

"I really enjoy coming to work and making a difference."

Aongola worked in various public and private sector organisations after her English and psychology degree but it was a spell in South America and some voluntary work abroad that inspired her to pursue a midwifery career.

Aongola Ngenda

Midwife

Employer or university

Bradford Teaching Hospitals Foundation NHS Trust

Midwife with machine

How I got into the role

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I qualified as a midwife in September 2012 and am currently in a rotational post so I can build up my skills in providing care to both low and high risk women and their families. I've worked on the labour ward, in the midwife-led birthing centre, and on both antenatal and postnatal wards.

What I do

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On the labour ward, I gained experience of high risk deliveries and, supported by senior staff, have been able to empower women in the birthing centre to achieve a variety of birthing experiences such as water births and delivery in different positions.

I am currently working on the antenatal and postnatal ward. The experience is further consolidating my skills in providing holistic ^[1] care within a team made up of paediatricians, obstetricians, diabetic nurses, physiotherapists, social workers and neonatal ^[2] nurses, to name but a few.

A typical day involves receiving a handover from the previous shift with a history summary of each woman and baby. This includes following up anything from feeding issues and test results to working with the doctors to arrange scans, and handling any social issues. I'm currently on a ward that specialises in caring for diabetic women so I work closely with our diabetic team and obstetricians.

Postnatal care involves both ensuring mothers are physically well and providing support for their emotional wellbeing and development of their family – everything from providing feeding support and baby bath demonstrations to liaising with social workers.

The best bits and challenges

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I really enjoy coming to work and making a difference, in particular supporting and empowering women to make their own decisions and choices in their transition to parenthood.

Source URL: <https://www.healthcareers.nhs.uk/explore-roles/midwifery/roles-midwifery/midwife/real-life-story-aongola-ngenda>

Links

[1] <https://www.healthcareers.nhs.uk/glossary#Holistic> [2]
<https://www.healthcareers.nhs.uk/glossary#Neonatal>