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1 Decide which of the statements below are true.

TEN FACTS ABOUT MIDWIFERY

1. The word “midwife” is a term used in reference to both women and men.
2. The word “midwife” comes from the Old English “mid” meaning “with” and “wif” meaning “woman” and describes a woman who is with the mother during childbirth.
3. The art of midwifery has been practised in all cultures since the beginning of civilization.
4. In the Middle Ages midwives were often accused of practising witchcraft and burnt at the stake.
5. The first known book written by a midwife and intended for midwives comes from the end of the 19th century.
6. Midwives specialize in pregnancy, childbirth, and postpartum.
7. In Britain and America, midwives can order tests but they cannot prescribe medications.
8. Midwives can give pain relief to women during labour.
9. In Britain, it usually takes 4 years to become a midwife.
10. In Britain, all nurses and midwives are called “sisters”.

labour ['leɪbə] poród

midwifery [mɪd'wɪf(ə)rɪ]
położnictwo (pielęgniarstwo
położnicze)

postpartum [pəʊst'pɑ:təm]
połóg

prescribe a medication
przepisać lekarstwo

pregnancy ciąża

pain relief środki
przeciwbólowe

stake stos

witchcraft czary

SKILLS FOR THE JOB

2 Does the profession of a midwife require any particular skills or character traits? Put the ideas given below in order of importance from 1 to 10 and discuss your choices in pairs.

- being able to remain calm and work efficiently under pressure
- being able to react quickly in an emergency
- having good communication skills
- having good manual skills
- having good intuitive skills
- being empathic and caring
- being non-judgemental
- being responsible
- being religious
- being patient

non-judgemental

nieoceniający, niewydający
sądów

efficiently wydajnie



Compare your list with another pair.



Are there any other traits a good midwife must have? Why are they important?

-
-
-

3 Which of the features mentioned above should a midwife show in the situations described below? Justify your answers.

bleed krwawić

cyanosed ['saɪənəʊzd] siny
(na skutek niedotlenienia)

disorder wada, zaburzenie

faint zemdleć

miscarriage [mɪs'kæɪɪdʒ]
poronienie

preterm [pri:'tɜ:m]
przedwczesny

1. A 39-year-old woman has had her fifth miscarriage. She lost her only child in a car accident two years ago.
2. A 35-year-old woman, 5 months pregnant, has learned that her baby has a severe genetic disorder.
3. A 16-year-old mother wants to give up her newly born baby for adoption.
4. A 25-year-old woman is just about to give birth and has got panicky because her husband has fainted.
5. A 30-year-old woman has been in labour for 8 hours and keeps screaming hysterically every few minutes.
6. A 41-year-old woman has given birth to a preterm, cyanosed baby. The baby is not breathing and the mother is bleeding heavily.

MIDWIFE'S RESPONSIBILITIES

4 What are typical responsibilities of a midwife? In each line insert a correct preposition from the box:

support wsparcie

diagnosis [ˌdaɪəɡ'nəʊsɪs]
diagnoza

examine [ɪɡ'zəmin] badać

referral [rɪ'fɜ:l] skierowanie

make a referral skierować
(pacjenta)

supervise nadzorować

breastfeeding karmienie
piersią

post-operative care [pəʊst
'ɒp(ə)rətɪv 'keə] opieka
pooperacyjna

surgery ['sɜ:dʒ(ə)rɪ] operacja

for in to during after on

1. Midwives provide advice, support and care women during pregnancy.
2. They diagnose, monitor and examine women pregnancy.
3. They identify high risk pregnancies and make referrals doctors and other medical specialists.
4. They supervise and assist women labour.
5. They give pain relief women during childbirth.
6. They care newborn babies, both in the hospital and home.
7. They are responsible the health of both mother and child.
8. They give support and advice the daily care of the baby and breastfeeding.
9. They provide post-operative care for women gynaecological surgery.
10. They educate women family planning.

MEDICAL INTERVIEW / HISTORY TAKING

To collect information about a patient we use the following tenses:

- **Simple Present**

to ask about routines and events that repeat and to find out how often they repeat or whether they happen at all:

How often do you check your blood pressure?

Do you or your family suffer from high blood pressure or diabetes?

- **Present Continuous**

to find out about the present moment (e.g. during pregnancy):

Are you still working?

Are you sleeping well?

- **Present Perfect**

to establish if an event has taken place at all:

Have you ever had an HIV test done?

Have you experienced any chest pain?

- **Present Perfect Continuous**

to find out about something that started some time ago and has not finished yet:

How long have you been feeling down?

Have you been bleeding all the time?

- **Simple Past**

to find out when the event took place or to get more information about it:

When was your last visit?

How long did your previous labour last?

FIRST ANTENATAL APPOINTMENT

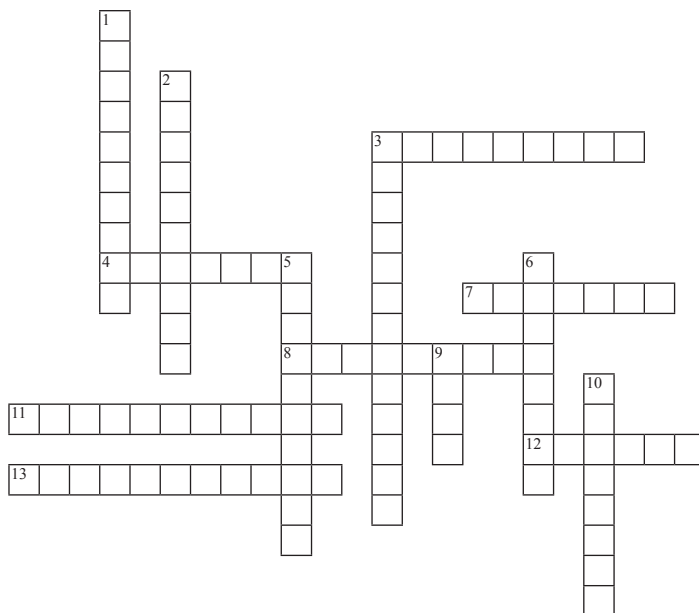
- 10** Work in pairs and discuss what kind of questions a health care provider can ask a pregnant woman during her first antenatal appointment. Write 5 such questions choosing the proper tense. Ask them in pairs, making up the answers.

- 11** Look at the questions given below and compare them with your ideas. Match the questions to the answers.

1. When did you have your last period?
2. How long do your menstrual cycles last? Are they regular?
3. Do you have any children?
4. How many times have you been pregnant?
5. Have you ever experienced a miscarriage or stillbirth?
6. Have you noticed any symptoms or problems since your last pregnancy?

24 Fill in the crossword.

LABOUR



Across

- 3) also called C-section
- 4) post-term
- 7) instrument with handles used in operative delivery
- 8) sitting on the heels, a position for labour
- 11) losing too much water from the body
- 12) painkilling injection given into the back
- 13) tightening of the uterus

Down

- 1) opening of the cervix
- 2) another word for pain relief
- 3) problems occurring in pregnancy
- 5) cutting the perineum during delivery
- 6) development of labour
- 9) another word for due date
- 10) form of analgesia, making the tummy numb

USEFUL EXPRESSIONS

- **How many weeks pregnant are you?**
W którym jest Pani tygodniu ciąży?
- **When is the baby due? / When is your due date?**
Kiedy wypada data porodu?
- **Are you having regular contractions?**
Czy ma pani regularne skurcze?
- **When did the contractions start?**
Kiedy zaczęły się skurcze?
- **How frequent are the contractions?**
Jak często występują skurcze?
- **How long do the contractions last?**
Jak długo trwają skurcze?

areola [ə'ri:ələ] otoczka

bare [beə] nagi

forearm ['fɔ:ra:m] przedramię

tilt odchylić

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Read the breastfeeding instructions given below and complete each gap with one of the suggested verbs. From each pair of words in bold choose the correct word to fit the gap.

- 1) A good way to prepare for breastfeeding is to **attend** / **participate** antenatal classes where lactation consultants **demonstrate** / **introduce** how to get the baby properly latched on.
- 2) The best moment to start breastfeeding is shortly after the birth. Putting the naked baby on the mother's bare skin (skin-to-skin contact) makes him instinctively **search** / **grab** for the nipple and **stimulates** / **makes** milk production.
- 3) To start any feed, it is important to **take** / **find** a comfortable position.
- 4) First **bring** / **take** the baby's nose to your nipple.
- 5) Tilt his head back a little to **make** / **cause** the baby's upper lip touch your nipple.
- 6) When the baby opens his mouth **push** / **draw** all of your nipple deep into his mouth, gently **squeezing** / **spreading** the breast.
- 7) Your nipple should **achieve** / **reach** the baby's soft palate. The baby's mouth should **cover** / **include** not just the nipple but most of the bottom of the areola and some of the top.
- 8) Throughout the feed, **support** / **endorse** the baby's upper back and neck with your hand or forearm.
- 9) A sign of a good latch is a pulling sensation on the breast as the baby is **licking** / **sucking**.
- 10) To remove the baby from your breast **lay** / **put** a finger into the side of the baby's mouth and once he/she opens his mouth, **pull out** / **take** your breast.
- 11) Rooming in, i.e. staying with the baby all the time during the hospital stay, is an excellent **opportunity** / **possibility** to start breastfeeding.

BREASTFEEDING POSITIONS

17

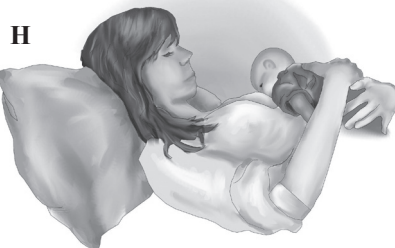
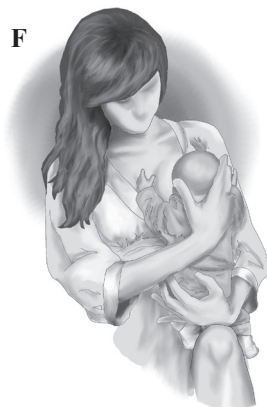
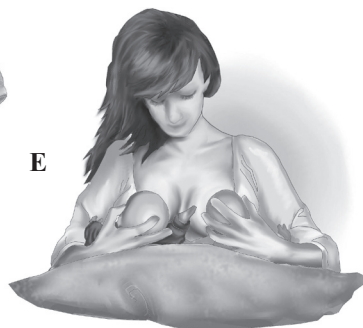
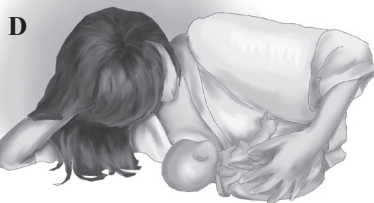
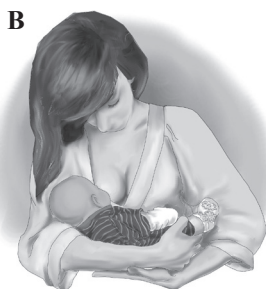
There are different positions recommended for breastfeeding. Should a breastfeeding mother stick to the position she finds most comfortable or should she change the breastfeeding positions? Discuss in pairs.

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Match the names of positions used for breastfeeding with their descriptions and illustrations as in the first example:

- 1) cradle hold B-c
- 2) koala hold
- 3) semi-reclined
- 4) reclined

- 5) cross-cradle hold
- 6) lying on the side
- 7) football hold
- 8) twins



- Sit back with the baby lying across your stomach, his head at the level of your breast. Support the baby's back with your hand.
- Sit in a chair with the baby in the upright position straddled across the knee. Support the baby's back with the hand on the side of the nursing breast.
- Sit in a chair with armrests with the baby lying on a pillow across your lap. Support the baby by the crook of your elbow on the side of the nursing breast.
- Lie on your side, parallel to the baby and support him/her with one hand. Support your head with the other hand.
- Sit in a chair with the baby lying on a pillow. Hold the baby under your armpit on the side of the nursing breast.
- Sit in a chair with armrests with the baby lying on a pillow across your lap. Support the baby with the opposite arm.
- Lie on your back, supported by a pillow, with the baby lying across your stomach, his/her head at the level of your breast. Support the baby's back or bottom with your hand.
- Sit in a chair with broad armrests. Put pillows on your lap. Hold the babies under both armpits with your elbows bent.

armrest oparcie

armpit pachy

cradle hold ['kreɪd(ə)l həʊld]

pozycja klasyczna

crook zagięcie

cross cradle hold pozycja

krzyżowa

elbow łokieć

football hold pozycja

futbolowa / spod pachy

on the lap na kolanach

reclined position [rɪ'klaɪnd]

pozycja leżąca na plecach /

pod górke

semi-reclined position pozycja

półleżąca

straddled okraciem