



## Impact on Maternal Midwifery and its Benefits

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### Description

Midwifery, a time-honored profession, it has been an essential component of maternal healthcare for centuries. Midwives are capable professionals who provide comprehensive care to expectant mothers throughout the childbirth process and the postpartum period. Their role extends in addition to the limits of medical assistance, encompassing emotional support, education, and empowerment for women during life's transformative experiences.

### The role of a midwife

Midwives provide a structure of care throughout the childbirth journey, supporting women during pregnancy, labor, birth, and the postpartum period. Their responsibilities encompass various significant aspects:

**Prenatal care:** Midwives conduct regular check-ups, provide nutritional advice, monitor the baby's growth, and perform routine tests to ensure the health and well-being of the mother and the future child. They also provide guidance on preparing for childbirth and address any concerns the expectant mother might be experiencing.

**Labor and birth support:** Midwives play an important role during labor, providing emotional support, pain management techniques, and guidance throughout the birthing process. They respect the natural progression of labor while remaining vigilant to detect any potential complications.

**Postpartum care:** After childbirth, midwives continue to care for the mother and the newborn, assisting with breastfeeding, monitoring recovery, and providing postpartum counseling and support.

**Advocacy and education:** Midwives educate expectant mothers about pregnancy, childbirth, and postpartum care. They empower women to cause informed decisions about their health and birthing preferences, respecting their autonomy.

### Benefits of midwifery care

Midwifery care provides numerous benefits for both mothers and infants:

**Improved maternal outcomes:** Studies have shown that midwifery care is associated with reduced rates of medical interventions, cesarean sections, and maternal complications.

**Enhanced neonatal outcomes:** New born babies under the care of midwives tend to have lower rates of preterm birth and low birth weight, leading to better long-term health prospects.

**Increased satisfaction:** Women who receive midwifery care generally report higher levels of satisfaction with their birthing experience, feeling more in control and supported.

**Cost-effectiveness:** Midwifery care has been found to be more cost-effective than hospital-based care, contributing to more sustainable healthcare systems.

### Historical analysis

Midwifery has its origins in ancient civilizations, where women were esteemed for their knowledge and expertise in childbirth. In ancient Egypt, Greece, and Rome, midwives were revered members of society, revered for their wisdom and abilities in guiding women through childbirth. Midwifery continued to evolve throughout the Middle Ages, with various cultures developing unique practices and traditions.

However, with the advent of modern medicine and the institutionalization of childbirth, midwifery faced challenges and even persecution during the 18th and 19th centuries. As medical interventions became more prevalent, the role of midwives diminished, resulting in a decrease in maternal and newborn health outcomes.

### Challenges and possibilities

While midwifery has experienced a recovery, it faces challenges in many parts of the world. Some common problems include limited access to midwifery care in rural areas, variations in the scope of practice and recognition among different countries, and resistance from traditional medical establishments. However, there is growing recognition of the importance of midwifery in achieving improved maternal and infant health outcomes. Efforts to integrate midwives into mainstream healthcare systems, expand educational opportunities, and increase public awareness are significant steps toward a better future for midwifery.

In addition to its completely history as well as modern significance, midwifery is an essential component of affection and integrative mother healthcare. Midwives' care, support, and advice additionally facilitate secure deliveries, but also contribute to women's mental well-being and empowerment during an important time in their lives. As societies continue to recognize the value of midwifery in promoting better maternal and neonatal outcomes, it is essential to invest in its growth and integration into healthcare systems across the world. By nurturing new beginnings with compassion and expertise, Midwives are neglected characters in the incredible procedure of childbirth.

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