



Aviva News

Newsletter of Aviva Institute

June 2009
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What's happening at Aviva?

Summer is almost upon us and as the temperature heats up, so do the happenings at Aviva. We are in our second year of operation and our progress is right on track. We have submitted our Self-Evaluation Report (SER) to the Midwifery Education Accreditation Council (MEAC), the second requirement of our journey to accreditation. Our Accreditation Review Committee is being selected by MEAC and we hope to have site visit, the third requirement of accreditation, sometime near the end of the year. We thank everyone - students, faculty, and staff - for the help and support in getting our SER completed. It was a monumental task, but the finished product is something to be proud of.

The rest of the year will be busy as we prepare for our site visit with MEAC and for accreditation for our lactation program through the Accreditation and Approval Review Committee (AARC) on Education in Human Lactation and Breastfeeding.

We are continually looking for ways to help our students pay for their education through scholarships, grants, and loan programs. Accreditation will help the process, but in the mean time, we are open to suggestions and information on programs that may help.

Our continuing education offerings are increasing at a rapid rate. The Birth Emergency Skills Training (BEST) course and the Intrapartum Fetal Assessment Certificate Training

(InFACT) course are the cornerstones of our continuing education program, offering CE units for ACNM, MEAC, and RN. We've added Breastfeeding Educator, Breastfeeding Counselor, and Introduction to Herbal Medicine to the list of RN CEUs. Spread the word to your friends and colleagues that Aviva Institute is a great place to obtain continuing education with incredible instructors and courses, without the extra expense of travel!

Aviva Institute will continue to grow, expanding our offerings and opportunities, with the help of our outstanding faculty and amazing student body. Thank you for being a part of the journey.

New Faculty

Aviva Institute welcomes our newest faculty members:

Midwifery Program

Astrid Grove, LM, CPM
Kelly DeSieves, CPM

Lactation Program

Linda Barnhart, RN, IBCLC
Carrie Finger, IBCLC, LCCE
Lori Isenstadt, IBCLC, CCE, CBA
Dianne Oliver, MA, IBCLC
Lorraine Redmond, BS, IBCLC
Regina Roig-Romero, BS, IBCLC



FACULTY SPOTLIGHT



ASTRID GROVE, CPM

This month's featured faculty member is **Astrid Grove CPM**, our instructor for the Introduction to Herbal Medicine course at Aviva Institute. Astrid is a graduate of Birthwise Midwifery School and comes to Aviva with extensive apprenticeship training in herbalism under such well known herbalists as Susun Weed, Ellen Evert Hopman, and Pam Montgomery. We are excited about Astrid's course which opens June 29th.

AVIVA NEWS: Astrid, can you tell us a little about your upcoming course?

ASTRID: *Introduction to Herbal Medicine is the kind of course that is applicable to any herbalist at any point during their training. Basically, this class lays a strong foundation from which to embark on a lifelong journey. We will focus on plant identification, basic botany, philosophy, and herbal medicine-making. One of my favorite aspects of the course is the plant ally project in which each student chooses (or is chosen by) one plant to work with intensively over the three week course. Most of all, this course is fun and hands-on and a really simple yet profound introduction to herbal medicine.*

AVIVA NEWS: How do you go about teaching an herb class online?

ASTRID: *Actually I have been surprised out how simple it has been to develop this course specifically*

for on-line learning. Because most of what I teach is prompting students to learn on their own, directly from the plants. There is very little that you cannot learn from understanding plant families, plant identification, and direct communication with plant allies. Each week begins with an herb talk and accompanying slide show presentation that I've prepared to introduce you to our weekly topics, I have also compiled an extensive library of video and audio resources for you to enjoy with detailed instructional information from some of the most well known herbalists in the country.

AVIVA NEWS: Some people may be nervous taking a course online if it's the first time they've done it, what would you like to tell them?

ASTRID: *The program that we use is very user friendly and simple to follow. I am also available on the phone, on Skype and by e-mail to answer questions and serve as your guide. Plus, there are other students to communicate with in forums and through discussion questions.*

AVIVA NEWS: If potential students have questions about the course, how would you like to be contacted?

ASTRID: *If you want to talk to me more about the course before the course starts you can reach me by phone at 360.630.8391 or by e-mail at astrid.grove@avivainstitute.org. I am on a teaching tour right now, so please be patient with my response, and I will get back to you as quickly as possible.*

AVIVA NEWS: Is there anything else you'd like to add, Astrid?

ASTRID: *I am greatly looking forward to and excited about witnessing each student as she cultivates a relationship with the green plants in her neighborhood. In this class, we focus on local*

medicines that are growing right outside your door!

AVIVA NEWS: Thank you Astrid, we look forward to the great things students will learn in your course!

Upcoming Open Courses

Birth Doula

Jun 22, 2009 to Aug 2, 2009
<http://www.avivainstitute.org/birthdoula.htm>

Postpartum Doula

Aug 10, 2009 to Sept 20, 2009
<http://www.avivainstitute.org/ppdoula.htm>

Childbirth Educator

Sept 21, 2009 to Nov 15, 2009
<http://www.avivainstitute.org/childbirth.htm>

Breastfeeding Educator

Jun 22, 2009 to Jul 12, 2009
<http://www.avivainstitute.org/breastfeeding.htm#0201LACT>

Breastfeeding Counselor

Jul 13, 2009 to Sept 20, 2009
<http://www.avivainstitute.org/breastfeeding.htm#0201LACT>

Introduction to Herbal Medicine

Jun 29, 2009 to Jul 19, 2009
<http://www.avivainstitute.org/herbs.htm>

Herbal Medicine for Childbearing

Jul 20, 2009 to Aug 9, 2009
<http://www.avivainstitute.org/herbs.htm>

Basic Conversational Spanish

Jun 22, 2009 to Aug 16, 2009
<http://www.avivainstitute.org/spanish.htm>

Spanish for Birth Professionals

Aug 17, 2009 to Sept 13, 2009
<http://www.avivainstitute.org/spanish.htm>

STUDENT OF THE MONTH

June 2009

Aviva Institute is pleased to present our first Student of the Month, Avril Bowens. Avril is a member of the Group 1 Cohort and is pursuing the Bachelor of Science in Midwifery.

AVIVA NEWS: Tell us about yourself (your family, your interests, where you come from, your favorite color, favorite food, etc.):

AVRIL: *My name is Avril Bowens, I live on a small farm with my husband and our three bright and beautiful children (11,10,4), all birthed gently into this world at home. I enjoy growing a family garden, gathering the eggs from our chickens, making cheese and yogurt from the milk of our dairy goats and raising our own meat. I home school my children (well the oldest went to school last year for the first time) and love working with herbs. This summer I hope to start a small herbal company with my eldest daughter. Since, starting with Aviva, spare time is something of the past, however, once upon a time, I loved to play Irish music and dance, knit, sew, make baskets, anything really that I could get my hands involved in. Horseback riding has become a new favorite as we recently acquired two horses, bareback is where it's at!*

AVIVA NEWS: Was there a defining moment when you decided to pursue midwifery? What was that moment?

AVRIL: *I always knew that an alternative pathway would be the one I followed. I was completing my pre-requisites for entry into Bastyr College for Naturopathic medicine when I met my husband and went off to Alaska with him. Soon after, we became pregnant with our first child and it was then that I realized midwifery would be my path. I bought Frye's Holistic Midwifery as well as Varney's Midwifery and started reading during that pregnancy and haven't stopped yet! I love, love working with pregnant women, it brings me*

great joy. I truly believe that midwifery is my 'positive contribution to the world', and is making a difference with each family I touch. The effects spiral out from there.

AVIVA NEWS: What made you choose Aviva Institute for your education?

AVRIL: *I was taking time off from practicing, re-evaluating my midwifery education and began searching for more. After looking into several other home courses, I found Aviva on the Internet. What I loved about it immediately was that it was not a self study course, one that would inevitably be put on the end of the list of daily tasks and never get done, it was a on-line college, complete with due dates! I decided to take the Anatomy and Physiology course because I had always wanted to do that and well, it was so fantastic I decided then and there to complete the Bachelor Program and am working towards that goal now.*

AVIVA NEWS: What would you tell people about Aviva Institute?

AVRIL: *I have been impressed with Aviva Institute ever since I started. Having come into the program with a lot of academic study as well as practice behind me, I have found that Aviva still challenges me and I learn so much with each class. I would tell people that this is a fabulous midwifery school for all levels of midwifery, it is incredibly thorough and all encompassing. It teaches modern midwifery while maintaining and encouraging a holistic approach. It is a very comprehensive program, available to mothers who can not attend an on site college, it really expands the amount of women who want to pursue midwifery who would otherwise not be able to. Wonderful school, caring staff and comprehensive education.*

AVIVA NEWS: What is your favorite course at Aviva Institute?

AVRIL: *It would be hard to say what my favorite course is as I thoroughly enjoy almost all of them! I think the*

ones I appreciate the most are the complication course and the A & P.

AVIVA NEWS: What has been your favorite experience at Aviva Institute?

AVRIL: *Apart from the academics, I particularly love the cohort approach to the program, the lively discussions and the friendships formed within them. I love the midwifery 'community' that Aviva has created and can see it expanding to forums for practicing midwives, as well as students.*

AVIVA NEWS: What are your goals for the future?

AVRIL: *I plan on opening a Free Standing Birth Center in the town I live in providing home and birth center births to my community as well as complimentary medicine, yoga classes, HypnoBirthing classes, etc. Of course, the laws need to change first as I live in an illegal state but I have faith that my aspirations will manifest in the near future. Birth centers provide a perfect stepping stone for women who do not want to birth at home nor the hospital and I hope to see more and more all over the country.*

AVIVA NEWS: Do you have any advice for fellow students?

AVRIL: *Take a deep breath at the beginning of each week, create a regular, uninterrupted time that you can devote to studying (in a perfect world right?), get your reading done early because the week flies by and remember to give yourself time to get away from school and indulge in an activity which brings you joy and releases tension. If you have little time one week, put it in perspective and realize that it is simply one week, or one assignment or one course. Expect to forget! And then remember when you put the information gathered into a working model of practice. Enjoy your learning, this kind of intensity lasts only for a short while in perspective and is worth it! Believe, and SEE yourself as a successful student and a successful midwife and so it will be.*

In the Know:

Current Breastfeeding Research

Mothers' experiences with breastfeeding management and support: a quality improvement study.

Sarasua I, Clausen C, Frunchak V.

Breastfeed Rev 2009 Mar; 17(1):19-27.

Abstract:

The purpose of this study was to examine the experiences on mothers with regard to the breastfeeding support and management provided by healthcare professionals on an acute care

postpartum unit in a multiethnic obstetrical referral center in Montreal, Canada. The study survey was largely based on the UNICEF/World Health Organization's (1998) ten steps to successful breastfeeding. The convenience sample included 60 recently-delivered mothers. Findings indicated that primiparous women and women who delivered by caesarean section consistently received more information about breastfeeding management than multiparous women and women who delivered vaginally. However, the study does suggest that all women, regardless of parity or type of delivery, have information and support needs related to breastfeeding. A total of 29 mothers (67%), who intended to

breastfeed exclusively, supplemented with artificial baby milk. Of these mothers, 16 (55%) stated 'milk insufficiency' as their primary reasons for supplementing. Overall, respondents perceived healthcare professionals to be encouraging of breastfeeding, and 48 mothers (80%) were 'moderately' to 'very' satisfied with the breastfeeding education and support received. These findings suggest that overall adherence to breastfeeding best practices in the current study hospital are below targets set by the World Health Organization for 'Baby Friendly' status. Results from the study can be used to target areas for improvement.

✓ CHECK IT OUT – Upcoming Conferences of Interest

2009 ILCA Conference & Annual Meeting

Relating Evidence to Practice: An International Perspective

July 22 – 26, 2009 Orlando, Florida

<http://www.ilca.org/i4a/pages/Index.cfm?pageID=3329>

15th Annual DONA International Conference

August 6 – 9, 2009 Atlanta, Georgia

http://www.dona.org/conference09/index_early.php

AABC Birth Institute

Change in Childbirth: Hope for a New Generation

September 3 – 6, 2009 Savannah, Georgia

<http://www.birthcenters.org/conferences/birth-institute/>

Lamaze International 2009 Annual Conference

Celebrating the Magic of Normal Childbirth

October 1 – 4, 2009 Orlando, FL

<http://www.lamaze.org/ChildbirthEducators/WorkshopsConference/2009AnnualConference/tabid/147/Default.aspx>

Birthing, Breastfeeding and Bonding Conference 2009

Movement Towards Positive Change in Present Practices

October 2 - 3, 2009 Lethbridge, Alberta

<http://www.birthingbreastfeedingbonding.com/index.html>

2009 ICEA International Convention

October 15 – 17, 2009 Oklahoma City, Oklahoma

<http://www.icea.org/content/2009-convention>

MANA Conference

Midwives Alliance and the California Association of Midwives present Midwives Alliance 2009

October 22 - 25, 2009 Asilomar, California

<http://mana.org/mana2009/>

NEWS FROM NARM

NARM Out of Country Clinicals Policy

The Midwives Model of Care (MMOC) is the foundation upon which the CPM credential is based. As evidenced by the NARM Job Analysis and both the Written and Skills test descriptions, all documented training for entry-level midwives is expected to be within this model. Globally, midwives work in many settings both to provide this level of care to women and babies, and also to train others in the benefits of this evidenced-based approach to maternity care. Sometimes training opportunities for students are not within the MMOC, but still provide beneficial opportunities for both students and the women they serve. NARM recognizes that births in these settings contribute to the midwife's overall experience, and NARM encourages these experiences as a supplement, but not substitute, for meeting the required clinical experiences as a PEP candidate.

As of January 1, 2009, prenatals, births, newborn exams, and postpartums attended in clinical sites outside of the United States and Canada may not be documented on the PEP forms as primary maternity care unless the site has been approved by NARM. Births attended at unapproved sites may only be counted as "active participant" on the PEP documentation. A list of approved sites will be available on the web at www.narm.org or by contacting NARM at 1-888-842-4784 or info@narm.org.



Questions and Answers

Q: I've got some information for the newsletter. Who do I give it to?

A: If you know of an interesting story, event, or something you think should be in the newsletter, please send your items to Maggie Geraci. We love student and faculty participation.

Q: I have a question I think other students may have. How can I get an answer?

A: The Questions and Answers section is a regular section of the Aviva Institute Newsletter. Please submit questions you have regarding study skills, time management, scholarships, etc. to Maggie and we'll try to answer them in the next issue.

Q: I have an idea for a great title for the Aviva Institute Newsletter. Can I send it to Maggie?

A: Absolutely! I'd love to hear your ideas.

Q: Can I write an article for the newsletter?

A: Absolutely! Just submit your idea to Maggie and we'll talk about it!

Maggie Geraci can be reached at Maggie.geraci@avivainstitute.org

Announcements

New Scholarship for CPMs

Aviva Institute is offering a limited number of scholarships for CPMs wishing to take the Bachelor of Science in Midwifery program but who otherwise would be unable to afford it. Scholarships will cover up to 50% off tuition, as well as a full waiver of enrollment and advanced placement fees.

Eligibility:

1. Be a currently registered Certified Professional Midwives (CPM)
2. Complete the Advanced Placement process.
3. Meet computer guidelines.
4. Meet income guidelines.

Not available to currently matriculating students.

Please contact Melissa Kelly, Business Director, at Melissa.kelly@avivainstitute.org for more information.

Midwifery Program Important Dates

Fall session begins: September 14, 2009
Application deadline: June 15, 2009

<http://www.avivainstitute.org/midwiferycertificate.htm>

Lactation Consultant Certificate Program Important Dates

Fall Session begins: September 23, 2009
Application deadline: August 3, 2009

<http://www.avivainstitute.org/breastfeeding.htm#lactcert>

Aviva Institute Store

Check out our store where you can find great shirts, jackets, hats, baby items and office supplies with Aviva's logo. It's a great way to show off your Aviva pride!

<http://www.cafepress.com/avivainstitute>

