

Midwifery First Year of Practice Programme

Te Whatu Ora
Health New Zealand
Capital, Coast and Hutt Valley

Kia ora and congratulations

Now you are embarking on your midwifery career we would love to support you in your first year of practice.

We offer supportive Graduate Midwifery Programmes and exciting opportunities for midwives starting their career in the Capital, Coast and Hutt Valley district.

Our midwives provide safe, effective, and compassionate care across the range of services.

We collaborate with the Lead Maternity Care (LMC) midwives, and many other disciplines to achieve the best experience for whānau.

Wellington is Aotearoa's cultural capital and thriving with museums, theatre and arts festivals as well as many sporting events and stunning coastlines.

It is easy to get around with fantastic public transport and small enough to walk almost anywhere. A short trip up the motorway to the Hutt Valley brings different opportunities within this family-focused community for enjoying the great outdoors, cafes or artisan producers.

Both 'the Capital' and 'the Hutt' have great weather and even better coffee!

Our Graduate programme's structure

Our comprehensive 54-week programme is tailored to provide you with a well-rounded experience. You will work 8-hour shifts on a rostered and rotating basis, with a workload equivalent to 0.8 full-time employment.

Our Programme allows you to strike a balance between your clinical responsibilities, commitments to the Midwifery First Year of Practice (MFYP), and personal life.

The Capital and Coast programme:

- A two-week non-clinical orientation period.
- Fourteen weeks in Birthing Suite, including a two-week orientation.
- Eight weeks in the Postnatal ward and eight weeks in the Antenatal ward, each with a two-week orientation.
- Six additional weeks rotating through the wards.
- Six weeks in the primary unit at Kenepuru including two weeks orientation.
- One week with the Midwifery Team (CMT) and one week in antenatal clinics.

The Hutt Valley programme:

- A two-week non-clinical orientation period.
- Sixteen weeks in Birthing Suite, including six weeks of orientation.
- Fourteen weeks in the Maternity ward (antenatal/postnatal), including two weeks orientation)
- Six weeks in the primary unit at Kenepuru including two weeks orientation.
- Two weeks in the Community Midwifery Team and Maternity Assessment Unit/Clinics.
- Further rotation through the birthing suite and the maternity ward.



How we can support you starting your career

Our programmes are designed to build upon the knowledge and experience you gained during your university education. We strive to provide a strong, supportive, and sustainable start to your midwifery career.

Across the district, we provide:

- Regular check-ins and guidance from midwife educators and clinical coaches.
- Graduate interface days, where you can connect with fellow new grads, including LMCs, to share knowledge and skills across the region.
- Midwifery education opportunities, such as cultural and equity study days, midwifery emergency skills, fetal surveillance, breastfeeding, suturing, and epidural workshops, to fulfil your MFYP and Midwifery Council requirements.

- Ongoing midwifery forums dedicated to midwifery practice, educational multidisciplinary meetings (including perinatal mortality reviews), research presentations, micro-teaching sessions and discussions on current topics of interest.

We have supportive teams who nurture our new graduates and each other.

Our obstetric teams are respectful and collaborative. We all work alongside our LMC colleagues and endeavor to provide the best care for whānau.

We are also well supported by our amazing clinical coaches, lactation consultants, social workers, hearing screeners, administrators and a variety of other health professionals.

We work closely with our very busy Neonatal Intensive Care Unit (NICU), Special Care Baby Unit (SCBU) and Gynaecology areas.

The teams across our district are here to provide excellent care to whānau, and to embrace the diversity and culture of our communities.

Thank you for considering joining our maternity team. We are keen to grow you as the midwives of the future.

As a new graduate midwife we know you are the future of our maternity care for whānau. Let us support you to experience the joy and challenges of your first year of midwifery practice. We look forward to you joining our team.



Find out more: www.ccdhb.org.nz/working-with-us/midwifery/