

Meet **Sarang**



Midwife

Hi, my name is Sarang. I am a midwife and I work at the Royal United Hospitals Bath and Frome Birth Centre. Find out more about me and what I do below.

What do you do?

I support women, and their families, during pregnancy, labour and after the baby's birth. I provide advice and guidance to women so that they can make informed choices throughout their pregnancy and offer screenings to keep them as safe as we can.

Describe a typical day

Working as a midwife can be unpredictable and my job is very varied. When I am working at the RUH, I support women in labour, for example in a birthing pool, upright, on the bed or in theatres. I care for women after they have had their birth, especially if they have had a caesarean section. I also assist women with infant feeding. Frome Birth Centre is based in a community hospital and it can be more predictable working here in antenatal clinics. In the clinics, I listen to the baby, carry out all necessary screenings and also make sure that the mother's mental health is good. I also attend home births or births on the ward.

What is the best part of your job?

It is satisfying when a woman is happy with their care and the choices they have made. What's more, being a midwife means that I can give the next generation the best possible start in life by supporting mothers to bond with their baby and develop an attachment with them.

What are the most challenging parts of your job?

Work can be unpredictable and there are difficult times, for example when babies are unwell. It is also hard to see the impact of health inequalities on mothers and their children due to ethnicity, social background, disabilities and mental health.

What jobs did you have before becoming a midwife?

I have worked in a variety of jobs linked to caring for others. I have been a shiatsu practitioner, cared for the elderly and worked as a doula.

What qualifications did you have to study in order to become a midwife?

I studied for my A-Levels in Germany. Before applying to university, I had to complete an online access course which covered biology, anatomy and physiology to meet the entry requirements for the midwifery degree. I studied midwifery for three years. The course was a mix of study at university and placements at the RUH and birth centres. After graduating, I had to register with the Nursing and Midwifery Council and I started my current role at the RUH in February 2021. It is possible to become a midwife by completing a degree apprenticeship which some hospitals offer. Registered adult nurses can follow a shortened training route to become a midwife which takes 18 months to complete.

What hours do you work?

My shifts are 12 hours long. I work a mixture of day, night and weekend shifts. I am on-call twice a month.

What are your next steps in your career?

As a newly-qualified member of staff, I am currently completing my preceptorship. Once I have finished this, I will continue to build up my experience by working at the RUH and in community hospitals. After this, I might consider joining a continuity team.



What qualities should somebody have to become a midwife?

You must have good people skills, be curious and able to demonstrate empathy. It's also very useful being able to keep calm under pressure.

What advice or tips would you give somebody interested in becoming a midwife?

It can be helpful to get some insight into midwifery to find out if this is the right career for you. Some people work as a maternity care assistant (MCA) before training to become a midwife. This is helpful as it gives you an understanding of the working environment (e.g. exposure to bodily fluids and the emotional and physical demands.) You could also check out birth podcasts (like Sprogcast) and connect with birth support groups.