# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Table of Contents</td>
<td>2</td>
</tr>
<tr>
<td>Welcome</td>
<td>3</td>
</tr>
<tr>
<td>Curriculum Outline</td>
<td>4-7</td>
</tr>
<tr>
<td>Course Instructions</td>
<td>8-10</td>
</tr>
<tr>
<td>Reference List</td>
<td>11-14</td>
</tr>
</tbody>
</table>
It is with deep appreciation that I welcome each and every new student to Via Vita. The goal of Via Vita is to provide the highest quality education at an affordable price to guide you through the process of becoming a Certified Professional Midwife (CPM).

Becoming a midwife is a journey. You are about to embark upon one of the most fulfilling, life-changing, and challenging of careers. For most, becoming a midwife is a “calling.” It is a deep yearning to help women and families at one of the most sacred moments of life. To be the guide for women in childbirth is a privilege. It is my desire to assist you with your academic education, you the future midwives for our grandchildren. Your success is of paramount importance.

Please find enclosed the course outline, course instructions, resource list and student contract. Please document and sign the student contract (sent separately) and return the entire file via email by changing the name to include your initials. (Example: contractSE)

I am available to answer your questions and assist you with your coursework every step of the way.

Yours in Service to Women, Families and the Miracle of Birth,

Sharon K. Evans, CPM
**Curriculum Outline**

**UNIT I**

<table>
<thead>
<tr>
<th>Module 1</th>
<th>History of Midwifery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module 2</td>
<td>Study of Midwifery</td>
</tr>
<tr>
<td>Module 3</td>
<td>Ethics</td>
</tr>
<tr>
<td>Module 4</td>
<td>Laws, Regulations and Consumers</td>
</tr>
<tr>
<td>Module 5</td>
<td>Protocols</td>
</tr>
<tr>
<td>Module 6</td>
<td>Community Health Issues</td>
</tr>
<tr>
<td>Module 7</td>
<td>Business &amp; Professional Communications</td>
</tr>
<tr>
<td>Module 8</td>
<td>Cultural Competence for Health Care Providers</td>
</tr>
</tbody>
</table>

**UNIT II**

<table>
<thead>
<tr>
<th>Module 9</th>
<th>Basic Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module 10</td>
<td>Basic Reproductive Anatomy &amp; Terminology</td>
</tr>
<tr>
<td>Module 11</td>
<td>Basic Embryology &amp; Fetal Development</td>
</tr>
<tr>
<td>Module 12</td>
<td>Early Pregnancy</td>
</tr>
<tr>
<td>Module 13</td>
<td>Pregnancy Changes</td>
</tr>
<tr>
<td>Module 14</td>
<td>Prenatal Tests and Genetic Screening</td>
</tr>
<tr>
<td>Module 15</td>
<td>Risk Screening</td>
</tr>
<tr>
<td>Module 16</td>
<td>Counseling &amp; Psycho-Social Issues</td>
</tr>
<tr>
<td>Module 17</td>
<td>Pharmacology A</td>
</tr>
<tr>
<td>Module 18</td>
<td>Nutrition &amp; Prenatal Care</td>
</tr>
<tr>
<td>Module 19</td>
<td>Homeopathy for the Childbearing Year</td>
</tr>
<tr>
<td>Module 20</td>
<td>Antepartum Skills</td>
</tr>
<tr>
<td>UNIT III</td>
<td>ANTEPARTUM COMPLICATIONS</td>
</tr>
<tr>
<td>----------</td>
<td>--------------------------</td>
</tr>
<tr>
<td>Module 21</td>
<td>Antepartum Complications</td>
</tr>
<tr>
<td>Module 22</td>
<td>Antepartum Complications Skills</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>UNIT IV</th>
<th>INTRAPARTUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module 23</td>
<td>First Stage of Labor &amp; Management</td>
</tr>
<tr>
<td>Module 24</td>
<td>Normal Labor &amp; Pain Management</td>
</tr>
<tr>
<td>Module 25</td>
<td>Herbology &amp; Alternative Therapies in Labor</td>
</tr>
<tr>
<td>Module 26</td>
<td>Intrapartum Skills</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>UNIT V</th>
<th>INTRAPARTUM COMPLICATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module 27</td>
<td>Labor Complications</td>
</tr>
<tr>
<td>Module 28</td>
<td>Pharmacology B</td>
</tr>
<tr>
<td>Module 29</td>
<td>Labor Complications Skills</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>UNIT VI</th>
<th>BIRTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module 30</td>
<td>Second &amp; Third Stage of Labor</td>
</tr>
<tr>
<td>Module 31</td>
<td>Birth Skills</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>UNIT VII</th>
<th>BIRTH COMPLICATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module 32</td>
<td>Birth Complications</td>
</tr>
<tr>
<td>Module 33</td>
<td>Birth Complications Skills</td>
</tr>
</tbody>
</table>
## UNIT VIII  
**POSTPARTUM**
- Module 34  
  Fourth Stage of Labor & Postpartum Care
- Module 35  
  Observational Skills & Charting
  - Postpartum
- Module 36  
  Postpartum Skills

## UNIT IX  
**POSTPARTUM COMPLICATIONS**
- Module 37  
  Postpartum Complications
- Module 38  
  Hemorrhage & Related Complications
- Module 39  
  Diagnostic Lab Tests and Procedures
- Module 40  
  Pharmacology C
- Module 41  
  Postpartum Complications Skills

## UNIT X  
**NEWBORN**
- Module 42  
  Observational Skills & Charting
- Module 43  
  Provision of Care of the Newborn
- Module 44  
  Newborn Care & Breastfeeding
- Module 45  
  Newborn Diagnostic Lab Tests
- Module 46  
  Newborn Skills

## UNIT XI  
**NEWBORN COMPLICATIONS**
- Module 47  
  Newborn Complications
- Module 48  
  Neonatal Resuscitation
- Module 49  
  Newborn Complications Skills
<table>
<thead>
<tr>
<th>UNIT XII</th>
<th>ADVANCED SKILLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module 50</td>
<td>Advanced Skills</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>UNIT XIII</th>
<th>WELL WOMAN REPRODUCTIVE HEALTH CARE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module 51</td>
<td>Family Planning</td>
</tr>
<tr>
<td>Module 52</td>
<td>Well Woman Care</td>
</tr>
<tr>
<td>Module 53</td>
<td>Well Woman Risk Screening</td>
</tr>
<tr>
<td>Module 54</td>
<td>Pharmacology D</td>
</tr>
<tr>
<td>Module 55</td>
<td>Diagnostic Lab Tests &amp; Procedures</td>
</tr>
</tbody>
</table>
Course Instructions

The VIA VITA Midwifery Foundation is designed as a self-paced at-distance midwifery curriculum that can be done on one’s own (with the exception of skills).

It is your responsibility to find an experienced, qualified practitioner (midwife or preceptor) to apprentice with to learn the Art and Science of midwifery and to obtain the necessary hands-on clinical experiences. In order to complete the program, skills must be verified by an approved preceptor. One can have several preceptors but they must be an expert in the skill subject you are being tested. A preceptor can be a licensed midwife, CPM, CNM, or MD with out-of-hospital birth experience. An RN, EMT III or paramedic can serve as preceptor for skills such as BP, Shock, etc. The student must find an “approved preceptor” to oversee the apprentice and teach her midwifery skills. For more information, please review preceptor requirements on the NARM website at http://www.narm.org/.

The program consists of 55 modules. Within many modules are vocabulary words, book review requirements and/or research subjects. All papers you will be writing should be typed and in essay form. Each page must be numbered. Each question must include the names of textbooks with the page numbers from which you obtained your information. All research papers, reports and essays must include information sources. The same applies for website information. Please list your name, the date and the module number on each assignment. When completed, a copy of each module must be presented to VIA VITA for review and feed-back. Change the file name to include your name or initials before returning your work.

It is not mandatory that each module be done in order, although exams can only be issued in numeric order after having completed all the modules covered in the exam.*

You will be making a file of 3x5 cards with a vocabulary word/definition/term/acronym on one side and the definition on the opposite side. These will be used for your study, so definitions should be thorough and in words you can understand. If necessary, write out difficult-to-pronounce words phonetically.

The book reviews and essays are to expose you to a wide range of ideas and the background of the childbirth reform movement. Book reviews should be 2 – 3 pages long, double spaced, detailing the contents of the book, your opinion of its strong points and weaknesses, and how you found it helpful. Essays are generally 1-2 pages in length, but should be double spaced and have an introduction, body and conclusion. Books used should be listed at the end of the
essay. Your grammar and writing skills are reviewed on reports, reviews, and essays in addition to the content. Please note: All assignments must have your name on it and be dated.

Several topics of study herein may not be allowed in the state you reside. If a skill is not allowed (i.e. IV antibiotics or well-woman care), the skill may be waived but the subject matter should be studied. You are encouraged to complete the modules in their entirety, regardless of state requirements, for the sake of education in the matter.

Return all modules, essays, book reviews, quizzes and exams to Via Vita at: viavitamidwifery@gmail.com

Every skill in all the skills modules must be initialed and dated by the preceptor. A copy of the signed pages must be returned to VIA VITA for verification of completion. The student must take responsibility for assuring the signed pages are copied and sent to Via Vita.

Quizzes are to be completed open or closed book. You will correct your quiz by looking up the answers. Be sure to write down the sources for your answers i.e., book title, edition, and page number(s) if applicable. You can then use the quizzes to study for the final exams.

A total of three exams will be issued; the first should be requested after completion of module 21, the second at the completion of module 40, and the third after completing the coursework or module 55.

Return exams as before, by changing the name of the file to include your initials. The exams are either “complete” or “incomplete”. You will receive feedback on questions missed but will not be issued a grade.

*To qualify for each exam, complete the following:

1. Modules 1 through 22 (including skills modules signed, dated and submitted to school)
   Book Reviews, Essays, Drawing Exercises (for the above modules)
   Quizzes: Units I-IV
   Once completed, you qualify for the first exam.

2. Modules 23-33 (including skills modules skills modules signed, dated and submitted to school). Book Reviews, Essays, Drawing Exercises (for the above modules)
   Quizzes: Units V-VIII
   Once completed, you qualify for the second exam.
3. Modules 34-55 (including skills modules signed, dated and submitted to school).
Drawing Exercises
Quizzes: Units IX-XIV
Once completed, you qualify for the final exam.

Once the program has been successfully completed and reviewed by Via Vita, including all skills modules returned dated and initialed (having been tested with an approved preceptor), and once all exams have been completed, you will receive a Certificate of Completion (diploma).

Please note:

The Birthsong Midwifery Workbook can be ordered from: www.eagletreepress.com.

The program was revised in 2007. Should you find redundancies or discrepancies, please contact Via Vita with the information. Revision included rearranging the existing course and attempting to eliminate (the many) redundancies. As a result, some of the later modules are very short, with fewer than 5 questions. There have been three subject additions: Cultural Competence, Herbology and Homeopathy.

In January, 2010 exams were revised to be issued open-book. Module 21 (Antepartum Complications) was revised and a new text is required for its completion: Birth Emergency Skills Training by Bonnie U. Gruenberg. It can be purchased online at: www.birthguru.com

In June, 2012 a new module 8 was added in compliance with NARM requirements: Cultural Competence for Health Care Providers. The textbook required for this module is Cultural Diversity in Health and Illness, Rachel E. Spector, 7th. edition.

01/25/2013
Reference List

Primary Reference List

- Page, Lesley Ann. The New Midwifery, Churchill Livingstone, 2006
Tritten, Jan; Subscription to Midwifery Today Magazine (www.midwiferytoday.com)

Thureen. Assessment & Care of the Well Newborn, Saunders, 2004


Walsh, Linda. Midwifery: Community Based Childbirth, Saunders, 2002


Secondary Reference List:

(All texts are required reading, and listed in this manner to reflect NARM Exam study requirements. )


Foster, Illysa R. and Jon Lasser, Professional Ethics in Midwifery Practice, 2011, Jones & Bartlett Publishers

Frye, Anne. Healing Passage, 6th edition, Labrys Press,


Johnson & Taylor, Skills for Midwifery Practice, Churchill & Livingston, 2010


Mohrbacker and Stock, 2003


Wickham, Sarah. Midwifery, Best Practice, Eisevier, 2003

Tabor’s Cyclopedic Medical Dictionary, a resource for terminology.
To purchase textbooks, check out www.textbooks.com

NOTE: Additional book references for specific modules are listed within the module. It is optional whether the books are purchased or borrowed.

Be sure to check out google books for specifics about your references (down to the page number), which is a valuable resource.
http://books.google.com

Recommendations on collecting textbooks:

To start, you should have the following for module 1:

*Birthsong Midwifery Workbook by Daphne Singingtree
*Witches, Midwives & Nurses by Ehrenreich/English
*Midwifery: Community-based Practice by Walsh

Be sure to check out google books for specifics about your references (down to the page number), which is a valuable resource.
http://books.google.com

Module 2 book reviews are:

a. Birth as an American Rite of Passage by Robbie Davis Floyd
b. A Midwife’s Tale by Ulrich

By Module 3, you should have Myles Textbook for Midwives, 15th. ed.
Other texts needed are:
* Professional Ethics in Midwifery Practice, 2011, Jones & Bartlett Publishers
*Ethical Issues in Modern Medicine, Steinbock
*Obstetric Myths vs. Research Realities
(optional book review but recommended)
Module 4 book review:
*Brought to Bed: Childbearing in America by Judith Leavitt

Module 6 book review:
Motherwit: An Alabama Midwife’s Story by O.L. Logan

Module 7:
Professional Writing Skills: A Write It Well Guide by Natasha Terk, 2010

Module 8:
Cultural Diversity in Health and Illness

Module 9:

Module 11:
Clinical Embryology, A Color Atlas and Text

After module 9 you should have all the reference texts that are required.

For Herbology:
Any Herbology book for pregnancy.

For Homeopathy:
Any Materica Medica or other Homeopathy books for pregnancy. Refer to the internet or Cascade Healthcare Products book catalog.

Revised 03/18/2013