



### **The role of Mid Midwives in the lives of pregnant women**

Midwives play a very important role in the life of every pregnant woman. Once pregnancy is detected, the woman is obliged to go to the General Practice (GP) for the inter-gestational period. Part of the recording is to take the patient details, weeks of pregnancy, weight. As well, medical history of her, her family and partner. Following this visit, the next appointment will be set at 10-12 weeks of pregnancy. Deave T., et. at., (2008), *'Transition to parenthood: The needs of parents in pregnancy and early parenthood'*, pp. 1-11.

They also have the necessary training in guiding patients to eat healthy so they can avoid the well-known risks of obesity during pregnancy, which can lead to health complications for the newborn and the mother. Throughout the pregnancy, the midwife also offers the necessary psychological support to the pregnant woman, thus gaining the patient's trust, she can help the pregnant woman to understand the risky situations that are or may occur during pregnancy. Arrish J., et. at., (2014) *'Midwives and nutrition education during pregnancy: A literature review'*, pp. 2-8.

For over twenty years pregnant women have had more births than in the old days when the only option was to give birth at home with a midwife or in hospital if the pregnancy presented complications and risks.

Now there is the option to opt for natural childbirth, caesarean section, or water birth. At the time of the birth, the midwife who supervised the pregnancy and other specialists are present, depending on the risk report edited by the midwife. Coxon K., et. at., (2017) '*What influences birthplace preferences, choices and decision-making amongst healthy women with straightforward pregnancies in the UK? A qualitative evidence synthesis using a "best fit" framework approach*', pp. 10-11.

The midwife will also make sure to inform the mother how to breastfeed the baby in a correct and regular way, and what the mother should avoid consuming during breastfeeding. Midwives should also keep the baby's health under close observation. In most cases, depending on the health of the baby and the mother, midwives make home visits to the patient. These visits are regular and recorded until the baby and mother are no longer of concern. Backstrom A., et. at., (2010) '*Two sides of breastfeeding support: Experiences of women and midwives*', pp. 1-8.

## References:

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