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Sustainable Midwifery

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Sustainable Midwifery is an approach to midwifery care that prioritizes the health and well-being of midwives, as well as their clients and communities. This approach recognizes that midwives are at risk for burnout and that sustainable practices are necessary to ensure that midwives are able to provide high-quality care over the long term.

In terms of midwife burnout, sustainable midwifery means:

1. **Prioritizing self-care:** Sustainable midwifery recognizes that midwives need to prioritize their own health and well-being in order to provide the best possible care. Midwives who practice sustainably prioritize self-care activities such as exercise, rest, and stress reduction to help prevent burnout.
2. **Fostering supportive work environments:** Sustainable midwifery recognizes that midwives need supportive work environments that promote teamwork, open communication, and a sense of community. Midwives who practice sustainably work to foster these types of environments to help prevent burnout.
3. **Encouraging professional development:** Sustainable midwifery recognizes that midwives need opportunities for professional development to help prevent burnout. Midwives who practice sustainably seek out opportunities for continuing education, mentorship, and professional networking to help them stay engaged and motivated in their work.
4. **Using evidence-based practices:** Sustainable midwifery recognizes that using evidence-based practices is not only important for providing high-quality care, but also for preventing burnout. Midwives who practice sustainably use evidence-based practices to help reduce the stress and uncertainty that can contribute to burnout.

Overall, sustainable midwifery recognizes the importance of addressing midwife burnout and promoting sustainable practices that support the health and well-being of midwives, as well as their clients and communities. By prioritizing self-care, fostering supportive work environments, encouraging professional development, and using evidence-based practices, midwives can help prevent burnout and provide high-quality care over the long term.