

Description

Personal Philosophy of Care

Emma Hamilton, Third-Year Student Midwife – Bournemouth University, Instagram: @emma_hamilton2018.



Midwifery is fundamentally about individualising the care we offer; catering to each woman's specific needs and beliefs in order to deliver quality care.[1] This is the quintessence of women-centred care and the basis on which I wish practice in the future.

During the birth of my daughter, I experienced a traumatic labour. Although this left me with negative feelings towards my own personal experience, it also ignited an undeniable need in me to want to help women during this vulnerable time. I believe that as midwives and student midwives, we have an enormous impact on a woman's childbearing experience. I consider it our responsibility and privilege to provide women with high quality care to help them achieve the best experience possible and the birth they desire.

Essential in achieving this is establishing a collaborative working partnership with women.[2] One where confidentiality, dignity, rights and individual needs are respected, with the aim of building a strong and trusting relationship.[3] I believe that providing care in this way will help to support all birthing people to feel safe, cared for and valued as individuals. Working in collaboration with other healthcare professionals underpins the role for me too, as it demonstrates the commitment to women's welfare through the common goal of high-quality care.

Being professional, flexible, kind, compassionate, empathetic and competent are just some of the skills and qualities I feel are essential aspects of the role. However, supporting women to be active and in control of their own care is something I am passionate about; thus, empowerment is also central to my philosophy of midwifery. Although my passion for this profession was born from personal experience, my ability to communicate with individuals from all walks

of life is innate. This is a skill I will utilise in my practice to help build relationships with women and their families, as well as delivering individualised care.

Midwifery is primarily a caring profession which follows regulation and guidance.[4] Although, how we as individuals choose to deliver care, informed by our values and beliefs, is what I feel defines our practice and us, as autonomous practitioners. To me, midwifery is about being with women, supporting them and their families through a significant, life-changing event. It is advocating for birthing people; providing them with choices and the knowledge needed to make informed decisions. Above all, it is about humanising care by recognising and accepting individuality without prejudice or judgement.

References:

1. National Health Service (NHS) England. Better Births: National Maternity Review Report. https://www.england.nhs.uk/wp-content/uploads/2016/02/national-maternity-review-report.pdf. Published March, 2015.Accessed October 14, 2020.

2. International Confederation of Midwives (ICM). International Definition of the Midwife. https://www.internationalmidwives.org/assets/files/definitions-files/2018/06/eng-definition_of_the_midwife-2017.pdf. Published 2005. Updated 2017. Accessed October 12, 2020.

3. Nursing and Midwifery Council (NMC). The Code: professional standards of practice and behaviour for nurses, midwives and nursing associates. https://www.nmc.org.uk/globalassets/sitedocuments/nmc-publications/nmc-code.pdf. Published January 29, 2015. Updated October 10, 2018. Accessed October 12, 2020.

4. International Confederation of Midwives (ICM). International definition of the midwife. Definition of Midwifery. ICM. https://www.internationalmidwives.org/assets/files/definitions-files/2018/06/eng-definition_midwifery.pdf. Published 2017. Accessed October 12, 2020.

Category

1. Student Midwife Blog
2. The Student Midwife

Tags

1. 2021
2. aspiring students
3. midwifery
4. midwifery care
5. midwifery philosophy
6. personal
7. philosophy of care
8. reflection
9. student midwives

Date Created
15th February 2021