

on the frontline

Sophie Maule is a newly qualified midwife working in London

What area of nursing or midwifery are you in?

I am a caseloading midwife.

Why did you choose this specialty?

Having rotated for a year as a newly qualified midwife, I felt I wanted to explore other options and see what it was like to work more

independently, as well as experience on calls. Since my training, caseloading was an area I had a real passion for and I wanted to look after women and their families throughout their childbirth experience.

What motivates you in your job?

I love the relationships I form with the

different families in the community setting; it is wonderful looking after a family for a long period of time, getting to know them and seeing them grow as they welcome a new member of the family into their lives.

What does a typical day look like for you?

It varies quite a bit... antenatal classes, home visits, home births and hospital shifts on the labour ward are all weekly occurrences!

What are the particular challenges of your job?

The on calls are the most challenging aspect because I can't 'switch off' for 24 hours or so (sometimes up to 72 hours if I'm on call over a weekend). Thankfully, God has blessed me with rest and energy – it's never too overwhelming.

What are the particular blessings of your job?

My team are wonderfully supportive, which I am very thankful for. Recently we had a team picnic and invited all the women who had given birth in the last twelve months – it was a treat to see so many of the women I had looked after and have a cuddle with their three, four, six-month-olds again. Despite the on calls, caseloading is very rewarding.

Also, I often ride around on my bicycle from house to house which seems to simplify things – getting back to basics and not over-medicalising pregnancy.

How did you find the transition from student to qualified midwife?

God really helped me through the transition. I did shifts every week during my course, so becoming full-time was not so much a shock to the system in that respect, however my first shift 'flying solo' on the labour ward was definitely nerve-racking. Nothing that a pre-shift prayer session can't sort though!

Any advice for student nurses and midwives reading this?

Just to remember that everyone has their first day, so you've all been in the same boat at some point. God calls us to be bold and embrace challenges, knowing that he is with us and goes before us. That thought has sustained me through many an emergency!

What can we be praying for you?

I am transferring back to the hospital in September to go part-time as I am studying again – so prayer for the transition and that I would still prioritise time with God amidst the new adventure! Thank you. 🌸