



Molly has been working as a Midwife at the Norfolk and Norwich University Hospital NHS Foundation Trust since 2018.

Molly has shared her journey to becoming a Qualified Midwife and provided advice to anyone considering a career in a Midwifery setting.



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How did you get into your current role as a Midwife?

I studied Biology, Physical Education, and Psychology at A-Level. I then went straight to University at age 18 to study Midwifery. I studied at Anglia Ruskin University in Cambridge, whilst training at Peterborough Hospital for my placements. I qualified as a Midwife in October 2018 and started my job at the Norfolk and Norwich University Hospital.

What challenges have you faced as a Midwife?

I lived in Cambridge for my first year of University, yet my University placed me at Peterborough hospital for my practical placements. I didn't have a car, therefore I had to rely on public transport to travel to Peterborough, and would then bike to and from the hospital. I found this really tough as I would have to get up very early, conquer a 12 hour shift, and then wait for public transport to take me home all whilst studying for my degree. My age was another challenge– despite having a mature personality, being aged 18 meant I did not have much life experience compared to my senior counterparts.

What is your favourite part of the job?

It is a really special time helping couples become parents. You get to aid them through their pregnancy, educate them, and monitor their baby's growth. You are their advocate in labour, and you get to witness new life coming into the world. There is something very unique about supporting women during their pregnancy, where their body goes through immense changes– I also love the constant learning. Working at the NNUH, you are exposed to lots of high risk cases, often requiring intense care. It has increased my confidence massively knowing I am capable of caring for these women and neonates. No day/night shift is the same and it's an exciting and rewarding job!

What surprised you/what were you unaware of until you began working as a Midwife?

I was unaware of just how intense the job was going to be, and how emotionally invested you become with your patients. I have left my shift countless times worrying about the wellbeing of my patients or reflecting over the time I spent with them. It takes a special type of human to be a Midwife; I guess that is why we are referred to as 'Madwives' sometimes!

MOLLY FROST- QUALIFIED MIDWIFE



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I was also surprised at the amount of high risk women who become pregnant, and the intense care they require. Women who in the past would have been unable to get pregnant due to medical conditions are now able to thanks to the constant developments within Midwifery. It is amazing how advanced medical care is, and the difference it makes to women and their families. There is something extra rewarding about women who have struggled with IVF, now being able to conceive and start a family.

What would you tell other people who are considering a career in a Midwifery setting?

If you see yourself as a caring person, with a passion for making a difference to women's and families lives then go for it. It can be hard work with long hours too. But the rewards are much greater, both educationally and emotionally. It is a lifetime career with all sorts of opportunities. No working day is the same and people will always need a midwife, you will always be needed.

Where do you see yourself in 10 years' time? What would you like to achieve?

I see myself hopefully going into the education side of Midwifery. I hope to complete my masters in Midwifery to then go onto lecturing about Midwifery in a University.

I would also love to work in Australia or New Zealand as a Midwife, to experience how Midwifery is in other countries.

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