

Free essay on how can a midwife go about helping pregnant women to quit smoking

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The best way through which midwives can help the pregnant women to refrain from smoking is through counseling. They should adopt the possible therapeutic strategies to enlighten them on all the dangers associated with this detrimental habit. Then, the midwife should help in giving them a clear guideline on what to do in order to cease from smoking (AAP — American Academy of Pediatrics Committee on Adolescence, May 1998).

I think it can best be done by doing the following:

First, the midwife should enlighten the pregnant woman on the dangers associated with smoking. They should be made to understand that it is harmful for both her health and the health of the unborn baby. They should be made to understand that it is smoking that can be a recipe for diseases like cancer and increase the possible chances of the occurrence of ectopic pregnancy. Similarly, if not stopped, can lead to the genetically problems impaired growth of the infant.

Secondly, the midwife should advise the smoking expectant woman to take her time in dealing with this problem. They should be properly guided on what kind of strategy to adopt. If they opt to deal with it gradually, they should be told that for them to ultimately stop it, they should not take more than 14 weeks when still smoking. If they do this, they will definitely liberate their lives and that of the unborn baby that would otherwise be in a great danger (Sara, M., 2000).

Besides, the midwife can opt to counsel the smoking pregnant woman to stop smoking tendencies by applying the cold turkey method. Ideally, this is a stop now strategy that can help these women to stop this habit immediately without postponing it. If they are made to understand the fact

that smoking should not have a weaning period and needs no adjournment, they will tackle it right now and end up stopping it completely hence putting their lives in a better position (Robert, A. R., 2007).

In addition, the mid wife can also counsel the pregnant woman to use the recommended nicotine patch technique. Since it is the chemical nicotine that makes people to be addicted in smoking, smoking can easily stop if the smoking woman loses the urge and desire in having to taste it. If they lose interest in nicotine, they will of course be in a better position of stopping smoking as it will be of any use to them later in life. This will make them stop smoking.

Finally, the mid wife can be commended for doing a great job in saving the lives of these women and their unborn children if they take an initiative of referring such complicated cases to professional medical and pregnancy therapists (Michael, J. M., 2001). It is these professionals who will actually stand a better chance of sensitizing the smoking women on whatever reliable and accurate information they need to understand concerning the side effects of smoking to them and their families. They have the skills in offering counseling services not only to the expectant, but also to their smoking partners who may greatly influence them to smoke without minding the dangers associated with it.

In conclusion, I would like to agree with the fact that it should be incumbent upon individuals to take a great care for themselves and refrain from any activity that may jeopardize life. The expectant women should be thoroughly supported, not only by the mid wives, but by the counselors, pediatricians

and the entire family. This will definitely encourage them to take a great care of themselves and their unborn children.

References

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