

## **Bio for Aisha Al Hajjar, MSM, BSM, LM, CPM, AMANI Assisting Mothers for Active, Natural Instinctive Birth**

Aisha is an American licensed homebirth midwife in Delaware. She is also an authorized by ASHI as an instructor of first aid, CPR, AED, and basic life support. She provides global workshops and lectures for birth workers and trains AMANI Birth Teachers and Doulas, as well as works with expectant parents to prepare for birth. She is a founding board member of Saudi Midwifery Group and their International Relations Coordinator. She has worked on a team to develop and train midwives across Saudi Arabia. She is also the Director of Women's and Youth Activities at Masjid Isa ibn-e Maryam. Her work includes various topics and achievements—see the following page.

Aisha is an advocate for parents' rights to education and preparation for birth. She raises public awareness of normal physiologic birth through lectures and journalism and is the GCC representative for the *International MotherBaby Childbirth Initiative* and presents this program for evidence-based support of normal physiologic birth and breastfeeding that is a successor of the *Baby Friendly Hospital Initiative*. She has been published in *Midwifery Today* and serves as their Saudi Arabia contact and has written for *Arab News*. Her articles are translated into various languages and appear around the world. She works on projects to bring doula and midwifery programs to Saudi Arabia and Egypt and legitimize higher education for midwives to provide for autonomous midwifery with continuity of care. She co-coordinates conferences in the Middle East.

She is the founder of AMANI Birth, an Islamic Childbirth Educator and Doula training program and classes for expectant parents. She authored *AMANI Birth, Assisting Mothers for Active Natural Instinctive Birth*, and *AMANI Birth, Quick Guide for Fathers*, which are both available to the public, as well as the *AMANI Birth Student Workbook* that is used by AMANI Teachers when conducting classes for expectant couples, available in English, Arabic, Indonesian, and German.

She completed her bachelor's of science in midwifery (BSM) and her master's in midwifery (MSM) at Midwives College of Utah and is a teacher there as well as served on the Student Council. She is a Certified Professional Midwife (CPM) as designated by the North American Registry of Midwives (NARM) and a licensed midwife in Utah and Delaware in USA and a Midwifery Specialist licensed by the Saudi Commission for Health Specialties (SCFHS). She is a Childbirth Educator and Doula alumni of the Bradley® Method. She completed the WHO/UNICEF Breastfeeding Counselor Training and the La Leche League Peer Counselor Training programs.

Aisha volunteered in midwifery at KFMC in Saudi Arabia and at Rumah Sehat Madani in Indonesia. She has supported obstetricians in Egypt to apply natural birth practices.

**Prior Experience** Fifteen years Business Administration/Management at the American Automobile Association; attended and conducted related business and customer service trainings over the years.

### **2017 Activities**

- AMANI Childbirth preparation classes with expectant parents at Khayyalh clinic Riyadh, Saudi Arabia
- Doula and Childbirth Educator trainings in Kuwait, Saudi, Egypt, UAE, USA, Jordan, and Indonesia
- *Normal Physiologic Birth* at Riyadh, Saudi Arabia Farmers' Market community event
- Scientific Committee Member and Presenter for Perineum and Vulva Care Experts, Saudi Arabia
- *IMBCI* at Saudi Society of Obstetrics & Gynecology 26<sup>th</sup> Annual Meeting in February, 2017
- Program Lecturer for MOH Train the Trainer Program for Midwives in various Saudi cities
- *Physiologic Birth Perspectives, Upright Birthing, and Water Birth* trainings at Saudi hospitals
- *Minimizing Perineal Trauma* at National Guard & MCH in Jeddah, Saudi Arabia in February, 2017
- *Normal Physiologic Birth* workshop for medical students in Makkah, Saudi Arabia in March, 2017
- Continuing service as International Relations Coordinator for the Saudi Midwifery Group
- *Birth is Inherently Safe* at 2017 Obs/Gyne Exhibition & Congress in Dubai, UAE in April, 2017
- *Autonomy for Saudi Midwives* at 2017 May 5<sup>th</sup> IDM conference in Riyadh, Saudi Arabia
- Represented Saudi Arabia at the ICM Triennial Congress in Toronto, Canada in June, 2017
- *The VBAC Journey* via the online VBAC summit by Naturelle VBACs in July, 2017
- *EBP Supporting Normal Physiologic Birth* at MDH, Khobar, Saudi Arabia July, 2017
- *Providing Culturally Sensitive Care* at the GOLD Perinatal Online Conference in October, 2017

## **Bio for Aisha Al Hajjar, MSM, BSM, LM, CPM, AMANI** **Assisting Mothers for Active, Natural Instinctive Birth**

### **Prior Years' Activities**

- Natural birth lectures for midwives and nurses at KFMC, Riyadh, Saudi Arabia in 2012
- Childbirth trainings for Ethiopian and indigenous Indonesian midwives in 2010 and 2012
- Natural birth lectures and conference coordination with the Alexandria Regional Centre in Alexandria, Egypt for maternity workers and the general public in 2010, 2014, and 2015
- *Bradley*<sup>®</sup> birth classes for expectant parents in Egypt, UAE, and Saudi Arabia from 2010 to 2012
- Islamic birth lectures in Indonesia in 2012 and at the UAE Natural Birth conference in 2015
- *AMANI* childbirth educator and doula trainings in Saudi Arabia, Egypt, Malaysia, UAE (UAE CME approved), USA, UK, Jordan, Indonesia, and Singapore (>500 participants to-date) since 2012
- Ongoing *AMANI Birth* classes for expectant parents in Riyadh, Jeddah, and Dubai since 2012
- *Islamic Culture and Birth in Saudi Arabia* lectures for American midwifery students since 2012
- *Culturally Sensitive Maternity Care* for Midwives Association of North America's conference and Midwives College of Utah conferences and workshops in USA (MEAC CEUs) in 2013 and 2014
- *Birth Support in the Arabian Gulf for Improved Maternity Outcomes* at Hamad Government Hospital in Doha for obstetricians and staff in Boston, Massachusetts and Qatar in 2013
- Islamic teen girl and boy health and fitness programs in Riyadh since 2012
- *International Midwives' Day* workshops honoring midwives and introduction to the *International MotherBaby Childbirth Initiative* for maternity staff at Procure Hospital in Khobar, Saudi Arabia in May, 2013 and at National Guard Hospital in Al Ahsa, Saudi Arabia in May, 2014 and 2015
- *International MotherBaby Childbirth Initiative* presented at the Dubai Midwifery Conference in March and April, 2014, at ARC in Alexandria, Egypt in October, 2014, and at Al Yamamah Hospital in Riyadh, Saudi Arabia in May, 2015
- Leadership workshop presented to PhD staff at Imam Mohammed bin Saud University, Riyadh, Saudi Arabia in April, 2014
- Episiotomy review of literature presented at National Guard Hospital, Al Ahsa, Saudi Arabia in May, 2014, and Shatby University Hospital, Alexandria, Egypt in October, 2014, and at UAE Natural Birth conference in 2015
- Prepared and coordinated "*Celebrating World Breastfeeding Week*" for Al Mishari Hospital in Riyadh, in August, 2014 and 2015 and presented "*Preparing for Breastfeeding*" in UAE in 2016
- Presented *Upright Birthing* to Obstetricians at KKHU in Riyadh, Saudi Arabia in November, 2015
- Midwives College of Utah 2013-2014 "Student of the Year" and BSM completed with a 4.0 GPA
- Employed as Teacher's Assistant and Teacher at Midwives College of Utah since 2014
- Presented the *Midwives' Model of Care* at National Guard Hospital in Al Ahsa, Saudi Arabia and Al Yamamah Hospital in Riyadh, Saudi Arabia in May, 2015, and for Saudi Midwifery Group in September/October, 2015 and for Saudi Obstetric and Gynecology Society in November, 2015
- Coordinated and spoke at Saudi Arabia's first midwifery conference, *Midwifery Pioneers 2015*, in Riyadh in cooperation with Al Yamamah Hospital in May, 2015
- Saudi Midwifery Society Founding Board Member as International Relations Coordinator
- Consulting with the Saudi Ministry of Health and Alexandria Regional Centre to help them establish a direct entry midwifery curriculum and bridging program to bring autonomous midwifery practice with continuity of care using the ICM educational standards to Saudi Arabia and Egypt
- Presented at the Saudi Society of Obstetric and Gynecology (SSOG) annual meeting and the Saudi Midwifery Group (SMG) International Day of the Midwife celebration and annual meeting in 2016
- Video presentation of "*Birth is Inherently Safe*" for the Inherent Birth virtual conference in 2016