

# CMM CIRCULAR



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*Statements, claims & opinions made in articles are those of the author & do not necessarily reflect the views of the CMM or Executive.*

*Submissions are subject to editorial changes.*

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CMM CIRCULAR DESIGN & LAYOUT  
Kathy Kirby

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## Spring has sprung...!

And there couldn't be a better time to start a vegetable garden, establish new garden beds, plant just about anything; it's also time to start those spring cleaning projects. It is definitely a time for new births and new beginnings, especially in nature. We would like to thank all the CMM members for getting their Registration renewals in before the deadline. The CMM staff at the CMM will be taking holidays in the months to come to enjoy our all-too-short summer. As a result the office may have reduced hours during some of the weeks of July and August. We love it when you drop by for a visit (and for business) but please phone ahead to make sure someone is there. Enjoy your summer, Kathy

### URGENT CALL TO MEMBERSHIP

In May the CMM emailed all the members regarding interest in the **Committee to Select Public Representatives**; to date we have not had a response. The work of this committee is critical; to recruit and select Public Representatives to serve on the Council of the College and on the committees of the College.

- Term of office is 3 years.
- The time commitment averages out to 2 hours per month.

Due to the nature of this committee work (appointing Public Representatives to CMM Council and committees when the need arises), the committee does not meet regularly. Please contact the CMM if you think you would be interested in being appointed to this committee or would like more information. Thank you for considering this important committee!

### CMM Annual Public Meeting

The CMM will be holding its Annual Public meeting on June 11<sup>th</sup> 7:00 – 8:30 p.m. at the Winnipeg Birth Centre, 603 St. Mary's Road, Winnipeg. This gives the CMM the opportunity to inform the public about the role of the College.

### CMM Annual General Meeting

The CMM will be holding the 2013/14 Annual General meeting this year on Friday, June 20<sup>th</sup> 11:30 a.m. to 1:30 p.m.

There will be a presentation from 1:30 – 2:30 p.m for members only. Joanna Noble, BScN, RN, CRM, CPPS will be facilitating this session.

The topic:

- Informed Choice Discussion
- Supervisor, Knowledge Transfer
- Healthcare Risk Management Department, HIROC

### COUNCIL OF THE COLLEGE

Darlene Birch, RM (KD Rep) Northern  
Thelma Mason, (KD Rep) Northern  
Kari Hammersley, RM (Rural)  
Gisele Fontaine, RM (WRHA)  
Sheila Mills, RM (WRHA)  
Gina Mount, RM (WRHA)  
Shannon Lavell (Pub. Rep) (Rural)  
Carolyn Markmann (Pub. Rep) (Rural)

### MEMBERSHIP AS OF JUNE 2, 2014

44 Practicing Midwives  
18 non-practicing Midwives

### NEW CMM MEMBERS

Tricia Guse - January 6, 2014  
Maryam Sharfaei – April 1, 2014  
Emily Weigelt – June 2, 2014

### NEW ARRIVAL

Midwife Julia, and her family Scott, Cole & Davis are thrilled to introduce you to Luke Patrick Moore, born on March 26, 2014 at 11:38 weighing 8lbs. Thanks very much to our outstanding midwives, Carolyn Nykiforuk and Sheila Mills.



### NATIONAL NEWS

#### NEW ONTARIO REGISTRAR AND EXECUTIVE DIRECTOR

The Board of the College of Midwives of Ontario has announced the appointment of Kelly Dobbin, RM, as the new Registrar and CEO of the CMO effective November, 2013 (replacing Robin Kilpatrick, RM).

#### NEW CMBC REGISTRAR AND EXECUTIVE DIRECTOR

The Board of the College of Midwives of BC has announced the appointment of Veronica McCaffrey BN, JD, as the new Registrar and Executive Director of the CMBC effective May 1, 2014 (replacing Jane Kiltnei, RM).

### Committee Updates

**Standards Committee:** At its meeting on May 12, Council approved the following draft documents recommended to it by the CMM Standards Committee. They have been distributed via email; check your inbox. Please remember that you are obligated to incorporate these documents into your *CMM Registrant's Handbook*:

- Standards, Limits and Conditions for Prescribing and Administering Uterotonics
- Standard for Continuing Competency in Fetal Health Surveillance
- Random Practice Audit Overview

Members of the committee are currently revising some of the Standards and Guidelines listed below:

- Code of Ethics
- Standard for Shared Primary Care
- Guideline for the Management of the Third Stage of Labour

**Board of Assessors:** The Board of Assessors continues to meet as required. There were three new midwives approved for registration since our last newsletter.

Welcome to:

- Tricia Guse currently employed with Southern Health Regional Health Authority and practicing in St. Pierre.
- Maryam Sharfaei employed with Southern Health Regional Authority and practicing in Winkler.
- Emily Weigelt employed with the Winnipeg Regional Health Authority and practising at ACCESS River East.

**Quality Assurance Committee:** The Quality Assurance Committee met May 14<sup>th</sup>. Topics of review have been reviewing the Currency Reporting Forms, Birth Log Template, Client Evaluation of Midwifery Care, Yearly Quality Assurance Record & Documentation and revision of the Standard on Quality Assurance for Midwives.

### Election for the Council of the College

On May 1, 2014 you were mailed an Election Package for the 'Notice of Pending Vacancies and Call for Nominations'. This is just a reminder that the College of Midwives of Manitoba (CMM) is holding an election for three (3) vacancies on the **Governing Council** of the CMM.

The deadline for receiving nominations is Friday, June 13, 2014. Please take a moment to consider participating in this important process. Please feel free to contact the CMM at [admin@midwives.mb.ca](mailto:admin@midwives.mb.ca) if you have any questions.

## TOPICS OF INTEREST

# IDENTIFICATION OF AND INTERVENTION IN POST-PARTUM DEPRESSION

As members will be aware, a case of serious post-partum depression resulted in a tragic outcome in Winnipeg in 2013. The Chief Medical Examiner referred this matter to the College of Physicians and Surgeons and directed that they, in conjunction with other health care professionals further educate members on this potentially fatal illness.

In discussion with The College of Physicians and Surgeons of Manitoba, the Winnipeg Regional Health Authority, the Mood Disorders Association, The College of Registered Psychiatric Nurses of Manitoba and the College of Registered Nurses of Manitoba, and the College of Pharmacists of Manitoba we present the following notice:

It is important that all midwives be aware of the insidious nature of post-partum depression. The following URL's present various materials that midwives may provide to their patients. It is very important that all midwives be aware of the potentially tragic results that can occur when a mother who has serious post-partum depression slips through the cracks or intervention is not started early enough. Post-partum depression may become a serious life threatening illness.

**Please read the following material and consider it carefully:**

[Key Messages on Post-Partum Mental Health Awareness for Health Care Regulatory Colleges](#)

**March 2014**

### Goals

1. To create awareness amongst health care professionals about post-partum mental health.
2. To stress the importance of early recognition of symptoms of post-partum depression, anxiety and psychosis.
3. To support health care professionals in finding the tools and resources needed to best serve their patients.

### Key Messages

1. Attention to perinatal and post-partum mental health is crucial to the well-being of both mother and child.
2. Awareness and early recognition is essential because postpartum mental health issues can be silent. Helpful treatment options include counselling, medication and support.
3. Health care professionals must work together to provide comprehensive care to women and children during the perinatal and post-partum periods.
4. You can find resources to support your practice in the following places:
  - WRHA Perinatal Quick Reference Guide for Health Care Providers: [http://www.wrha.mb.ca/healthinfo/prohealth/files/MentalHealth\\_Perinatal.pdf](http://www.wrha.mb.ca/healthinfo/prohealth/files/MentalHealth_Perinatal.pdf)
  - Mental Health Resource Guide for Winnipeg [www.cmhawpg.mb.ca/resources.htm](http://www.cmhawpg.mb.ca/resources.htm)
  - Fact Sheet for public education on postpartum depression [www.heretohelp.bc.ca/publications/factsheets/postpartum](http://www.heretohelp.bc.ca/publications/factsheets/postpartum)
  - Culture of Wellbeing: Guide to Mental Health Resources for First Nations, Metis and Inuit People of Winnipeg [www.wrha.mb.ca/aboriginalhealth/services/resources.php](http://www.wrha.mb.ca/aboriginalhealth/services/resources.php)
  - Pacific Post Partum Support Society [www.postpartum.org](http://www.postpartum.org)
  - Post Partum Support International [www.postpartum.net](http://www.postpartum.net)
  - Women's Health Clinic (204) 947-1517
5. Crisis resources are available in the following places:
  - Crisis Services <http://www.gov.mb.ca/healthyliving/mh/crisis.html>

**"MUTA"**

**MUTA**



Since the CMM moved office spaces in late January we have been privileged to have been a 'home' for a breathtaking hand-crafted ceramic-wood statue titled "Muta". Muta was sculpted in 1993 by a local artist – Michael Bridgford-Read. By way of history, Michael's mother is Alica Read. Alicia had been appointed by Health Minister Jim McCrae, in 1994, to the Midwifery Implementation Council (MIC) for the Province. Her work was foundational to regulated midwifery. Alica is now retired. Michael describes her as an expert midwife, and obstetrical labour delivery nurse, and has delivered babies on four continents. Pregnancy and birth were common topics for discussion while he was growing up.

Michael expresses that the imagery of the mother is found all over the world, dating back 40,000 years. "Mothers are important. Without mothers we cannot survive. They are the vessels that carry us, bring life to us, and nurture us. They are like the earth, which feeds us, clothes us and allows us to live."

**About the Artist:**

Michael Bridgford-Read, also known as Basil, was born in Africa to British parents. He now lives in Winnipeg's West Kildonan area. Basil has a Bachelor of Fine Art (Honours, 1994) and Bachelor of Education (with Distinctions, 1998), from the University of Manitoba. His artworks are primarily sculptural, using natural materials and exhibiting influences of pre-historic and tribal cultures. Basil's art can be seen at the University of Manitoba's Faculty of Education; Murals of Winnipeg and many private collections.

**REMINDER:**

**New Registrant's Policy**

As we prepare to welcome the first cohort of graduates from the *University College of the North* to practice we'd like to take this opportunity to remind members of the *New Registrant's Policy*. This *Policy* applies to all new registrants, except those registered via reciprocity from another Canadian province. Although some new midwives may have additional supervision requirements, new graduates from Canadian midwifery education programs who have passed the Canadian Midwifery Registration Exam (CMRE) will not have additional supervision requirements. *New Registrants are required to work within the conditions of the New Registrant's Policy during their first 12 months of registration.* In particular, they are required to work within an established practice for a period of at least six months until they have provided care throughout pregnancy, labour, birth and the postpartum period as primary midwife to 20 women and their newborns. New Registrants are also required to participate in monthly chart review with an established practice for a period of at least 12 months. Full details regarding this policy are available on the CMM website at <http://www.midwives.mb.ca/manitoba.html>

**New Registrant's Policy**

*New Registrants are required to work within the conditions of the New Registrant's Policy during their first 12 months of registration*

### Council of the College

Darlene Birch, RM (Kagike Danikobidan) (Northern RHA)  
 Thelma Mason (Kagike Danikobidan Rep) Northern  
 Gisele Fontaine, RM (WRHA)  
 Kari Hammersley, RM (Prairie Mountain RHA) Rural  
 Sheila Mills, RM (WRHA)  
 Gina Mount, RM (WRHA)  
 Carolyn Markmann (Appointed Public Rep) Rural  
 Shannon Lavell (Appointed Public Rep) Rural

### Board of Assessors

Marla Gross, RM, (Southern RHA) Rural  
 Sheila Mills, RM Chairperson (WRHA)  
 Mary Beens (Appointed Public Rep)  
 Cara McDonald, RM (Southern Health)Rural  
 Janet Macaulay, RM (WRHA)  
 Doris Young, (Kagike Danikobidan Rep)Northern

### Complaints Committee

Shannon Lavell (Appointed Public Rep) Rural  
 Leah Walkty, RM (Non-prac.)  
 Kari Hammersley, RM (Prairie Mountain RHA) Rural  
 Darlene Mulholland (Kagike Danikobidan Rep) Northern

### Education Committee

Carolyn Nykiforuk, RM (WRHA)  
 Marla Gross, RM Chairperson (Southern Health)Rural  
 Kari Hammersley, RM (Prairie Mountain RHA) Rural  
 Freda Lepine (Kagike Danikobidan Rep)Northern  
 Sandi Howard, RM (Alternate for F. Lepine)Northern  
 Sara Corrigan (Appointed Public Rep)  
 Tracey Novoselnik, RM (WRHA)

### Perinatal Review Committee

Gisele Fontaine, RM Chairperson (WRHA)  
 Lara Petkau, RM (Southern Health) Rural  
 Ling Ou Chen, RM (WRHA)  
 Abigail Tackie Larson, RM (WRHA)  
 Megan Wilton, RM (WRHA)  
 Lisa Harcus, RM (Southern Health) Rural  
 Dr. Ferd Pauls

### Standards Committee

Darlene Birch, RM (Kagike Danikobidan)(Northern RHA)  
 Gisele Fontaine, RM (WRHA)  
 Joelle Ross, RM Chairperson (Southern Health) Rural  
 Gordana Lemez, RM (WRHA)  
 Jocelyne Anderes, RM  
 Lyn Hotchkiss (Appointed Public Rep)(Rural)  
 Kellie Thiessen, RM (Non-Prac.)  
 Heba Al Nashef, RM (WRHA)

### Quality Assurance Committee

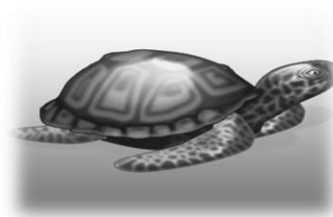
Rebecca Wood, RM Chairperson (WRHA)  
 Julia Allen, RM, (Non-prac.)  
 Baileigh Kaptein, RM (Northern RHA)  
 Darlene Mulholland (Kagike Danikobidan) Northern

### Kagike Danikobidan (KD)

Darlene Birch, RM (Northern RHA)  
 Maggie Flett (Island Lakes)Northern  
 Freda Lepine (Chairperson) Thompson  
 Thelma Mason (Garden Hill)Northern  
 Nelliane Cromarty (Garden Hill)  
 Darlene Mulholland (Thompson)  
 Doris Young (The Pas)Northern  
 Sandy Howard, RM (Northern RHA)  
 Melissa Brown (Student rep UCN)

### Committee to Select Public Representatives

Trina Larsen (Rep appointed by the Women's Health Clinic)  
 Bibianne Lafleche (Appointed Public Rep)  
 Doris Young, (Kagike Danikobidan Rep)(Rural)  
*Two CMM members urgently needed for this committee*





**COUNCIL & COMMITTEES MEETINGS**

- Standards Committee – TBA
- Education Committee - TBA
- Perinatal Review Committee – TBA
- Quality Assurance Committee – September 25, 9:30 – 11:00 a.m.
- Council Meetings - pending election results.

**RETURNING TO PRACTICE?**

Please remember that in order to return to practice you must submit your **RETURN TO PRACTICE FORM** 30 days prior to returning back to work. **You must also be current in CPR & NRP.** No Exceptions! No Grace period!

**UPCOMING HOLIDAYS:**

- Canada Day - July 1, 2014 Office closed
- Civic Holiday – August 4, 2014 Office closed

**UPCOMING CMM EVENTS:**

- Annual Public meeting: JUNE 11, 2014, 7:00-8:30 P.M.  
BIRTH CENTRE: 603 ST. MARY'S ROAD
- Annual General meeting: JUNE 20, 2014,
- 11:30 – 1:30 P.M. (1:30 – 2:30 P.M. FOR MEMBERS ONLY)

**CONTACT THE CMM**

College of Midwives of Manitoba (CMM)  
 230-500 Portage Avenue  
 Winnipeg, Manitoba R3C 3X1  
 Phone: (204) 783-4520  
 Fax: (204) 779-1490  
 Email: [admin@midwives.mb.ca](mailto:admin@midwives.mb.ca)  
 Website: [www.midwives.mb.ca](http://www.midwives.mb.ca)

**CMM STAFF**

- Registrar: Janice Erickson, BA, RM (non-prac.)
- Executive Director: Patty Eadie, BA, BSW
- Administrative Officer: Kathy Kirby

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