogan (she/her)

Did you know the Editorial Board for The Student Midwife journal (TSM) is made up entirely of student and newly-qualified midwives? We commission, write and edit all of 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 time we're talking to Brogan Romano, she is a final year student midwife at King's College London.

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

I am super new to TSM, I started around the end of November 2022, and I am a part of the editorial advisory team. I haven't got any experience in academic writing outside of university assignments, so I am super excited (and nervous) to join the team. My roles include commissioning pieces for the journal and the blog as well as writing a couple myself.

What's your background?

I have always been a languages and drama kinda gal… huge change in career…I know. I think I chickened out in 2018 as drama and theatre was something I knew and had been studying for years, midwifery was a scary world that I hardly knew about! However, it had always been at the back of my mind after becoming absolutely obsessed with the reproductive system when I was 14. I am so glad I followed my heart!

What are your main values that drive you?

For me its patience! I find that a lot of the time in maternity everything has to be rushed: 15-minute antenatal appointments, 1 hour for pushing, "quick little check-up". How is anyone supposed to feel cared for when all we do is anticipate the end of everything? As a student it's easier to take that extra ten minutes to really talk and explain things to someone, and honestly it makes all the difference!

What's your proudest moment so far?

Getting into university! Although not a huge moment to most, but as a first-generation university student it felt like a dream come true-not just for me but also my entire family. Now in my final year I must give myself a pat on the back, it's not been an easy journey for me, and I think celebrating the little things make everything that little bit easier to face.

What's your area of passion?

Student mental health, especially neurodivergent students. Being neurodivergent myself I can struggle with regulating my emotions and finding the specific help targeted towards neurodivergent issues. I find that as students we can tend to just accept that being a student midwife is difficult and taxing, but it doesn't have to be like that! I also love antenatal education, I think that by spending more time in appointments with women really digging into their question, or even hosting antenatal courses that discuss the perinatal period can really improve birth outcomes for birthing people.

Is there anything you dislike about midwifery?

The treatment of students, although there are amazing midwives and other health care professionals that really do want to teach and appreciate students, I find that this is not always the case and can sometimes lead to students feeling like they're in the way or unwanted. I think it's a huge factor in the dropout rate for student midwives and can negatively affect a student's mental health.

What's the most pressing issue facing the sector?

Staffing for sure. I've been on shifts when there's been 1-2 less midwives and oh wow does it affect the ward. I think that as a student I can see where things can be improved to retain higher numbers of NQMs such as an actual salary and better student support in regard to mental health.

Labour Ward, Postnatal ward or Community?

Postnatal!

What's your one tip for student midwives?

Advocate for yourself just like you advocate for birthing people.

What's for dinner tonight?

Probably packet ramen!

Category

1. Student Midwife Blog

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