

ARTICLE ON PRACTICES IN CHILD BIRTH

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DOI No. – 08.2020-25662434

Abstract

A birth plan is an important part of having a baby. Women should explore the different options for delivery. Discussing different child birth methods for easy labor

Keywords: Practice, Child Birth, Baby, Women, Delivery

INTRODUCTION

Pregnant woman understands pros and cons of each well in advance of when pregnant woman actually go into labor, giving pregnant woman self enough time to make these vital decisions. A birth plan is an important part of having a baby. Women should explore the different options for delivery. Discussing pregnant woman birth plan with a doctor or midwife assumes that even in pregnant woman weaker moments the plan will be followed according to pregnant woman wishes. Some birth plans oppose any type of medications at any stage of labor.

VARIOUS CHILDBIRTH PRACTICES / METHODS: -

The following different methods are used for child birth: -

- Natural child birth methods: -
 - Home birth
 - Water birth.
- Epidural child birth.
- Lamaze birthing method.
- Bradley birthing method.
- Hypnobirthing.
- Leboyer method.
- Read method.
- Cesarean birth
- Normal vaginal delivery with or without episiotomy.

NATURAL CHILD BIRTH METHODS

Natural child birth is a term used to refer birth without anesthesia, medications or surgery. Natural child birth claims to benefit both pregnant woman and baby, giving the pregnant woman more control over her experience.

- **HOME BIRTH:** - the pregnant woman along with her partner and the midwife can create a comfortable setting, usually in a guest room. If pregnant woman may opt for the water birth option, then pregnant woman bath tub or a portable tub can be used and made necessary arrangement for any emergency. while a home birth could work well for rural women, who are not used to working long hours, sitting or squatting on the floor it could lead to complications if there is already an underlying risk of placenta previa or multiple pregnancy.

- **WATER BIRTH:** - Water birth has gained popularity in recent times, due to its many obvious benefits. At home or in a birthing room, a water birth gives newborn babies a peaceful entrance to the world. There are tubs which re heated to temperature of 32-38 degree celcius , where the warm water relaxes pregnant woman back and pelvic muscles and takes the weight of the baby off pregnant woman’s back and hips. The buoyancy of the water helps the baby come down into the birth canal. During water birth the pregnant woman is to be sits in a tub of lukewarm water and the midwife holds the baby as soon as it is born.

Benefits

- Reduces back pain during labor.
- Reduces use of pain relief medications.
- Provides a less stressful experience for the baby as the sounds from outside the pool are muffled.
- Water pressure helps the baby descends better.
- Warm water initiates the amniotic fluid present in the womb.
- It makes the right of passage into the world easier of an infant.
- Make women more relaxed and allowing natural levels of oxytocin to rise, it begins a chemical reaction that releases endorphins or natural pain relief substances.
- Need for episiotomy get diminished.
- Baby comes into contact with warm water at birth and when brought out of water takes its first breath of air without excessive stimulation.

The privacy of a home birth

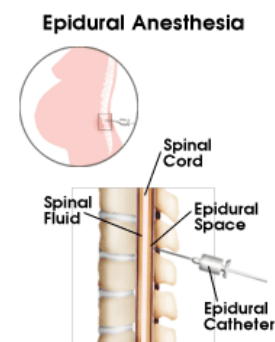
- *Home births provide the parents with familiar surroundings so they feel more comfortable. Home births allow for any or all family members to be present and bond in the experience. Home births give new pregnant woman a chance to sleep and bond without interruptions from hospital staff.*

Guidelines for home births and water births

- Home births are not recommended for every pregnancy.
- Women with a history of high-risk pregnancies or births should have the appropriate medical staff that a hospital offers in the event of a dangerous situation.
- Medical organizations like the American College of Obstetricians and Gynecologists do not recommend home births. They believe that certain unexpected situations can arise during childbirth that require the skill of hospital staff

BIRTH WITH EPIDURAL ANESTHESIA

- Epidural anaesthesia is considered a safe method of pain relief during childbirth because very little of the drug goes to the baby.
- The epidural is injected into the spine in the lower back and numbs the pregnant woman from the waist down.
- A woman who receives an epidural remains awake and aware of her baby's birth and may still feel some pain and contractions but is spared the intense pain of childbirth.



Potential Risks of Epidural Anesthesia

- Headaches or low blood pressure
- Prolonged labour

LAMAZE BIRTHING METHOD

Pregnant woman considering natural childbirth or opting for medication, Lamaze techniques are the most widely-used natural labor and birthing aids. A Lamaze class helps pregnant woman to empower self through learning about choices and options, nurtures pregnant woman's own individuality, promotes pregnant woman's own 'inner wisdom' to birth and pregnant woman will share a new kind of intimacy with her partner!" What a birthing technique, that empowers as well as educates!

❖ Techniques

New techniques were added to the Lamaze method in the 1980s to work in conjunction with breathing techniques. The coach or partner is taught massage and aromatherapy, along with coaching the pregnant woman into positions that allow for comfort during labor. The birth ball, an exercise stability ball, is common during labor as it is relaxing during contractions. Some women also choose to give birth in the upright or squatting position instead of lying on a bed.

❖ Benefits

- Giving birth to a baby is a natural process and allowing the body to follow its natural ability to give birth is results in faster recovery for the pregnant woman and a healthier baby.
- The Lamaze method educates pregnant woman to prepare them for the birthing process.
- The method also teaches the pregnant woman when a medical intervention is necessary for the health and safety of the baby and pregnant woman.
- The controlled breathing for pain management allows for easier communication between the pregnant woman, coach and medical staff.

The Lamaze method is the most widely recognized practice for birth preparation, but its efficacy has been disputed by advocates of other methods for natural birth. Many women choose the Lamaze method for birth preparation because it is a name that they feel they can trust. Some also prefer it to other methods because it emphasizes to pregnant woman that they have not failed if they choose to use medications during labor.

BRADLEY BIRTHING METHOD

The Bradley Method teaches natural childbirth and views birth as a natural process. It is our belief that most women with proper education, preparation, and the help of a loving and supportive coach can be taught to give birth naturally. The Bradley Method is a system of natural labour techniques in which a woman and her coach play an active part. It is a simple method of increasing self-awareness, teaching a woman how to deal with the stress of labour by tuning in to her own body. The Bradley Method encourages pregnant woman to trust their bodies using natural breathing, relaxation, nutrition, exercise, and education.

CHARACTERISTICS OF BRADLEY METHOD: -

- Teach a natural childbirth method that works

- Provide excellent coach/doula training
- Offer comprehensive education
- Keep classes small enough for individual attention
- Use only certified instructors
- Teach 12 weeks of classes

AREAS FOR TRAINING

- Physical training:
- Squatting:
- The Kegel exercises
- Stamina
- Confidence
- Practice:
- Nutrition:
- Relaxation:
- Education:
- Preparation:
- Coaching/Doula:

Standard of Practice

BRADLEY CLASSES

Duration is twelve weeks, 3 months in the last trimester of pregnancy.

Class 1. Introduction to The Bradley Method

It deals with Bradley Method history, philosophy and goals, members involved in class, pain management, exercises

Class 2. Nutrition in Pregnancy

It discusses good nutrition during pregnancy It will help pregnant woman to evaluate her diet and suggest ways to improve and also pregnancy exercises sex during pregnancy, breastfeeding

Class 3. Pregnancy

Discussing pregnant woman's body changes occurs throughout pregnancy which includes anatomy and physiology, common discomforts and remedies naturally.

Class 4. The Coach's Role

Discussing about coaching during pregnancy, importance of natural childbirth, bonding, and the father's role in breastfeeding, low risk during pregnancy and drugs, myths and birthing.

Class 5. Introduction to First Stage Labour

Pregnant woman's body works in first stage of labor. Instructing basic coaching techniques and instruct pregnant woman on how to practice together. Standard hospital admitting and prepping procedures will also be covered.

Class 6. Introduction to Second Stage Labor

Pregnant woman's body works in the second and third stage of labor.

Class 7. Planning Pregnant woman Birth

Prepare a birth plan focussing pregnant woman's choices are, pregnant woman's feelings and listing her priorities, and meeting with pregnant woman medical team to discuss her choices in a positive way.

Class 8. Variations and Complications / Postpartum Preparation

It covers various complications and prevention including caesarean surgery and also about baby care.

Class 9. Advanced First Stage Techniques

It includes advanced coaching techniques dealing directly with the challenge of handling first stage labour through labour rehearsal and role playing.

Class 10. Advanced Second Stage Techniques

Second Stage Study Guide helps pregnant woman fully understand and are prepared to handle the second stage of labour.

Class 11. Being a Great Coach / Are Pregnant woman Ready?

This class also covers information for coaches on how to handle the challenges they will face in labour.

Class 12. Preparing for motherhood New Family

Preparing mother about labour and birth new-born care, mothering, fathering, breastfeeding, how to handle a crying baby, and adjusting to the many changes pregnant woman will face during this time.

HYPNO-BIRTH

Hypnosis is a long-used technique of speaking directly to the subconscious mind. When used in childbirth and labour, it has been found that it allows the deepest relaxation possible, along with elimination of pain and fear, thus effecting a quicker and easier birth process for both pregnant woman and child, with less bleeding, fewer complications and quicker recovery.

OTHER CHILD BIRTH METHODS

- **READ** **METHOD**
The Read method, named for Dick Read, is a technique of breathing that originated in the 1930s to help pregnant woman to deal with apprehension and tension associated with childbirth. This natural childbirth method uses different breathing for the different stages of childbirth.
- **LEBOYER METHOD**
The LeBoyer birthing method was popularized in the 1970's by Fredric LeBoyer, a physician who popularized the concept of nonviolent birth. LeBoyer believed that newborn babies are

less stressed and traumatized by birth when it occurs in a way that is calm and gentle. It attempts to avoid over-stimulation of the baby and to foster pregnant woman-child bonding by placing the baby on the pregnant woman's abdomen and having the pregnant woman massage him or her immediately after the birth. Then the father washes the baby in a warm bath.

- **CESAREAN SECTION**
- **NORMAL VAGINAL DELIVERY WITH OR WITHOUT EPISIOTOMY METHOD**

CONCLUSION

Over the years, doctors intervened during times like these to assist in difficult births. Assistance led to caution and childbirth, though natural for ninety percent of the population, became medical. Today, to have a baby naturally requires women to know what choices are available and to create a birth plan that mirrors their expectations. To keep the experience of birth as non-medical as possible, many women choose midwives over doctors and deliver at home rather than in the hospital

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