



Lamaze & WHO Practice Guidelines

Healthy Birth Your Way: Six Steps to a Safer Birth

20th Annual Indiana Perinatal Educators Conference

- 1) Let labor begin on its own.
- 2) Walk, move around and change positions throughout labor.
- 3) Bring a loved one, friend, or doula for continuous support.
- 4) Avoid interventions that are not medically necessary.
- 5) Avoid giving birth on your back and follow your body's urges to push.
- 6) Keep your baby with you—it's best for you, your baby and breastfeeding.



Great resources for Six Care Practices & Physiologic Birth:

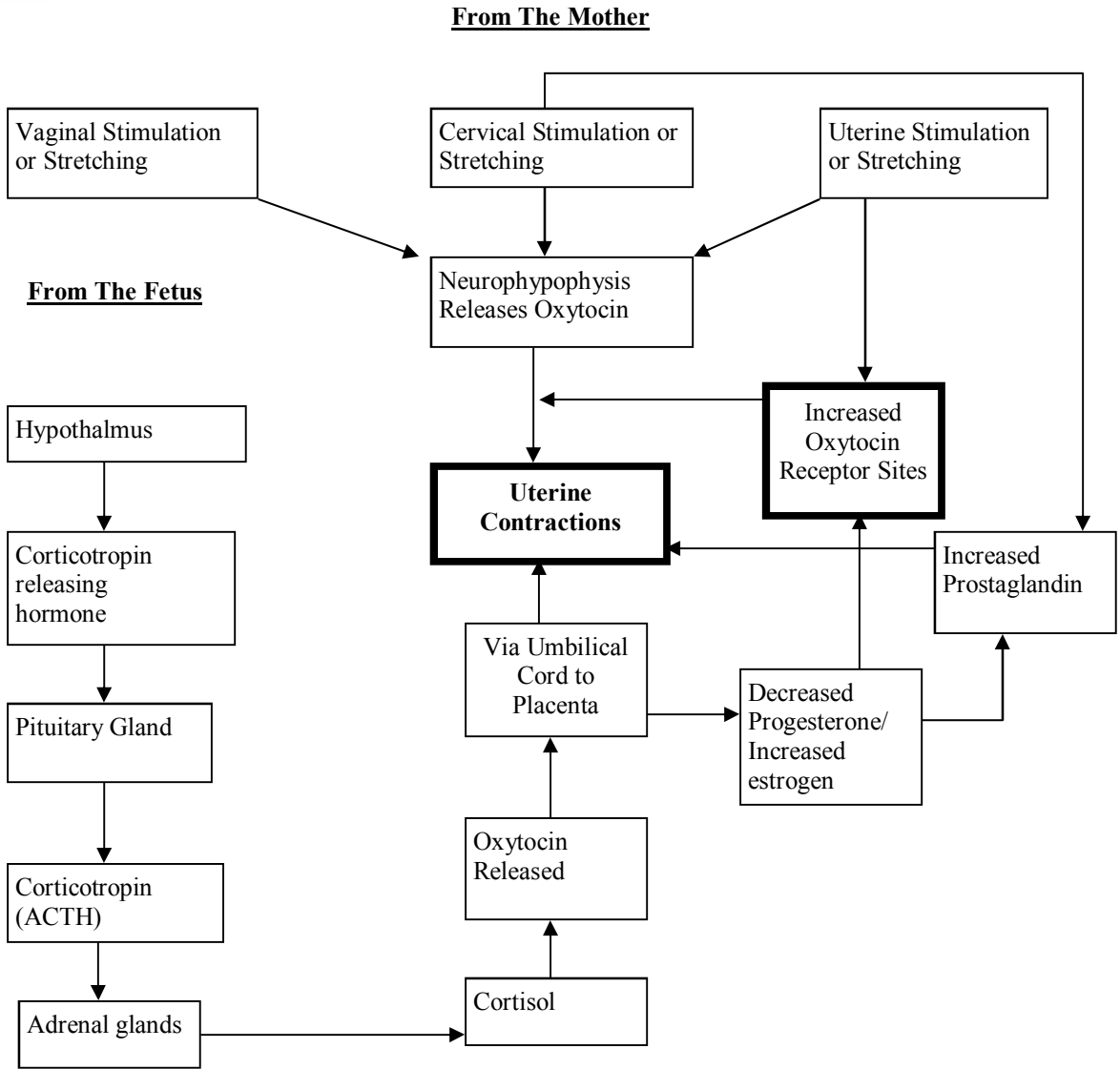
www.lamaze.org

www.mothersadvocate.org

www.scienceandsensibility.org/?p=544

www.birthsource.com

www.thebirthfacts.com



Adapted from *Human Reproductive Biology*. 1991



Informed Consent

“Informed consent is the process by which a fully informed patient can participate in choices about her health care. It originates from the legal and ethical right the patient has to direct what happens to her body and from the ethical duty the physician to involve the patient in her health care.” ~ from the University of Washington School of Medicine.

B = Benefits

B = Benefits

R = Risks

R = Risks

A = Alternatives

A = Alternatives

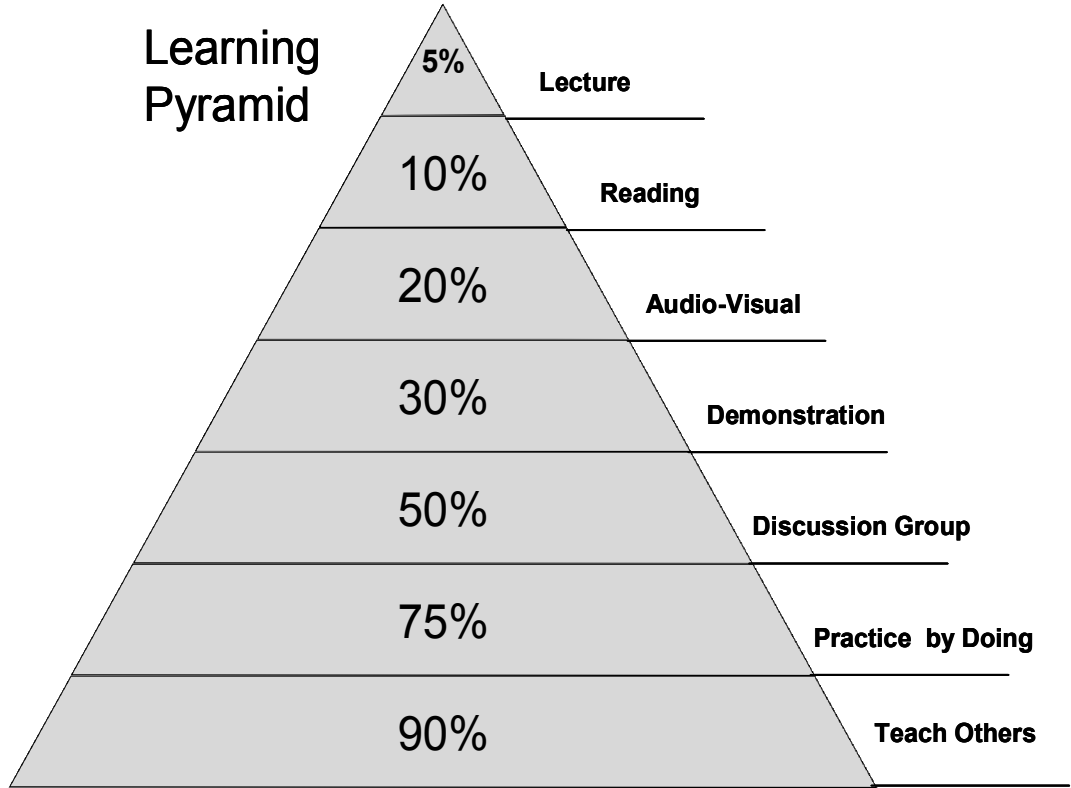
I = Instinct

N = What if I do nothing

N = Now Decide

D = Decide

∞ The Five Questions or Considerations of Informed Consent ∞



From the National Training Laboratories, Bethel, Maine. www.ntl.org

Motivations of the Adult Learner

- ✓ Social relationships
- ✓ External expectations
- ✓ Social welfare
- ✓ Personal advancement
- ✓ Escape/Stimulation
- ✓ Cognitive interest



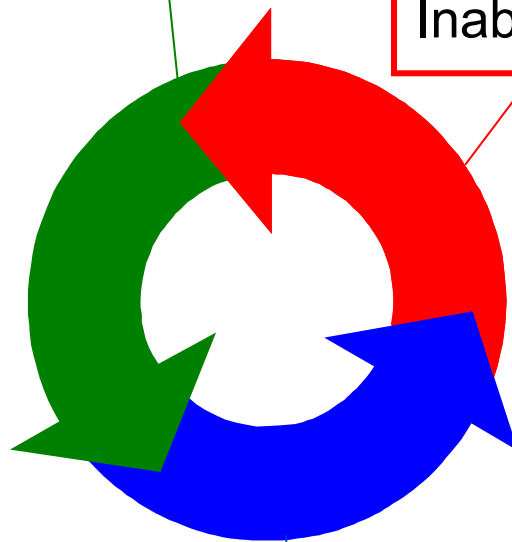


FEAR

Self confidence
Familiarity with topic
Lack of knowledge

Tension

Outside influences
Catecholamines
↓ oxytocin
Inability to relax



PAIN

Pain Threshold
Pain Tolerance
Endorphins



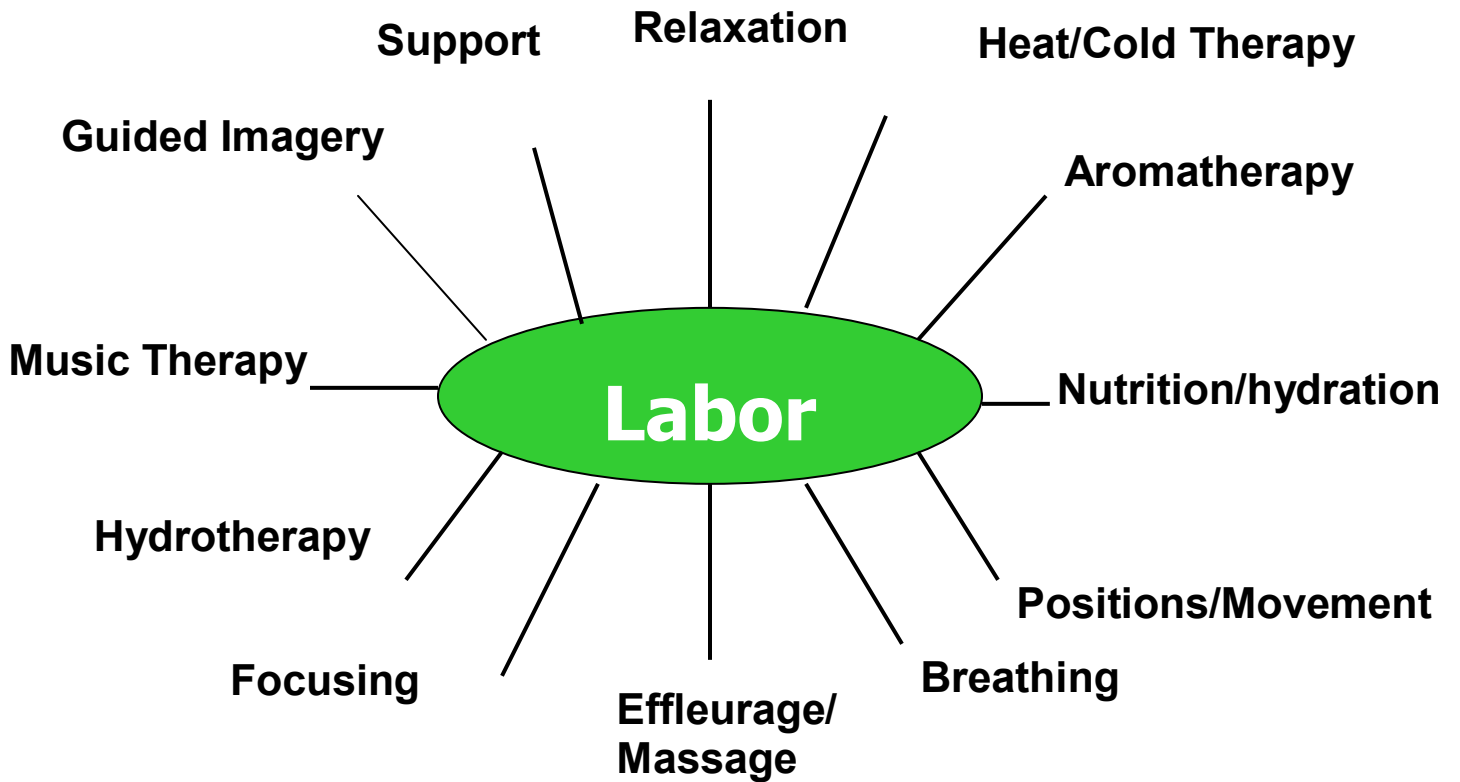
Encouragement
Massage
Position
Open Mind
Walking
Empty Bladder
Refreshments
Breathing
Imagery
Relaxation
Trust
Honor the process
Surroundings

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Labor Comforts





The Baby's Response to Waterbirth

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Air hits the trigeminal nerves on baby's face

Baby's body senses the pressure change and a hormone release occurs.

The hormone release causes the baby's heart shunts to close; pulmonary circulation begins and respiration occurs.





Barriers To Evidence Based Maternity Care

1. Limitations of views put forth in the media and popular discourse.
2. Women's lack of preparation for making informed decisions.
3. Inadequate informed consent processes.
4. Loss of core childbearing knowledge and skills among health professionals.
5. Challenge of translating research into practice.
6. Limited reliance on best evidence in leading guidelines for maternity care.
7. Primary reliance on specialists for providing care in predominantly healthy, low-risk populations.
8. Adverse effects of the malpractice system.
9. Problems with payment systems.
10. Lack of a set of robust maternity performance measures with buy-in of key stakeholders to use them for measuring, reporting, rewarding and improving performance.

Source:

Childbirth Connection "Evidence-Based Maternity Care: What It Is and What It Can Achieve" The Milbank Report 2008.

Free download at www.childbirthconnection.org.





How Do We Begin To Fix The Maternity Care System?

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- ⇒ Get a buy-in from top management.
- ⇒ Update skills of nurses, physicians, residents.
- ⇒ Create position of clinical educator/researcher.
- ⇒ Have policies, procedures and practice guidelines reflect evidence-based maternity care.
- ⇒ Re-energize childbirth education class curricula and marketing.
- ⇒ Make sure lactation consultants exist and have significant input.
- ⇒ Have adequate equipment for facilitating physiologic birth on L & D unit.
- ⇒ Provide in-service education.
- ⇒ Have unit statistician show if the walk is walked and talk is talked.



**Inservice Education is fun
when it is hands on!**





Print Resources

- Beckmann MM, Garrett AJ. Antenatal perineal massage for reducing perineal trauma. *Cochrane Database of Systematic Reviews* 2006;1:CD005123.
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Helpful Web Resources:

www.lamaze.org

<http://www.futureofbirthconference.org/> (Lamaze/ICEA 50th Anniv. Conference)

www.motherfriendly.org (Coalition for Improving Maternity Services)

www.mothersadvocate.org

www.ican-online.org (International Cesarean Awareness Network)

www.birthsource.com

www.thebirthfacts.com

www.childbirthtoday.blogspot.com

www.vbac.com (Nicette Jukelevics)

www.waterbirth.org (Barbara Harper)

www.midwiferytoday.com

www.scienceandsensibility.org/

www.mybestbirth.com (Rikki Lake)

www.wombecology.com/index.html (Michel Odent)

www.waba.org.my (World Breastfeeding Alliance ~ World BF Day)

www.llli.org (La Leche League)

www.noodlesoup.com (Low literacy perinatal education materials)

<http://library.adoption.com/articles/how-childbirth-choices-affectbreastfeeding.html>

<http://infactcanada.ca/Breastfeeding-Friendly%20Birthing%20Practices.pdf>

www.sogc.org (Society of Obstetricians & Gynecologists of Canada)

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