

Role of Nurses in Midwifery and Obstetrical Nursing

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Abstract

The main role of midwives and nurses in the maternity care has been changed in the last 20-30 years and they are most helpful in taking care of a pregnant woman and her family. In addition, the main importance of the antenatal care is the physical care of a mother that is throughout the overall maternity cycle. The role of the midwife and nurse within the maternity care involves delivery, labor, pregnancy and they provide the best healthcare to every pregnant mother. Hence, the nurses and midwives try their best to feel secure for the pregnant mothers in bringing their child into this world and also help them in growing up in a healthy and mature environment

Keywords

Antenatal, Midwifery, Obstetrical, Postnatal.

INTRODUCTION

The main role of obstetrical and midwifery nursing in the healthcare sector includes services to women during maternity. It includes gynaecological examinations, prescriptions, delivery and labor care, contraceptive counselling and many more. Furthermore, this research includes the responsibilities of several midwifery nurses, the duty of nurses involved in Obstetrical nursing. Obstetrical and midwifery nursing consists of several responsibilities such as monitoring fetal growth, treating health conditions that arise at the time of pregnancy and maternal health. Hence, these nurses attend the birth at birthing centres and in several hospitals as they have to provide care to patients during pregnancy complications and they also take care during delivery and labor.

Responsibilities of Midwifery Nurses

The midwives are the specialists during any childbirth and normal pregnancy. In addition, the main role of a midwifery nurse is taking care of pregnant women and also their babies during their birth and labor up to 28 days after the birth of the baby. Furthermore, they also provide several services and professional care during the time of childbirth and pregnancy. The staff working and midwives within the maternity care prepare the women at the time of pregnancy stages and labor at the early period of postnatal [1]. The midwife nurses provide a specialized care during delivery, labor and also after birth. The midwifery nurses are having responsibilities and roles such as **Caregiver** and here the midwives provide the high quality postnatal and antenatal care for maximizing the health of women after and during pregnancy and they also detect early problems and also they refer or manage several complications. Secondly, in the role of **Coordinator**, here the midwives coordinate the care for all women and they also ensure the social, voluntary and holistic services for the

pregnant women.



Figure 1: Roles of Midwifery nurses [8]

Furthermore, the nurses act as a **Leader** and the main role of the leader is to review, provide and plan about the care of women with their agreement and input. It is done to the period of postnatal from the antenatal assessment in an initial stage. The leading role of the Midwife reduces the admission process to any hospital and also results in less intervention during the time of birth [8]. Fourthly, they also act as a good **Communicator** as the midwives always understand the overall effectiveness of the communication process. However, it also helps in developing a trusting relationship with the family members and pregnant women. The midwife also has to communicate in an effective manner with family

members and pregnant women as they can freely share their own problems. Another duty is as a **Manager**, here the midwife nurses manage several circumstances that are appropriate and they can also refer and recognize the women to an obstetrician at any emergency time. The nurses also act as an Educator and they provide a high-quality education of sensitive health for promoting a healthy lifestyle and also positive parenting.

The midwife nurses also act as a **Counsellor** and they counsel the pregnant women along with providing several information's on the parental self-care that includes hygiene, nutrition, danger signs of childbirth and pregnancy and breastfeeding [3]. The nurses are also the Family planner as they counsel several people and provide several pieces of information regarding the methods of family planning; they also help the couples in taking decisions regarding childbirth. Furthermore, the midwives act as an **Adviser** and they advise to develop the birth plan and also promote several concepts regarding birth preparedness. The nurses also advise on several situations that are complicated and it helps the couples in making decisions.

Duties of Obstetrical Nursing

The nurses, who are included in Obstetrical (OB) nursing help in providing the testing and parental care, care at the time of delivery and labor and the care of several patients that are experiencing the complications of pregnancy. The obstetrical nurses are working closely with nurse practitioners, midwives and obstetricians [7]. The obstetrical nurses are the most unique nursing professionals that are responsible for welcoming new babies into this world. Furthermore, they also care for the overall family at the time of childbirth and also they are instrumental figures within the lives of both babies and parents both. The OB nurses are taking several day-to-day responsibilities and they might walk through several birthing processes with moms that are going to deliver. Hence, it also helps the parents in adjusting to the latest and new roles after the delivery process.

The obstetrical nurses are having several responsibilities such as **Delivery and labor tasks** and the nurses are much more responsible in taking care of mom within the delivery room. The OB nurses also provide emotional support to the nervous or anxious partners and also help the pregnant mother from the admission process to the released date. The obstetrical nurses are having another responsibility that is the **Post-delivery responsibility**. The nurses help several mothers after the birth of the baby and also closely monitor the baby and their mom for several hours before they are going to the postpartum care [11]. At this time the OB nurses help the mom by doing several tasks such as assisting moms with breastfeeding and the formula for ensuring the requirements of adequate nutrition.

Further, they also manage and monitor the vital signs of baby and mom both and also they monitor several complications for the delivery and pregnancy process. Another responsibility of OB nurses is the **postpartum care** and the nurses monitor both mom and baby after birth and after that, they are transferred for the postpartum care. At this time the nurses are much more responsible for several factors such as administering the pain medications, giving ice packs, monitoring bleeding and swelling. The nurses also help the moms in moving and also in the recovery process, help in drawing the blood tests, administering the necessary shots and many more.

The OB nurses are having several responsibilities that are required during the pregnancy and post-pregnancy [12]. The skills are emotional stability and it is essential for the nurses to cope up with the traumatic experiences and also handle the hardships in a regular basis. Another skill is the **critical thinking** and by this, the OB nurses are capable of thinking quickly and critically for finding better solutions for the patients. Furthermore, the nurses are also capable of communicating their insights and thoughts with several patients and also with several other members of the medical team. One of the skills is **compassion** and by this, the nurses are working in the delivery and labor ward that is much more difficult and inside that ward, the nurses are taking special care to the mom and also to the baby.

Accessible and Affordable Healthcare in Rural areas

Several countries are having the universal access for the maternity care of women and also have better practices regarding midwifery and nursing processes. Furthermore, the government is trying to fulfil the lack of access for the higher quality services of maternal health within the rural communities [9]. For this, there are several factors that include the obstetric and hospitality department closure, shortage of the workforces and also the access to the challenges of caring and these arise from several determinants of the healthcare that is to be contributed for several disparities within the maternal healthcare of rural babies and women [4]. However, these challenges might result in negative outcomes in maternal health but they will



Figure 2: Duties of Obstetric Nurses [11]

also improve the higher quality services of maternal care within the rural communities.

RESULT AND DISCUSSION

The midwives nurses are highly trained nurses after their licensing and initial training. The midwife nurses are gaining clinical experience for several years in obstetric, health of women and in gynaecology. The main role of the midwife is providing the necessary services and professional care during the time of childbirth and pregnancy for the first seven weeks after the delivery [10]. However, the midwife nurse also observes and monitors the overall condition of the pregnant women and they obtain their medical history for conducting several screening tests that are ordered by the physician. The nurses provide the special care to the new-born babies and also to the mother and also educate the mother on the bathing process of the child, dressing of the baby and also in breastfeeding. In addition, the nurses also educate the pregnant women on the gynaecological health care and they also counsel and instruct the women on the issues of birth control. The ratios of midwives and nurses of several countries are given in the figure below.

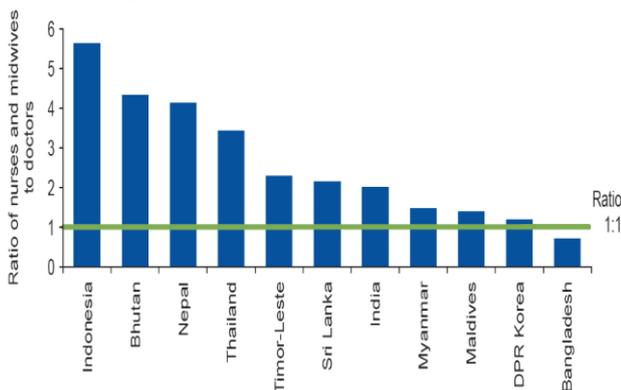


Figure 3: Ratio of midwives and nurses in several countries [2]

The nursing and midwifery sector is having several key facts and these key facts are the part of the multidisciplinary and strong healthcare teams [2]. The midwives and nurses making an important contribution on delivering several commitments on the sector of Primary health care. It ensures the patient-centred care that is too close for a healthy community. Furthermore, midwives and nurses account for almost 50% of the workforce within the global health and there is a global shortage for the health workers. This shortage is particularly between midwives and nurses that represent about 50% of the shortage within the health workers. For reaching the goal of sustainable development on well-being and health care WHO is estimating that there is a requirement of 9 million midwives and nurses around the world. The nurses are playing a significant role in promoting healthcare, prevention of several diseases and also in delivering community and primary care [6]. However, the nurses also provide care within the emergency settings and they will be the main key for the achievement of the coverage

within universal health.

The main achievement for all the nurses is fully dependent on the adequate number of educated and well-trained midwives and nurses that are well supported in health sectors. In addition, they will also help in recognition and paying commensurate with the service and quality of the health care. Internationally, around 70% of the social and health workforce are mostly women as compared to almost 41% in all the sectors of employment. The midwifery and nursing occupations represent an important share of all the workforce of females. The midwives and nurses are the first health professional that always maintains the service and quality of several initial assessments, treatment and care and these are much more vital for the health sectors [5]. However, these are the main parts of the local community that share its vulnerabilities, strengths, culture and it can also deliver and shape effective interventions for meeting the requirements of communities, families and patients.

CONCLUSION

From the above research, it is concluded that both midwives and nurses are experienced and trained in the process of delivery and labor and they cannot provide all the services that the doctor can provide. The midwife is much more capable of providing parental care, also can admit a woman to the hospital, performs the process of delivery and also can provide several cares in labor. The midwife is having a unique role in taking care of the new-born babies and also to the mothers. In addition, they also supervise advice and care to a pregnant woman that is from labor to the period of postpartum. The nurses also promote the normal birth of a baby and also detect several complications within a mother and also to the child. Hence, they can access medical and other assistance for carrying out the emergencies.

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