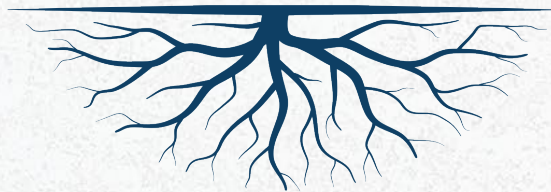




La Red

HEALTH CENTER

Rooted in Community



A stylized tree where the trunk is a hand reaching upwards, and the canopy is a heart shape filled with light blue leaves. The tree is centered in the background.

A Career in Women's Health

Lisa Butterworth, CNM, MSN

EDUCATION

- Graduated High School in 2004
- Started undergraduate at University of North Florida in 2004
- Received a Bachelors of Science in Nursing in 2008
- Started Masters Degree at Vanderbilt University in Nashville, TN 2009
- Graduated with Master of Science in Nurse Midwifery in 2011

WORK

- FQHC in Salisbury, Maryland 2012-2019
- Beebe Medical Group 2019-2020
- Private Practice OBGYN group 2020-2023
- Per Diem hospitalist Bayhealth Kent 2023-present
- La Red Health Center, Women's Health Director 2023-present



Current Position

- Director of Women's Health at La Red Health Center
- We care for the uninsured and underinsured population in Sussex County
- For OBGYN, we serve a large population of uninsured pregnant and childbearing age women. We provide prenatal care, contraception care, STD testing and treatment, cervical and breast cancer screening among other services
- La Red offers Primary Care, Pediatrics, Behavioral Health, Dental Services as well
- We have a lot of resources to help address social determinants of health, like transportation services, language services, connecting to other community outreach programs for needs like domestic violence, food needs, housing needs, diaper needs, etc.



Types of Women's Health Providers



Types of Women's Health Providers

- OBGYN (MD and DO)- Practices obstetrics and gynecology. These providers get a mix of office practice, surgery and hospital practice. They perform vaginal and cesarean deliveries, gynecological procedures and surgeries, robotic surgeries
- Nurse Midwives- Advanced practice nurses who provide care from menarche (first period) through menopause. Provide prenatal care and manage labor and vaginal deliveries. Provide gynecological care like birth control, period concerns, hormone replacement, Pap smear screening, breast exams, manage common gynecological disorders.
- Women's Health Nurse Practitioner/Family Nurse Practitioner/Physician Assistant- provide gynecological care in the outpatient office.



Women's Health Providers

- Certified Professional Midwife (out of hospital midwife)- Completes an educational program accredited by the Midwifery Education Accreditation Council (MEAC). Completes an apprenticeship program with a qualified preceptor. Certificate or Associate's degree can be earned. Very limited prescriptive authority, can legally practice in 36 states, births in birth centers and home births.
- Doula- Trained professional who provides non-medical labor support during pregnancy, labor and postpartum. Some states cover doula care with insurance. For certification, training is typically 2-3 days, then you have to pass an exam and become CPR certified.



OBGYN Sub-specialties



OBGYN Sub-specialties

- Maternal Fetal Medicine Specialist- 3 year fellowship
- Gynecology Oncology- 3 year fellowship
- Urogynecology- 2-3 year fellowship
- Female Pelvic Medicine and Reconstructive Surgery (FPMRS)- 2-3 year fellowship
- Reproductive Endocrinology- 3 year fellowship



Why did I chose to be a Nurse Midwife?

- A woman I often babysat for was pregnant. I attended a prenatal appointment with her and she was seeing a midwife. That was when I first heard about midwives and what they do.
- I knew I wanted to deliver babies. But, I did not have a desire to be a surgeon. I liked the idea of normal birth and not treating pregnancy as something to be fixed.
- I liked the education time frame
- Finances were also a consideration. I had to fund my education with scholarships and student loans (lots of student loans).



Financial Help



Choose Delaware

Delaware Student Loan Repayment Program



The [Delaware Student Loan Repayment Program \(SLRP\)](#) offers awards ranging from \$30,000 to \$100,000 to help healthcare professionals repay qualifying student loans if they live in Delaware and work in designated Health Professional Shortage Areas (HPSAs) within the state's New Castle, Kent or Sussex counties. A list of these medically underserved rural and urban areas may be found [here](#).

In place since 2000 and recognized nationally by [Money](#) magazine, Delaware SLRP helps Delaware employers recruit and retain quality healthcare professionals.

Administered by the [Delaware Department of Health and Social Services](#), the program provides up to \$100,000 for verifiable educational loans to qualified dental, behavioral/mental health and primary care professionals. Applicants must work for a minimum of two consecutive years of full-time (40 hours per week) or half-time (20 to 39 hours per week) service in shortage

“

There are so many reasons why Delaware is a great choice for people who want a great mix of life and work experiences. This program is a unique way for healthcare professionals to live in a great place and receive substantive help reducing their student debt obligations.

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Eligible Fields

- Certified Nurse-Midwife (CNM)
- Registered Nurse
- Nurse Practitioner



Fields and practitioners covered by the program include:

Advanced Disciplines

- Allopathic Medicine (MD)
- Osteopathic Medicine (DO)
- General & Pediatric Dentistry (DDS/DMD)

Mid-Level Disciplines

- Certified Nurse-Midwife (CNM)
- Health Services Psychologist (HSP)
- Licensed Alcohol and Drug Abuse Counselors (LADC)
- Licensed Clinical Social Worker (LCSW)
- Licensed Professional Counselor (LPC)
- Marriage and Family Therapist (MFT)
- Nurse Practitioner (NP)
- Pharmacist (PharmD)
- Physician's Assistant (PA)
- Psychiatric Nurse Specialist (PNS)
- Registered Dental Hygienist (RDH)
- Registered Nurse (RN)

Stories



A stylized illustration of a tree where the trunk is a hand with fingers spread, holding a small pink heart. The foliage consists of many light blue leaves. The text "Thank You!" is centered over the heart and hand.

Thank You!