



WATER BIRTH: A NATURAL WAY OF GIVING BIRTH

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ABSTRACT:-

A women who is in the first stage of labour, just before the baby is born, enters a tub or pool of warm water. In a waterbirth, the mother stays in the water throughout the pushing stage and labour itself. After the baby is born, it is then carried to the water's surface. The placenta may be born in or out of the water after a waterbirth.

KEYWORDS:- Water birth, Delivery, Labour, Midwives.

INTRODUCTION:-

A water delivery is when women spend at least part of women labor or delivery (or both) in a birthing pool filled with warm water. Plenty of mothers and practitioners tout its capacity advantages, and it's normally accepted among many midwives.

However, water delivery isn't broadly practiced via way of means of doctors, due to the fact that delivering in water can put women baby at danger for some of uncommon however risky situations and no clinical research have showed the blessings at some stage in the second one level of energetic delivery, while the toddler is driven out.

The American College of Obstetricians and Gynecologists (ACOG) recommends laboring in water however handing over on land. The organization strongly cautions towards water immersion for the duration of baby's delivery, because it may cause probably critical or even deadly situations in newborns.



DEFINITION:-

Water birth is the method of giving delivery in a bath of warm water. Some women pick out to exertions withinside the water and get out for transport. Other women determine to live withinside the water for the transport as well. The idea at the back of delivery is that because the infant has already been within side the amniotic fluid sac for 9 months, birthing in a comparable surroundings is gentler for the infant and much less annoying for the mother.

Among the natural birthing strategies gaining popularity is water birth, a birth wherein the women spends her very last degrees of labour in a birthing pool or a bath of warm water which lets in for a greater relaxing, comfortable, and much less complicated delivery process.

BENEFITS:-

Benefits for Mother:

- Warm water is calming, comforting, and relaxes the mind.
- In the later stages of labor, water has been shown to increase woman's energy.
- The buoyancy effect reduces the mother's body weight, allowing her to move freely and reposition.
- Buoyancy promotes more efficient uterine contractions and improved blood flow, improves uterine contractions and improved blood flow, improves uterine muscle oxygenation, reduces maternal pain and increases baby oxygen.
- Immersion in water often helps reduce the high blood pressure caused by anxiety.
- Water reduces stress-related hormones and allows the mother's body to produce endorphins which act as painkillers.
- Water makes the perineum more elastic and relaxing, reduces the incidence and severity of tearing and reduces the need for episiotomy and stitches.
- When a woman giving birth is physically relaxed, she can be mentally relaxed and focused on the childbirth process.

- Since the water enhances the greater sense of privacy, it can reduce anxiety, inhibitions, and fears.

Benefits for Baby:

- It provides an environment similar to the amniotic membrane.
- It relives the stress of childbirth and enhances the sense of security.

RISK FACTORS:-

- Preterm labour
- History of previous cesarean section deliveries
- Maternal blood or skin infection
- Fever of 100.4 °F (38°C).
- Excessive vaginal bleeding
- Difficulty tracing fetal heartbeat or need for continuous tracing
- History of shoulder dystocia
- Sedation
- Twin pregnancy

CONTRAINDICATION:-

- Herpes
- Baby in breech presentation
- Diagnosed with maternal bleeding and infections.
- Multiple pregnancy
- Preterm labor
- Severe meconium aspiration.
- Toxemia or pre-eclampsia
- Previous history of prolonged labor and cesarean section
- A history of chronic medical condition like diabetes mellitus, hypertension.

PLANNING FOR THE WATER BIRTH:-

Generally, water birth can be used in following places:-

- At home

- At some birthing centers
- At some hospitals

Some birth centers have on-site birth pools or hot tubs, but hospitals are unlikely to be equipped for underwater births. If working underwater is important, advocacy groups such as waterbirth international may be able to negotiate a permit from the hospital to bring a purchased or rented birth pool.

If parents are planning to give waterbirth, they are free to use the bathtub in the early stages of labor. Alternatively, they can bring a birth pool large enough for baby delivery.

Once you have been approved for water birth by the hospital or midwifery center, check if you need to bring your own equipment. If you want to give birth in your bathtub, you need to have a thermometer handy to measure the water temperature.

WHAT HAPPENS WHEN WOMEN GO INTO LABOUR DURING A WATER BIRTH:-

- ✚ If parents wants water birth, first contact doctor
- ✚ Fill the bathtub
- ✚ Wait for the doctor to arrive before giving birth
- ✚ Once in, ask partner to adjust the water as needed to keep the temperature below 101 degrees Fahrenheit.
- ✚ Have plenty of drinking water on hand, along with some washcloths that the trainer can moisten which cold water to cool the face and neck.
- ✚ Doctors monitor the baby's condition with an underwater Doppler machine.
- ✚ When it's time to push, make sure you've discussed your plans with your practitioner as this is the most dangerous part of a water birth and water pushing is not advised by experts.
- ✚ Partner can stay in the tub or pool with you for the rest of her labor process to support his wife, and then get out of the water when you're ready to play ball (literally) with the baby.
- ✚ Remember that if you ignore ACOG's recommendations and decide to give birth in water, not only is your baby at risk of the aforementioned complications, but the umbilical cord can tear, severing the oxygen lifeline of toddlers.
- ✚ This poses an even greater risk because when the placenta separates from the uterus (which can happen any time after birth), it can no longer provide enough oxygen to your baby.
- ✚ Once the baby is born, your practitioner will place him/her upright on her chest, where you can final say.

COST OF WATER BIRTH:-

- ❖ Since infants do not breathe in utero, in principle child should not begin respiration till he comes out of the water and into the air.
- ❖ But ACOG nevertheless says no on the subject of in reality giving beginning withinside the water.
- ❖ If her child does appear to take a breath whilst he is submerged, it could purpose doubtlessly severe complications, which include drowning and meconium aspiration.
- ❖ If she purchase her personal pool kit, she may typically achieve this for around 2500 or less.
- ❖ And in case she get a pool via she midwife, she can also additionally rate her a price to hire it (how a lot will depend upon the midwife).
- ❖ If she do want to get her personal equipment, permit her coverage agency recognize approximately her plans as quickly as she is making them, considering it can cowl the costs.

HOW DOES THE BABY BREATHE DURING A WATER BIRTH:-

- ✚ The toddler doesn't breathe till after its face leaves the water and its pores and skin comes into touch with the air or it's miles inspired.
- ✚ Until then, the toddler gets oxygen thru its umbilical cord, because it has carried out at some point of the nine months of being pregnant temperature of water within side the bath is much like that of temperature in mother's womb toddler isn't inspired to respire below water.

MIDWIFERY ROLE:-

- Assure the temperature of the water is appropriate for water delivery or not.
- Helps mother to get inside and outside of the pool.
- Checking her temperature, pulse and blood stress is inside the everyday levels or not.
- Keep a take a look at on how regularly her contractions are coming and inspire her to drain her bladder.
- Monitor the baby's condition.

CONCLUSION:-

Waterbirth is the most promising and safest tool that can be used in current scenarios to protect the health of mothers and children. It is a completely natural process like natural childbirth and has many advantages over natural childbirth and caesarean section. It is the job of healthcare professionals to raise public awareness section without anatomical abnormalities may be preferred over water birth to maintain maternal and child health.

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