

# Nurse-Midwife Myth Busters

An increasing number of women are turning to nurse-midwives for their care, but many myths still exist around the nature of the relationship.

Here are 5 of the most common myths, busted.

## The Bottom Line

Nurse-midwives are great care providers for women throughout their lifespan and can be an invaluable partner when it comes to pregnancy and birth. Make sure you understand all a nurse-midwife can offer, and let go of the myths!



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**MYTH:**  
Nurse-midwives don't have formal education.



**FACT:**  
Most nurse-midwives earn their bachelor's degrees, then return for their master's in nurse-midwifery. Some go on to earn a doctoral degree.

The majority of nurse-midwives earn their bachelor's degrees, begin working as registered nurses, and then go back to school for two to three more years to complete their master's degree in nurse-midwifery. Some nurse-midwives also complete a doctor of nursing practice, the highest degree in clinical nursing practice.

Source: Healthline - Parenthood

**MYTH:**  
Nurse-midwives only perform home births and use natural remedies.



**FACT:**  
Nurse-midwives practice in various different settings and most have prescriptive authority to use both natural remedies and medications.

From the privacy of your own home to hospitals, medical offices, free-standing birth centers, and clinics, nurse-midwives often practice in multiple environments to ensure patients have access to the wide range of services they desire.

Source: American College of Nurse-Midwives

**MYTH:**  
I have to choose between a nurse-midwife or an OBGYN.

**FACT:**  
You can have both!



Creating a team with your nurse-midwife and an OBGYN allows them to work together to meet all of your needs, and gives you a highly effective plan for care.

Source: Atrium Health; Source: American College of Nurse Midwives

**MYTH:**  
Nurse-midwives only focus on pregnancy and birth.

**FACT:**  
Nurse-midwives work with women and families throughout all stages of life.



They have a variety of expert knowledge and skills including pregnancy, birth, the postpartum experience, menopause, and so much more!

Source: American College of Nurse-Midwives

**MYTH:**  
During labor, a nurse-midwife won't give access to medication or an epidural.

**FACT:**  
Nurse-midwives are the leading experts on coping with labor pain naturally, however they can prescribe medication and provide an epidural.



Nurse-midwives work with the patient to come up with the best plan for pain relief, depending on their preferences.

Source: Unity Point Health; American College of Nurse-Midwives

