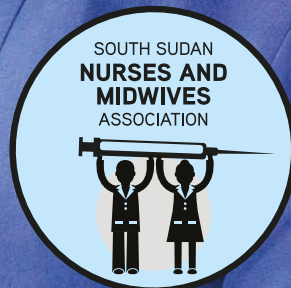




# Becoming a Midwife, Becoming a Nurse

Be a nurse  
or midwife.  
Build healthy  
communities,  
explore career  
opportunities  
and help  
save lives.



If you haven't decided on your career path after secondary school, this brochure may finally help you make up your mind. It provides information on the nursing and midwifery professions – what it is like to be a nurse or midwife, the benefits, and the different fields of specialization.

## Midwifery

Midwives are healthcare professionals who provide care to pregnant women for the duration of pregnancy right up to the time of delivery, and for six weeks after giving birth, or the postpartum period.

Midwives collaborate with other healthcare providers, such as physicians, nurses, and health workers. They are essential in promoting sexual and reproductive health services.

Their services support the reduction of maternal and newborn deaths and morbidity. They are also instrumental in educating women about the importance of women's health and well-being during pregnancy and even after childbirth.

## Nursing

Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups, and communities – sick or well – in all settings.

Nursing includes the promotion of health, the prevention of illness, and the care of ill, disabled, and dying people.

Advocacy, promotion of a safe environment, research, participation in shaping health policy, in patient and health systems management, and education are also key nursing roles.



# Why get into midwifery or nursing?

1. The world will always need nurses and midwives and one of the places that will need them the most is South Sudan.
2. Nurses and midwives are highly regarded within the country and internationally. There is an opportunity for you to work almost anywhere in the world and expand your career.
3. A typical nurse and midwife is up and about, caring for patients, consulting with colleagues, and supporting patients' visitors.
4. Nurses and midwives do a lot of problem solving – saving lives!
5. When you are a nurse or midwife, you can switch to another field of specialization within the medical profession. There are so many options!
6. Nurses and midwives make a difference in people's lives – no doubt about this! Nursing and midwifery are careers with a heart. These professions are a meaningful way to contribute to the development of society.
7. Be highly in demand – there are many nursing and midwifery jobs across South Sudan and beyond. You will always be needed!
8. There are also other opportunities for nurses and midwives to work in other areas of the medical field such as:
  - Occupational Health and Safety
  - Policy Development
  - Education and Training
  - Management
  - Leadership
  - Primary Health
  - Research

## FOR MORE INFORMATION & OTHER INQUIRIES

**Contact the South Sudan Nurses and Midwives Association (SSNAMA):**

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Facebook:

South Sudan Nurses and Midwives

“ I love midwifery because it’s a really intimate time for the family and you get to be closely involved in making a difference in their lives. It helps me to communicate to people of different backgrounds, cultures and ethnicities, especially the vulnerable. I have delivered interviews on the radio station and (conducted) small group discussions with women on the Safe and Healthy Babies Delivery Program.

I am able to do newborn resuscitation, breech delivery, manage a patient with severe preeclampsia and eclampsia, manage postpartum hemorrhage. (It makes me feel good to know that) our mothers, sisters and daughters will be in safer hands, as well as their babies or children.

— Meika Francis, Midwife



To be a nurse to me means treating my patients and clients with respect, kindness, dignity and compassion. And by doing so, I believe the patients and clients in my care will trust me for the care I give to them.

— Patrick Achiga, Nursing Tutor at Juba College of Nurses and Midwives (JCONAM); Vice-Secretary and Public Relations Officer, SSNAMA



The nursing profession has provided me with a lot of career opportunities which I could have missed hadn’t I been a nurse. To mention but a few, I am a nurse leader/administrator, a nurse trainer with a commitment to excellence in teaching. I have a strong interest in research and evidence-based practice and wish to advance more in this area.

What I love best about my profession is the fact that I am equipped with knowledge and skills to save lives. Wherever I go, people feel safe because they trust that all is well if an emergency condition may arise.

— Agnes Juan Silver, Nurse; Teacher at Juba College of Nurses and Midwives (JCONAM); Secretary General, SSNAMA

“ What I love most in my profession is care of newborn and breastfeeding babies. During my practice in the antenatal unit, mothers made a long queue at my palpation room. When I ask them to see other midwives, they would reply, “when you touch my stomach my baby does not disturb and I feel comfortable.” I had so many nicknames until now... “Poly the Greatest!” “Uma Iyal (mother of children!)” “Uma leben (mother of milk).”

Midwifery has given me many opportunities. In South Sudan, I worked in Torit as a midwife in charge of the maternity ward. Later, I had the opportunity to go to Sweden for training in strengthening midwifery activities. I attended the World Health Conference in Uganda. I was appointed Assistant Director of Reproductive Health, State Ministry of Health, and am now promoted to Coordinator of Reproductive Health, Central Equatorial State. I have facilitated many trainings on safe motherhood, neonatal care, and breastfeeding. I am the pioneer for South Sudan Nurses and Midwives Association as the deputy chairlady at the national level. Midwifery is very rewarding. It has provided me with many, many great experiences, aside from helping mothers deliver safely.

— Poly Grace, Senior Midwife; Coordinator of Reproductive Health, State Ministry of Health, CES



Canada

