



Sara Stewart

Midwife

What made you decide to come into nursing/midwifery?

I previously worked in London in travel media, I didn't enjoy this job and wasn't fulfilled. My aunt is a midwife and she always loved her job. I was inspired by her passion for her job and wanted the same for myself. I decided to apply for midwifery and have never looked back.

What does your role entail?

I work on labour ward so my job role is varied. I work as part of an amazing team of midwives, doctors and healthcare assistants. I support women through labour and deliver babies. I work in theatres for any surgical procedures such as caesarean section - this may involve scrubbing to assist the surgeons, supporting the woman, attending to the baby.

What does a typical day look like?

In the morning all the midwives attend handover with the labour ward sister. We are briefed about each patient and any safety procedures. We then each attend our patient for the day - this can involve going to a room to care for a labouring mum or attending theatre for c-sections. Days are busy but we have a great team, and all support each other.

What advice would you give someone coming into nursing?

Be prepared to work hard. Midwifery takes dedication - it is physically and mentally demanding but overall is such a rewarding job and you get to work as part of the most incredible team - everyone from the medical staff, healthcare assistants, domestics works together to ensure the safe and efficient running of maternity services and that mums and babies are well looked after.

Anything else you would like to add?

I wholeheartedly can say that I love my job. It is rewarding and no two days are the same. If it is something you are considering applying to study, I would recommend it.