Sustainable Practice of Midwifery -- Mind, Body, Spirit
Questions for Continuing Education Credit

Session 1: 9am-1030am: Aviva Romm: Treatment of Common Pregnancy-Related Problems: a Botanical and Integrative Approach

1. Which botanicals are NOT considered safe for use during pregnancy?
   A. Blue cohosh, Cottonroot bark, Motherwort, Tansy, Thuja, Safflower, Scotch broom, Rue, Angelica, Mugwort, Wormwood, Yarrow, Pennyroyal essential oil
   B. Chamomile, Red Raspberry Leaf
   C. Peppermint leaf tea
   D. Linden, Oat Straw

2. Which of these is a non-pharmacological protocol for the treatment of varicosities during pregnancy that are used TOPICALLY?
   A. Green Tea Extract, Nettle Tincture, Squaw Vine Tincture
   B. Black Tea, Witch Hazel, White Oak, Yarrow
   C. Horse chestnut seed extract, bilberry, nettle leaf
   D. Rose Petal, Lavender and Calendula Salve in Shea Butter

3. Which of these is a non-pharmacological protocol for the treatment of varicosities during pregnancy that are used INTERNALLY?
   A. Green Tea Extract, Nettle Tincture, Squaw Vine Tincture
   B. Black Tea, Witch Hazel, White Oak, Yarrow
   C. Horse chestnut seed extract, bilberry, nettle leaf
   D. Rose Petal, Lavender and Calendula Salve in Shea Butter

4. These factors determine when intrapartum preventive treatment for Group B Streptococcus is NOT indicated:
A. Previous infant with invasive GBS disease / GBS bacteriuria during current pregnancy
B. Positive GBS screening test during current pregnancy
C. Unknown GBS status AND Amniotic membrane rupture >18 hours
D. Negative vaginal and rectal GBS screening test during the current pregnancy, regardless of intrapartum risk factors

Session 2: 10:40am- 11:45am: Panel Discussion: Rosanna Davis, Jocelyn Dugan, Jared Kiloh: Sustainable Midwifery: Dollars and Sense
1) Which business structures are considered appropriate for an individual private practice midwife?

   A. Sole-proprietorship
   B. S-Corporation
   C. Limited liability corporation
   D. Ask Jocelyn

2) Which are bonafide business expenses?

   A. Professional membership dues
   B. Mileage on the car to and from client homes
   C. Donations to another midwife’s legal defense
   D. Computers, printers, cell phone used for work
   E. Ask Jocelyn
   F. A, B, D, and E.

3) True or False: The IRS requires a business owner to have invoices from independent contractors (assistant midwives) and to file 1099s each year. In the event of an audit, if these requirements were not met there can be penalties assessed.

4) True or False: If a midwife charges what other midwives charge that is considered ‘price fixing’.

5) Money is:

   A. The root of all evil
   B. A necessary resource for getting things done and having the freedom to serve others
   C. One of many exchanges of energy
   D. All of the above

Session 3: 11:45- 12:20: Diane Holzer: Best Practice Guidelines for Homebirth Transfer

1. Where can one obtain a copy of the Homebirth Transfer Guidelines?
A. The Medical Board of California
B. They can be downloaded from the Home Birth Consensus Summit website.
C. Midwives Alliance of North America
D. Each peer review must make up their own Home Birth Transfer Guidelines.

2. How many Home Birth Summit meetings have there been?
A. There have been 3 summits
B. There have been no summits
C. There have been 20 summits

3. True or False, The Homebirth Transfer Guidelines contain best practices for both hospital staff and for midwives to follow during a transfer from home to hospital birth.

Session 4: 1:05-2:35pm: Pam England: A Midwife’s Stories: When They Are Medicine, When They Need Medicine

1. Being “in service” to others (while neglecting the self) is motivated by:
   (Choose one)
   A. childhood agreements
   B. karma
   C. personality type

2. What is the “seed of grief” that leads to rigid prevention protocols?
   (Choose one)
   A. learning from your mistakes
   B. avoiding ever feeling blame/shame again
   C. compassion

3. Two examples of blaming-the-mother include: (along the lines of…)
   A. She should have tried harder; she should have trusted her body more; she should have done more yoga; she should have had a doula; she should have taken a different class
   B. She had some psychological block she needed to resolve
   C. Both A & B
   D. Neither A nor B

4. The long shadow of mother-blaming arises from the (pick two):
   A. mother feeling powerless
   B. midwife feeling powerless
   C. midwife believing she failed the mother
   D. midwife believing the mother (her outcome) failed her

1. In women with high risk pregnancy conditions, the results of Non-Stress Tests applied for consecutive 20-minute periods up to a total of 80 minutes, can reliably predict the risk of moderate and severe neonatal morbidities. True/False

2. The Biophysical Profile score is based on a evidence based weighted score for each of 5 markers of fetal well-being. True/False

3. Amniotic Fluid Index is a poor predictor of adverse outcomes. True/False

4. Which of the following types of fetal behavior are linked to risk for neonatal morbidity?
   - hiccups
   - number of movements
   - strength of movements
   - heart rate accelerations with fetal movement
   - all of above
   - b and d only

Session 6: 4:15- 5:15pm: Heike Hornsby: Nitrous Oxide: Another Tool in Your Tool Kit

1. Describe 3 clinical situations that could benefit from use of N20
   - A. Premature urge to push, prolonged active phase, manual removal of placenta, suturing
   - B. 3rd stage Hemorrhage, 4th stage hemorrhage
   - C. Long latent phase
   - D. Father of the baby in distress

2. What is the N20/ 02 mixture used in labor?
   - A. 20% Oxygen and 80% Nitrous
   - B. 30% Oxygen and 70% Nitrous
   - C. 50% Oxygen and 50% Nitrous
   - D.10% Oxygen and 90% Nitrous

3. Are women candidates for the use of N20 in labor if they have a history of B12 deficiencies in the past but now have normal B12 levels?
   - A: Yes.
   - B: No.
Please send your printed and completed test to Caroline Cusenza at 601 Lopez Ave., Seaside, CA 93955. If you wish to fax the post-tests and evaluations, please send them to: 831-740-3808 or email them to secretary@californiamidwives.org.