

May 28, 2021

Dear Joanne Crawford,

My name is Rebekah Teel. I am currently a student midwife enrolled at Midwives College of Utah. I am pursuing a Bachelor of Science in Midwifery degree. This program combines distance learning with hands-on skills training using local midwives as preceptors. I am now in my third semester, holding a steady 4.0 GPA. I have been learning and studying about the human body, basic midwifery skills, communication, research, and math. Some specific midwifery skills I have practiced these last 3 semesters include; prenatal appointments, setting up for a birth (birth tray, oxygen, resuscitation area, birth pool), charting, taking vital signs, postpartum care, checking fundus and lochia after birth, cleaning the birth space, and cleaning instruments. This semester I am in a very important class, Midwife's Assistant Orientation, that will prepare me to be not only a great assistant but a great midwife in the future!

Previous to this course of study, I worked as a birth doula supporting the birthing families of Northeast Alabama. This has been a very rewarding time in my life. I have been able to attend over 40 births in a 7 year period. Because of the previous laws in Alabama, most of those births have been in local hospitals. I am happy to finally have the opportunity to attend community births now.

With my current preceptor, I have attended 5 births so far as an observer/midwife's assistant. I plan to continue working with her, but have realized a few things that I need going forward. I need to be attending more births. I also need to learn from more than 1 midwife in order to have well-rounded training. I am finishing up my phase 1 courses this year and will be looking for an additional preceptor to take me on as an apprentice as I continue to build my hands on skills as a midwife. I will be moving into phase 2 of my training, where more births are required for me to acquire all the skills necessary to be an excellent community midwife.

I look forward to meeting with you in the near future to discuss the possibility of you becoming one of my preceptors and mentors. I appreciate all you are doing for the families in Alabama. Please contact me by phone or email at your convenience.

Sincerely,

Rebekah Teel

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