

# Increasing self-efficacy in student midwives for physiological childbirth

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## Propositions

# Increasing self-efficacy in student midwives for physiological childbirth

The design and development of a midwifery education initiative – the ESSENTIAL programme

Personal agency not only gives midwives a place at the table; it gives them a powerful voice at the table – *this thesis*

Genuine, collaborative relationships in integrated maternity care must be based on the principles of equity, respect and mutual recognition - *this thesis*

Essential midwifery skills for the future include the ability to combine evidence-based practice with the persuasive promotion of physiological approaches to childbirth – *this thesis*

In internalising a midwifery philosophy of care, student midwives need role models who can ‘talk the talk’ and ‘walk the walk’ of physiological childbirth – *this thesis*

Collaborative partnerships between professionals and universities will ensure that universities are responsive to the changing needs of the health professions – *this thesis*

Midwifery care offers women a relationship-based approach to care in which trust, personalized care and empowerment are central tenets

Women’s voices and the things that women value should be at the heart of maternity care

Successful strengthening of midwifery systems requires midwives who are leaders with a solid academic grounding and who are skilled in partnering with those they serve

“Wait a minute – maybe I can do anything” – Janis Joplin