

Midwife of the Month Li Yan

FOR PROVIDING EXCEPTIONAL MIDWIFERY
CARE TO MANDARIN-SPEAKING FAMILIES
IN METRO VANCOUVER



MIDWIVES ASSOCIATION
of BRITISH COLUMBIA

Li Yan and her client Xin Liu and her baby Xiaomaodou

Li Yan is a solo midwife serving Mandarin speaking families in Metro Vancouver. Trained as an OBGYN in China, Yan began practicing midwifery in BC in 2009. For her first 5 years of practice, she was the only Mandarin-speaking midwife in the province despite BC's large Chinese community. She loves the temperate climate of the West Coast and moved here to escape the cold of North-eastern China. Her husband is a strong midwifery supporter and helps run her practice.

LY: The idea of 'Midwife of the Month' is brilliant. As midwives, we don't even know our colleagues very well and this gives us a chance to know their stories, their backgrounds, and what they're doing now.

MABC: Thank you for participating. When did you know you wanted to become a midwife?

LY: I immigrated to Canada in 2005. I was working as an OBGYN in China and when I came here, I knew it was going to be too tedious to become an OB again. I explored and found the international midwifery program. It was a one-year bridging program and by doing that I could get back to working in my field again. I did the program through Ryerson University in Toronto.

MABC: When did you begin practicing?

LY: I found out about the program in 2006 and applied for it the year after. I graduated from the program and registered in 2008 in Ontario.

I spent my first new registrant year

in Ontario and then I moved to B.C. in 2009.

At first, I joined Bloom Midwifery practice and then I moved to On the Drive Midwives. After that South Community Birth Program and now, a solo practice.

MABC: Is this your first time working as a solo midwife?

LY: No, the last half year working with On the Drive I was already solo.

MABC: What made you decide to start practicing as a solo midwife?

LY: The main reason is the language; language and culture. Right now, most of my clientele are Mandarin-speaking Chinese. When I work in a group with 3 to 4 other midwives like at Commercial Drive (and they are all fantastic) the language continuity is the issue and if I am not on call I cannot provide continuing language support.

And also, Chinese traditional culture around birthing time is a little special and different. Sometimes there is a cultural barrier. I decided

that it was probably better to work solo or until I can find another Mandarin-speaking midwife.

MABC: Do you know of any other Mandarin-speaking midwives in BC? [There are 4 in total in BC].

LY: There is one at Pomegranate. Also, another working in Richmond right now. Hopefully we will get more and more Mandarin-speaking midwives here.

MABC: It seems surprising that you worked for over five years without another Mandarin-speaking midwife in BC.

LY: It is a bit surprising because we have such a large Chinese population. I'm happy to see that we have some more Mandarin-speaking midwives.

And I know that there are some current mid-

wifery students in the UBC program that speak Mandarin. So, I'm very hopeful.



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According to the 2016 census, Chinese languages have gained significant ground. 373,000 people speak Mandarin or Cantonese in Metro Vancouver.

A Statistics Canada study by Edward Ng also discovered that immigrants with poor skills in English or French are three times more likely to report poor health.

MABC: Do you have any idea of why there are so few Mandarin-speaking midwives in BC? There seems to be other fields with primary health care providers, such as GPs, that have more Mandarin speakers.

LY: I think that probably midwifery is still a bit new to Chinese people. Traditionally in China we have midwives but they are more like the

nurse-midwife that you'll find in the U.S.A. They only work in the labour delivery department, they don't provide antenatal and post partum care. I guess that's why Chinese people don't know what midwives are and what they do and that's probably why not a lot of Chinese people want to pursue midwifery education.

MABC: How do you reach your clientele? Are you serving a lot of newcomers?

LY: Probably half and half. The first year that I was here I used a Chinese blog (an online resource) to try to promote myself. After that it was mainly through word of mouth.

Now I have lots of newcomers and also some Mandarin-speaking Canadians.

MABC: What are the benefits of being able to provide care to your clients in their first language?

LY: First of all, language is very important. Especially for women pregnant for their first time, they're anxious and they're curious and

they're frightened. They don't know what to expect. And sometimes the medical terminology can be difficult to understand.

That is why it is really very important for

midwives to be able to provide care in their native language. There are very specific cultural practices in the Chinese community around pregnancy, birthing and the post partum period. Sometimes it is very hard for Westerners to understand.

For example, and I'm not saying that it is 100% correct, traditionally women like to stay inside their home for a whole month after giving birth and they have a special diet. There are some special practices, such as: not taking a shower, washing their hair or brushing their

After the birth, either the mother's side or the father's side grandparents generally go to their house and help. They bring food, do the housekeeping and the laundry and help take care of the baby and mom.

teeth for a month, which I don't really feel is correct but that is the tradition. And I think that it is good to recognize tradition and if there is evidence behind it, we can guide clients towards the correct way.

MABC: Are there any other examples of Chinese birthing traditions that you could share?

I think a good side of our traditions is that once a woman is pregnant the whole family pays a lot of special attention to her and her baby. After the birth, either the mother's side or the father's side grandparents generally go to their house and help. They bring food, do the housekeeping and the laundry and help take care of the baby and mom. This is a very good side of the tradition.

I think this is probably why we don't very often see post partum depression or 'baby blues' in Chinese people because they have so much support and as a result lots of time to rest after the baby comes.



Li Yan and her client's baby.

The family encourages the mother to breastfeed the baby as much as she can and after the feeding the other family members will take charge of the baby: changing diapers, burping the baby, bathing the baby and other things.

Chinese people use a special diet to help the mom have lots of milk, (e.g., pork feet, black fish, ginger and a lot of other things to help the milk supply); they have a whole set of practices.

MABC: When your client newcomers are without family would you say there is a Chinese community here to support them?

LY: Most Chinese people coming to Canada have a friend or family member who is already living here that can help them. There is actually a business, like a family hotel that they would contact. The hotel will help with the food and lodging and also they will sometimes have a post partum doula or nanny to live with them and to help.

MABC: When you're working with clients who have very limited English, what happens when they need to interact with the larger healthcare system, for example: go to the hospital for tests related to

their pregnancy?

LY: First of all, I prepare them very well. I let them know what to expect and what's going to happen. For example, SIPS tests or genetic screenings. Secondly as a solo midwife I'm on call 24/7, so they all have my private number. I tell them that any time they have problems communicating with other health care providers, to call and I can translate.

Now in both the hospitals I work in (BC Women's and St. Paul's) there are more and more Chinese speaking staff, which is a really good thing. In fact, I once found myself in the same room in the hospital with all Mandarin speaking staff: the lab technician, the anesthesiologist, the nurse and the on-call OB.

It was like we were in a Mandarin-speaking community! I'm happy to see this happening.

MABC: Do you feel that as a midwife who is providing so much extra cultural care beyond basic midwifery there is anyway the profession could change



Li Yan practices out of Simply Wellness Medical Centre on Kingsway in Vancouver. Mandarin speaking clients can contact her to make an appointment [here](#).



CBC White Coat, Black Art: Let's talk: Why Canadians need health care in their own language (click the above image to read the full article)

to make your work easier?

This sort of care and contact is so important to clients.

LY: Not really. I am happy that I became a midwife. Because my old experience working as an OB was pretty much like it is here — we had high volume and minimum contact with clients. As in, I see a woman during birth, but I've never seen her before and I won't see her afterwards.

I really love what I do. This midwifery model of care suits my situation very well. Chinese people, even in China where everyone speaks Mandarin, some of them can't get this kind of care.

I love the midwifery philosophy, the continuity of care, one to one labour support, women centered care. Especially during labour I am with my clients all the time. This sort of care and contact is so important to clients.

I am so happy that in Canada I can use my experience to provide this level of care to my clients.

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MABC: Do you feel that you are professionally supported?

LY: Yes, very much.

MABC: Are there any expanded scope items that you feel would help you better serve your clients?

LY: I do provide some women with well-woman care even though I don't get paid for this. Sometimes after the birth they are not due for a PAP but they would like to come back to me for the test. And I am happy to do it for them, even one or two years after.

Another thing is pre-conception education, sometimes I would like to do this as well but it is not part of the fees.

Sometimes they don't have a family doctor to provide a PAP or Well Women Care, and it's good that we can do it and it is totally within our scope.

MABC: Do you have a family?

LY: Yes, my husband is with me and I have two kids. My daughter is 17 years old and going into university and my son is 9 years old. My husband is a great support for my work and supporter of midwifery. A lot of my clients know my husband first and then they find out I'm a midwife and they come to see me. He is such a great support; he promotes midwifery all the time.

My son is in a swimming club, and



Li Yan with her two children Ryan and Mona.

while he is practicing my husband talks with other parents and tells them about midwifery.

MABC: Did you and your husband ever work together?

LY: Yes, we did. He was a radiologist but now he just mainly supports me and takes care of the house. He works in my home office as a receptionist, so if a client phones in for the first time he will discuss the midwifery model of care with them. He is the first contact.

MABC: That's wonderful. Do you have any hobbies that you find

time for?

LY: I love music and reading. And I love to swim; sometimes I'm able to go swimming with my son. When I have time, hiking is also my hobby. When you're a midwife you have to plan ahead of time, of course.

MABC: Do you have back up?

LY: Yes, we have about 50-midwives in Vancouver now. I work with some other solo midwives and together we back each other up. Sometimes I'm able to take the weekend off and/or plan a vacation.

MABC: If you are unable to attend

a birth is there any way for your clients to access translation at the hospital if necessary?

LY: You mean a nurse or some other care provider or a professional translator? I think at the BC Women's Hospital they have professional translation services.

Let's say my patient needs a translator, the clinic or the doctor can request this service. My clients find the translators provided very helpful.

MABC: What keeps you going? How do you maintain your energy for midwifery?

LY: To be honest I really enjoy this work. I like babies. I feel proud that I can support women during this very important period of time.

Each time after they have their baby and seeing the baby healthy, breastfed and thriving and the mom recovering well, it is very satisfying. I think this is the best reward I can get.

But of course, there are times when it feels like too much. And then I take some time off to refresh myself. Recently my family and I went on an Alaskan cruise for a whole week. We had some really nice relaxing time.

My hometown in China, Shenyang,

is like Toronto, very snowy and cold in the winter. That's the main reason we moved to Vancouver, to escape the cold. I love it here.

MABC: Do you have any thoughts how midwifery could better serve Mandarin-speaking families?

LY: If we could have more Mandarin-speaking students and more Mandarin-speaking midwives of course that would be great. The other issue is hospital privileges.

There was one Mandarin-speaking student from the UBC Midwifery Program who graduated and because she wasn't able to get privileges in BC, she went to Alberta. It was such a loss because we have

such a large Chinese population here. If we could have more Mandarin-speaking students and maintain them here, that would be great.

I feel sad that she left but hopefully in the future she will come back. She is practicing elsewhere now. I'm just happy there are three more Mandarin speaking midwives right now and that there will be more in the future.

I feel proud that I can support women during this very important period of time. Each time after they have their baby and seeing the baby healthy, breastfed and thriving and the mom recovering well, it is very satisfying. I think this is the best reward I can get.

MABC: I wonder if there is anything midwifery programs could do to recruit more Mandarin-speaking students?

my patients, they now know what the difference is and what a midwife can do for them. And this is why more and more Chinese people

know what a great profession it is and that it is a good choice for their maternity care.

I do notice that more and more Chinese people are seeking midwifery, not only through me but also through English-speaking midwives.

This is the difference I see over the past 7 years. When I first came not many Chinese people knew about this profession as a choice for birth. But now, more and more Chinese people know about and are choosing midwifery.

BC Midwife of the Month is a monthly profile series presented by the Midwives Association of BC. This series honours practicing midwives for their extraordinary contributions to current issues facing the profession and serves to introduce the public to a broad spectrum of midwives working in BC.



本月最佳助产士 Li Yan

嘉奖其为大温哥华讲国语的家庭
提供优异的助产护理服务



MIDWIVES ASSOCIATION
of BRITISH COLUMBIA

Li Yan 和她护理的产妇 Xin Liu 及她的宝宝 Xiaomaodou

Li Yan 是一位独立执业的助产士，为大温哥华地区讲国语的家庭提供助产护理服务。作为中国的妇产科医生，Yan 于 2009 年在卑诗省开始了助产护理执业生涯。尽管卑诗省拥有庞大的华人社区，但在她执业的头五年里，她是本省唯一一位讲国语的助产士。她喜欢西海岸的温带气候，为了逃离中国东北的寒冷搬到了这里。她的丈夫是一位强有力的助产护理支持者，并帮助运营她的助产士执业工作。

LY：“本月最佳助产士”评选真是个好主意。作为助产士，我们对我们的同事了解甚少，而这个活动让我们有机会了解她们的故事、她们的背景以及她们现在在做什么。

MABC：感谢您的参与。您是什么时候知道您想成为一名助产士的？

LY：我 2005 年移民到加拿大。在中国我是一名妇产科医生，当我来到这里的时，我知道再成为妇产科医生是非常繁琐的。我做了了解并找到了国际助产护理课程。那是一个一年的衔接课程，通过完成此课程我就能够再次回到我的领域进行工作。我在多伦多的瑞尔森大学（Ryerson University）完成的这个课程。

MABC：您是什么时候开始执业的？

LY：我在 2006 年了解到这个课程，并在一年之后申请参加该课程。我于 2008 年从该课程毕业并在安大略省注册成为助产士。

我在安大略省度过了我新注册人的第一年，之后我于 2009 年搬到了卑诗省。

起初，我加入了 Bloom Midwifery 执业，然后我去了 On the Drive Midwives。之后是 South Community Birth Program，现在是独立执业。

MABC：这是您第一次从事独立助产士工作吗？

LY：不是，在 On the Drive 的最后半年，我就已经是独立执业了。

MABC：是什么原因让您决定开始独立助产士执业的？

LY：主要原因是语言，语言和文化。现在，我的大部分客户都是讲国语的华人。当我在一个有三到四名其他助产士的小组工作时（她们都非常棒），比如在 Commercial Drive，语言的连续性就是一个问题，而且如果我不上班，我就不能提供具有连续性的语言支持。

还有就是，有关分娩时的中国传统有些特殊和不同。有的时候会有文化障碍。我的决定是，独立工作或除非我可以找到另一位讲国语的助产士，可能更好些。

MABC：您认识卑诗省其他讲国语的助产士吗？[在卑诗省共有 4 位。]

LY：在 Pomegranate 有一位，另外有一位现在在列治文工作。希望这里会有越来越多的讲国语的助产士。

MABC：您在卑诗省曾工作了五年多而其期间都没有另外一位讲国语的助产士，这似乎很令人惊讶。

LY：这是有些令人惊讶，因为我们有这么大的华人人口。我很高兴地看到我们有更多讲国语的助产士。

而且我知道，在 UBC 的助产护理课程里目前就有几位讲国语的学生。所以我充满希望。



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根据 2016 年的人口普查，中国语言已经占有了很大的比例。在大温哥华，有 373,000 的人口讲国语或者粤语。

由 Edward Ng 进行的加拿大统计局的一项研究还发现，英语或法语能力差的移民报告健康状况欠佳的可能性是其他人的三倍还多。

MABC：您知道为什么在卑诗省有这么少讲国语的助产士吗？似乎在初级卫生保健其他领域的提供者中，如全科医生，就有较多讲国语的人？

LY：我认为可能对于华人来说，助产护理还是一个新事物。传统上中国是有助产士的，但是她们更像是美国的产科护士。她们只在产房工作，而不提供产前及产后护理。我猜想这就是为什么华人不了解助产士是什么、助产士做什么工作，而这可能是为什么没有多少华人愿意接受助产护理教育。

MABC：您是如何寻找客户的？您是否为很多新移民提供服务？

LY：大约一半一半。我在这边的第一年里，我用中文博客（一种在线资源）来推广我自己。之后就主要是通过口耳相传了。

现在我有很多新移民客户，以及一些讲国语的加拿大人。

MABC：能够用客户的第一语言为她们提供助产护理服务有哪些益处？

LY：首先，语言是非常重要的。特别是对于第一次怀孕的女性来说，她们容易焦虑，比较好奇，而且很害怕。她们不了解该期待什么。有时医学术语可能难以理解。

这就是为什么助产士能够用她们的母语来提供助产护理真的是非常重要。在华人社区，针对怀孕、分娩和产后期间的护理有着非常独特的文化习俗。有时西方人士很难理解。

例如，我并不是说这是百分百的正确，但是在传统上，产妇在分娩之后喜欢呆在家里整整一个月，而且她们有特殊的饮食。有一些特别的习俗，例如一个月不洗澡、不洗头或不刷牙，我并不觉得这样是对的，但这是传统。我认为，认识传统是有好的，而且如果有理有据，我们可以把客户向正确的道路引导。

*宝宝出生后，
母亲一方或父亲一方的
祖父母都会到他们家帮忙。
他们带来食物，
帮着做家务和洗衣服，
以及照顾宝宝和新妈妈。*

MABC：还有其他华人生小孩的传统例子可以分享的？

LY：我认为我们传统的好的一面是，一旦一位女性怀孕，全家人都会特别关心她和她的宝宝。宝宝出生后，母亲一方或父亲一方的祖父母一般都会去他们家帮忙。他们带去食物，帮着做家务和洗衣服，并帮着照看宝宝和新妈妈。这是传统非常好的一面。

我想这就是为什么我们不常看到华人有产后忧郁或“婴儿忧郁”等情况，因为她们可以获得这么多的支持和帮助，所以宝宝出生之后有很多的时间休息。

家人鼓励新妈妈尽可能地用母乳喂养婴儿，然后哺乳之后，其他家人就会负责照顾婴儿：换尿布、帮宝宝打嗝、给宝宝洗澡和其他事情。

华人用特殊的饮食来帮助新妈妈催奶，（例如吃猪蹄、黑鱼、姜和很多其他东西来帮助催奶）。他们有一整套的做法。



Li Yan 和她客户的宝宝。

MABC：当您的新移民客户在这边没有家人时，您会告诉她们这里有华人社区可以为她们提供支持吗？

LY：来加拿大的大多数华人都有已在这里生活的朋友或家人可以帮助他们。实际上有一种经营，如同家庭旅馆一样他们可以联系。旅馆会为他们提供食物和住宿，而且有时他们会请一个产后住家月嫂或保姆来帮助他们。

MABC：当您与英语能力十分有限的客户打交道时，她们在和更大的医疗护理系统互动时会发生什么情况？比如去医院做与怀孕有关的检查？

LY：首先，我会为她们做好充足的准备。我让她们了解可预期什

么以及会发生什么。比如 SIPS 检查或基因筛查。其次，作为一名独立执业助产士，我是全天候随叫随到，所以她们都有我的私人电话号码。我告诉她们，无论任何时候她们在与其它医疗护理提供者沟通有困难时，都可以打电话给我，我可以翻译。

现在，在我工作的两家医院（卑诗省妇女医院和圣保罗医院），有越来越多讲国语的工作人员，这真是一件好事。事实上，我曾有一次和所有讲国语的工作人员一起在医院的同一个房间里：有化验技师、麻醉师、护士和随叫随到的妇产科医生。就好像我是在一个讲国语的社区！我很高兴看到这种情况发生。

MABC：您觉得作为助产士，除了基本的助产护理之外还要提供如此多的额外文化方面的照顾，是否有任何职业方面的改变可以使您的工作更容易些？

LY：那倒没有。我高兴成为一名助



CBC 白色大褂，黑色艺术：让我们来谈谈：为什么加拿大人需要用他们的语言提供的医疗保健服务（点击上面的图片，以便阅读完整的文章报道。）

产士，因为我过去作为妇产科医生，于客户来说是非常重要的。我的工作非常类似 - 我们有很高的病人数量和与病患接触的最短时间。在那种情况下，我在产房里看到一个产妇，但是我以前从没见过她，而且之后也不会见到她。

我欣赏助产护理的哲学：一对一的产房支持，以及以产妇为中心的护理服务。尤其是在生产过程中，我一直都陪护在我的

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尤其是在生产过程中，
我一直都陪护在我的客户身边。
这样的照顾和接触
对于客户来说是非常重要的。*

我很高兴在加拿大，我可以用我的经验为我的客户提供这种护理服务。

我非常喜欢我做的这份工作。这种助产护理模式非常适合我的情况。华人，甚至是在人人都讲普通话的中国，一些人是得不到这样的护理和照顾的。



Li Yan 在位于温哥华 Kingsway 街上的 Simply Wellness 医疗中心工作。讲国语的客户可以在[这里](#)联系她进行预约。

MABC：您认为您在专业方面是否得到支持？

LY：是的，非常大。

MABC：您觉得是否有任何扩展的服务范围项目可有助于您更好地为您的客户服务？

LY：尽管我并没有得到报酬，但是我确实为一些女性提供了妇科保健方面的服务。有时生完孩子后，她们还没到时间去做 PAP 检查，但是她们想回来找我做这项检查。我很乐意为她们做，甚至是一或两年之后。

另一件事情是进行孕前教育，有时我想做这件事，但是这并非收费服务的一部分。

有时候她们没有家庭医生来提供 PAP 检查或是妇科保健护理，好的是我们可以做这项工作，这完全在我们的工作范围之内。

MABC：您有家庭吗？

LY：有。我丈夫和我，我有两个孩子。我女儿 17 岁，快上大学了。我儿子 9 岁。我丈夫非常支持我的工作，并且是助产护理的支持者。我的很多客户都是先认识我丈夫的，然后她们发现我是一名助产士就来看我。他是非常大的支持；他一直在推广助产护理。



Li Yan 和她的两个孩子，Ryan 和 Mona。

我儿子参加了一个游泳俱乐部，在他练习游泳的时候，我丈夫就与其他家长聊天，并告诉他们有关助产护理的服务。

MABC：您和您的丈夫是否曾在一起工作过？

LY：是的，我们曾在一起工作。他曾是一名放射科医生，但是现在他主要是支持我的工作 and 照顾家庭。他在我的家庭办公室做接待员，所以如果客户第一次打电话来时，他会和客户讨论助产护理的模式。他是第一个联系人。

MABC：那太好了。您有什么业余爱好吗？

LY：我喜欢音乐和阅读。而且我喜欢游泳。有时我能和我的儿子一起去游泳。有时间时，徒步远足也是我的爱好。当然，当你是名助产士时，你得提前计划。

MABC：您有后援人员吗？

LY：有。我们现在在温哥华大约有 50 名助产士。我和其他一些独立执业的助产士一起工作，我们一起互相支援。有时我可以周末休息和/或计划度假。

MABC：如果您不能在产妇分娩时前往，如有必要，您的客户是否有任何方式可以在医院获得翻译服务？

LY：你是说护士或是其他护理提供者或是专业翻译人员？我想在卑诗省妇女医院有专业的翻译服务。

假设我的病人需要翻译，诊所或医生可以要求这项服务。我的客户发现所提供的翻译人员非常有帮助。

MABC：是什么让您能持续工作？您如何保持您的体能从事助产护理工作？

LY：说实话，我真的很喜欢这项工作。我喜欢婴儿。能在这个非常重要的时期为女性提供支持，我感到非常自豪。

每当她们喜得宝宝之后，并看到宝宝健康，有母乳喂养并茁壮成长，以及看到新妈妈康复得很好，就非常令人满足。我认为这是我能得到的最好的奖励。

当然，有时候感觉工作太多。然后我会稍事休息，让自己精神充沛起来。最近，我和我的家人去阿拉斯加加油轮度假整整一周。我们享受了非常愉快的轻松时间。

我在中国的家乡沈阳，就像多伦多一样，冬天下雪，非常冷。这是我们搬到温哥华的主要原因。我喜欢这里。

MABC：有关助产护理能如何更好地服务于讲国语的家庭方面，您有什么想法？

LY：如果我们可以有更多讲国语的学生和更多讲国语的助产士，那当然就最好了。另一个问题是医院特权。

有一位讲国语的 UBC 助产士护理专业学生毕业了，因为她在卑诗省不能获得特权，她就去了阿尔伯塔省。因为这里有如此庞大的华裔人

口，所以这无疑是个巨大的损失。如果我们能有更多讲国语的学生并且能让他们留在这里，那就太好了。

我为她的离开感到难过，但希望将来她会回来。她现在正在其他地方执业。我很高兴现在有三位讲国语的助产士，而且未来会有更多。

MABC：我知道助产科课

程能做些什么以便招收更多的讲国语的学生？

*我感到非常自豪的是
能在这个最重要的时期
为她们提供支持。
每当她们喜得宝宝之后，
并看到宝宝健康，
有母乳喂养并茁壮成长，
以及看到新妈妈康复得很好，
就非常令人满足。
我认为这是
我能得到的最好的奖励。*

LY：大多数华人不了解加拿大的助产士与中国的助产士之间是有区别的。通过成为我的病人，她们现在知道有什么区别，以及助产士能为她们做什么。这就是为什么越来越

越多的华人知道这是一个伟大的职业，而且这对于她们的产妇护理是一个不错的选择。

我确实注意到，越来越多的华人在寻求助产护理，不仅是通过我，而且还通过讲英语的助产士。

这是我在过去 7 年里看到的差异。我刚来的时候，并没有多少华人知道这个职业是一种产科选择。但是现在，越来越多的华人了解并选择助产护理。

“卑诗省本月最佳助产士”是由卑诗省助产士协会推出的月度系列报道。本系列旨在奖励执业助产士对当前该职业所面临的问题所作出的杰出贡献，并向公众介绍卑诗省广大的助产士的工作情况。

