



Alabama
Midwives
Alliance

Educational Program Overview

ALMA has designed an educational program to provide standardization in the training of direct-entry midwives. The educational program includes both didactic and clinical training in an out-of-hospital setting. The program is administered under the ALMA Certification Review Board (CRB) and is **not** accredited by the Midwifery Education Accreditation Council (MEAC). The goal of this program is to facilitate the fulfillment of all requirements necessary for application for the Certified Professional Midwife credential. NARM's Portfolio Evaluation Process (PEP) is a competency-based educational evaluation process, which includes NARM's skills assessment. The ALMA educational program, does not distinguish between applicants who are primarily apprentice-trained, or those who have graduated from a MEAC accredited program.

This program is based upon the understanding of the following definitions.

- **Student Midwife:** Has beginning or erratic interest in midwifery; has committed some time and energy to the study of birth; has begun to acquire basic skills. Has little or no responsibility at a birth. Receives no compensation.
- **Apprentice Midwife:** Has regular academic study habits and is ready for in depth study. Devotes time and energy to attending births, prenatals and postpartums. She takes every opportunity to develop skills, and has increasing responsibilities in attending other midwives' clients. At some point she enters into a formal Apprenticeship with a Senior midwife. Rarely receives compensation.
- **"Primary under Supervision" Midwife:** Has mastered the basic skills involved in normal birth process and is a valuable resource for a senior midwife. Ready to perform the role of Primary midwife for her Preceptor's clients while under direct supervision. She is developing her practice protocols and has the good preceptor relationship. Demonstrates willingness to network and refer. Might receive some remuneration, often in trade.
- **Senior Midwife:** A midwife practicing as a primary attendant without supervision for at least 50 out-of-hospital births and a minimum of three years. She values continuing education and updates protocols according to evidence-based practice. She may serve as Preceptor in the ALMA educational program. Though she has established practices, she is open to new ideas and engages in Peer review. She never gets paid what she's worth, but her fees are usually based on her level of experience.

A typical entry-level midwifery course of study will take approximately four to six years to complete. A student can expect to spend roughly \$3000 in textbooks and another \$3000 in equipment in order to begin her practice. The didactic portion requires study in the following areas: basic science, antepartum care, intrapartum care, postpartum care, newborn care, and medico-legal issues according to NARM guidelines. A Senior Midwife will assess an applicant's progress and verify her placement within the ALMA program.

The clinical portion includes approximately 1350 clinical contact hours under supervision and must be at least one year in duration. During the Apprenticeship period, as the Apprentice masters midwifery skills she should have her Preceptor initial those skills on NARM Form 201. Skills necessary to serve as a primary midwife should be attained during the Apprenticeship phase. During the "Primary under Supervision" phase, the remaining advanced skills must be attained.

Student Requirements

1. Knowledge of medical terminology and human anatomy and physiology is required at this level.

2. Join ALMA as a student member and begin attending regular meetings.
3. Obtain copies of CIB booklet from NARM website (includes the list of reference texts used for both the Written Examination and Skills required)
4. Purchase books and document your study hours. Be sure to structure your study to cover all areas required.
5. Attend births (in any setting) and document them.
6. Obtain Adult CPR certification.
7. If you have completed the minimum requirements for completion of the Student level and have not already identified a Preceptor, begin work in your community as a para-professional in one of the following areas: labor support, childbirth educator, breastfeeding advocate, etc. (Contact organizations such as DONA, CAPP, AAHCC, Lamaze, La Leche League or other group which provide para-professional training.)

Apprentice Requirements

1. Download or procure a current copy of the NARM Candidate Information Bulletin (CIB) and the forms required for completion of the Portfolio Evaluation Process (PEP). Read these documents and highlight the information that pertains to your situation.
2. To apply for Apprenticeship, you must be a current student member of ALMA.
3. You and your Preceptor should work out an Apprentice/Preceptor Agreement. You should have the following:
 - a. Copy of your Apprentice/Preceptor Agreement;
 - b. Documentation of prior births attended (in any setting);
 - c. Current Adult CPR card.
4. You should continue documenting study hours.
5. You should obtain Neonatal Resuscitation certification.
6. You should attend appointments and births with your Preceptor. Your Preceptor should allow you to acquire and practice midwifery skills. The following minimum experience should be documented.
 - a. Twenty Prenatals
 - b. Twenty Births
 - c. Twenty Postpartums
7. You should begin developing midwifery protocols in accordance with professional guidelines as these will be necessary upon completion of the PEP process.
8. Following NARM guidelines, you shall document experience on the following PEP Forms:
 - a. Form 111 – *Births as an Active Participant*: The information for this form should be completed sequentially.
 - b. Form 202 – *Preceptor Verification Form*: A copy of this form should be signed and notarized by each Preceptor who will sign off on skills on Form 201.
 - c. Form 201 - *Comprehensive Skills, Knowledge, and Abilities Essential for Competent Midwifery Practice Verification*: The majority of skills should be acquired during the Apprenticeship phase.
9. Every six months, you should complete an Educational Program Evaluation and submit it to the ALMA Educational Committee.

“Primary under Supervision” Requirements

1. To apply for “Primary under Supervision”, you must be a current student member of ALMA.
2. You and your Preceptor should work out an “Primary under Supervision”/Preceptor Agreement.
3. You should submit your information to the ALMA Educational Committee. The application must include the following:
 - a. Copy of your “Primary under Supervision”/Preceptor Agreement;
 - b. Documentation of twenty prenatals, twenty births, and twenty postpartums which were completed as an Apprentice.
 - c. Protocols in accordance with professional guidelines.
 - d. Current Adult CPR and Neonatal Resuscitation certification cards.
4. “Primaries under Supervision” should continue documenting study hours.
5. You should maintain current Adult CPR and Neonatal Resuscitation certification cards.
6. You should develop practice guidelines, an informed consent document, forms and handouts related to midwifery practice, and an emergency care plan.
7. Your Preceptor should attend appointments and births with you in a supervisory role. Your experience should be documented as you complete the necessary NARM Forms for the PEP process:
 - a. Form 112 a-f – *Births as Primary Under Supervision*
 - b. Form 113 – *List of Preceptors for Birth Experience*
 - c. Form 114 – *Verification of Birth Experience*: This form must be signed and notarized by each Supervisor who supervised your birth experiences.
 - d. Form 200 – *Continuity of Care – Practical Experience*
 - e. Form 201 - *Comprehensive Skills, Knowledge, and Abilities Essential for Competent Midwifery Practice Verification*: The remainder of advanced skills should be acquired during the Internship phase.
 - f. Form 202 – *Preceptor Verification Form*: A copy of this form should be signed and notarized by each Preceptor who will sign off on skills on Form 201.
 - g. Form 205 a, b – *Document Verification*
 - h. Form 206 – *Second Verification of Skills (optional)*: If you have all your skills signed off by a CPM, then you have the option of verifying your skills with another CPM in an actual practice setting instead of performing the Skills Assessment with a NARM Qualified Evaluator. This form must be submitted with your PEP application. See NARM CIB for additional Preceptor qualification for this option.
 - i. Form 100 – *General Application*
 - j. Form 101 a, b, c – *Letter of Reference*: You must arrange for these forms to be completed to provide personal, professional, and client references.
8. Every six months, you should complete an Educational Program Evaluation and submit it to the ALMA Education Committee.
9. Prepare to take the NARM Written Examination.

Continuing Education and the Senior Midwife

Upon completion of the NARM PEP-Portfolio Evaluation Process, the Intern is then required to pass the NARM Skills Assessment and the NARM written exam. The applicant is subject to ALL fees, deadlines, and policies set forth in the NARM CIB – Candidate Information Bulletin.

- a. Certification renewal is due every three years.
- b. Recertification forms are sent with the initial certification and with each recertification, and are also available on the NARM website at www.narm.org
- c. Thirty (30) Continuing Education Contact Hours (30 CEUs) are required during the three-year period.
- d. One Contact Hour is defined as 55 minutes. 30 – 55 minutes is .5 Contact Hours. Less than 30 minutes does not count.
- e. All recertifications are subject to random audit.
- f. Mandatory Peer review or Peer Review Workshop for 5 Contact Hours.
- g. Current Adult CPR and Neonatal Resuscitation certification.
- h. Affirmation of current use of Informed Consent.
- i. Demographic information.