

# Birthing on Country Course



## Course Overview

Birthing on Country is a service delivery model for Aboriginal and Torres Strait Islander women to access culturally safe and equitable maternity care.

Although Birthing on Country has been occurring for thousands of years, birthing 'off' country is more prevalent now, due to the lack of services and access to midwives, for women in rural and remote areas. In addition to lack of physical access to appropriate health professionals and services, when accessible, most mainstream services use a blanket approach for all women. These services are often implemented for Aboriginal and Torres Strait Islander women without their involvement. This approach is proven to be harmful to Aboriginal and Torres Strait Islander women, causing more distress and increasing clinical and medical risks.

The BoC e-Learning Resource has been developed as part of the Australian College of Midwives (ACM), Merck Sharp Dohme (MSD) Birthing on Country Project which is supported by a grant from MSD through its Merck for Mothers Program.

**The Birthing on Country (BoC) e-Learning Resource is a self-paced online learning tool for midwives and other health professionals engaging with Aboriginal and Torres Strait Islander women.** The resource has been developed to be used by both mainstream maternity care services and in the context of Birthing on Country maternity care services.

### **CPD:**

Recognised by the ACM for 3 CPD hours, which is equivalent to the course duration.

### **Price:**

This course is free to access for all midwives.

### **Course Access:**

All users are provided with 12 months access from the date of their enrollment.

# Birth on Country Course

## Overall Learning Objectives

- Have a basic understanding of BoC services and how they are currently applied;
- Identify and understand the evidence for increasing access for Aboriginal and Torres Strait Islander women to culturally safe maternity services;
- Discuss the positive benefits of implementing BoC models through examining the evidence of providing such services;
- Understand the importance of providing culturally safe care to Aboriginal and Torres Strait Islander women; and
- Discover where to find further information or resources on BoC.

## Chapter 1: Introduction to Birth on Country

On completion of this chapter the user should be able to:

- Confidently define BoC;
- Describe how BoC strengthens and supports Aboriginal and Torres Strait Islander women and families;
- Identify several components of BoC models of care.

## Chapter 2: Implementing Birth on Country Service Delivery

On completion of this chapter the user should be able to:

- Discuss how different levels of government and services can support BoC models of care;
- Describe what BoC models of care are currently in operation across Australia;
- Detail additional services that facilitate culturally appropriate maternity care or BoC service for Aboriginal and Torres Strait Islander women;
- Describe BoC in urban, rural and remote settings; and
- Discuss BoC for high risk women.

## Chapter 3: Providing positive outcomes through Birth on Country programs

On completion of this chapter the user's overall learning objectives should be met. The user should:

- Have a good understanding of BoC services and how they are currently operating;
- Recognise how Aboriginal and Torres Strait Islander people are strengthened through their birthing experiences; and
- Understand the differences between women from remote areas and women from urban areas.

## Chapter 4: Cultural Safety

On completion of this chapter the user's overall learning objectives should be met. The user should:

- Be able to briefly define cultural safety and apply it to a BoC context.

## Chapter 5: Conclusion

This chapter summarises the learning and provides opportunities for undertaking activities.