

## Chippewa County Montevideo Hospital Welcomes Molly Ries, MSN, CNM

The team at Chippewa County Montevideo Hospital is excited to welcome to our community and the surrounding region, Molly Ries, MSN, CNM. Molly studied at St. Francis Medical Center College of Nursing, received her Master of Science in Nursing, specialization in Nurse-Midwifery from Frontier Nursing University, and will complete her post-masters certification at Bradley University in December for a Family Nurse Practitioner. Molly's specialties include: Nurse-midwifery care and in December upon completion, she will become a certified Family Nurse Practitioner. Molly is very excited to begin meeting her patients and building her practice here in Montevideo at CCMH.

Molly and her husband manage a very busy household. They have 6 children ranging in ages from 2 to 16 and are expecting their 7<sup>th</sup> child in February. They also have a 7 year old Portuguese water dog and hope to add more animals to their family. Molly loves to travel with her family, swim, garden, and read.

Molly was born and raised in a small farming community in Illinois; it was rare for her to pass someone on the road whose name or face she didn't know. Most of the families in her church, school, and county 4-H were 3<sup>rd</sup> and 4<sup>th</sup> generation farmers. Her grandparents knew their grandparents and the names in the local cemetery were all familiar to her. She has worked in large hospitals throughout her career and enjoyed their challenges, but her dream was to be part of a small community again and to raise her children with the feeling of connectedness that she had felt growing up. CCMH was a great fit for her and her family along with our community.

"Midwifery at its best is about developing a personal relationship with women during and after their pregnancies. Women have safer and more effective labors when they feel safe and are attended by someone whom they know and trust. I am passionate about having a personal practice where I know my patients well and can take care of them and their families throughout their lifespan". Nurse-midwives start their careers as nurses and usually have years of experience with bedside nursing before they take the extra step towards midwifery. A big part of nursing is one-on-one care, doing very personal acts of service for patients. So when we make the leap to being a provider, part of the psyche is still attuned to those very personal aspects of care. A hallmark of midwifery care is attention to details and being willing to care for patients in an almost intimate way. "During labor, I make a commitment to being with a mother for the duration of the experience. I make sure that she is safe, help her to manage her pain, and at the end I deliver her baby. I do not leave until she and baby are comfortably tucked in and content. However, I can only care for and attend births for women who have healthy, low-risk pregnancies. This is what I was trained for and where I excel. Unfortunately, some women have more complicated pregnancies and need a higher level of care. For these women, I am grateful to have the assistance of my physician colleagues." A nurse-midwife is basically a nurse practitioner who specializes in women's health and can deliver babies. "I provide prenatal care to healthy, low-risk women and attend their births. However, I can also provide primary health and wellness care to women throughout the lifespan. I do annual wellness checkups, pap smears, and breast exams. In addition, I can take care of common health problems such as sore throats, sprains, and rashes".

CCMH is now accepting appointments for Molly, if you would like to schedule an appointment with her please call 320-269-6438.