Community-University Health Care Center’s
Nurse Midwife Service

Our experienced and caring nurse midwives are here for you during your pregnancy and beyond.
Nurse Midwives

Today, women have many choices when it comes to giving birth, and a growing number are opting to use a certified nurse-midwife (CNM).

What is a certified nurse-midwife?
A certified nurse-midwife is a registered nurse who has a Master of Science degree in midwifery and holds a national certification from the American College of Nurse-Midwives. In the United States, the profession dates back to the 1920s, and today there are thousands of Certified Nurse Midwives practicing in all 50 states. Visit the Minnesota Affiliate of the American College of Nurse-Midwives.

A natural choice for many
Many women choose midwives because they enjoy building a strong relationship with their caregiver. Other women appreciate midwives' natural approach to prenatal care, labor and birth.

Believing that pregnancy and birth are normal life processes, midwives tailor their care to the individual needs of each patient. Preferring to minimize technological interventions, they stress education, counseling and continuous hands-on care during labor, birth and postpartum.

In addition to being with a woman from active labor through birth, certified nurse-midwives are qualified to administer medications, order labor epidurals and perform some medical procedures.

During pregnancy, midwives offer guidance on proper nutrition, exercise, sleep and travel. They encourage women to make birthing choices unique to their personal needs. They support a variety of labor options, including the freedom to move around, massage, a rocking chair, tub or shower, a birthing ball, moist heat, and pain medication.

When additional support is needed
Sometimes births become complicated, and additional support is needed. Certified nurse-midwives are trained to recognize and manage complications early and collaborate with doctors to ensure optimum care for women and their babies.

Beyond delivering babies
Many people think of midwives only in connection with childbirth. They do much more. Midwives provide a wide range of services for all ages of women — from puberty through menopause.

Yearly gynecological exams
Many women choose midwives for their yearly gynecological exams. Midwives also make an excellent choice for young women transitioning from pediatric care to adult medical care.

Family planning and pre-conception counseling
Midwives are trained to provide personalized attention to the needs of couples as they begin planning a family.

Health maintenance and disease prevention counseling
From caring for a woman's general medical needs to treating vaginal infections and counseling
about sexually transmitted diseases, certified nurse-midwives often become primary care providers for many women.

**Peri-menopause counseling**
Women today have more options than ever for managing menopause symptoms. Certified nurse-midwives can help them unravel the choices, from hormone replacement therapy to alternative medicine.