



CHOICE OF BIRTH SETTING

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Abstracts:

The objective of the birth setting is to evaluate patients and future expectations for pregnancy and identification and management of risk factors. In fact, it will improve in the reproductive health outcomes. Mother will be assessed by skilled health care professionals during the Labour. Family can help to mother and can be a part of that memorable event of birthing process.

Key point: Birth Setting

Introduction

Choice of birth setting is Childbirth delivery alternatives include assisted childbirth, natural unassisted childbirth, , and delivery by lower segment caesarian section. Childbirth delivery settings involves in hospitals, in birth centers and at home.

Meaning of birth setting

It is the appropriate settings for giving birth under the supervision and guidance of trained health care personnel.

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Types of birth settings

1. Home birth
2. Hospital birth
3. Birthing chairs
4. Birthing ball

Home birth-

Home birth is usual mode of birth in developing countries .Under the supervision of nurse midwives in well-planned settings.

Planning

- a) Mother should be informed about risk and be benefits.
- b) Achieve a favorable home situation for birth and delivery
- c) Educate child birth classes for mother and family.
- d)
- e) Fetal malpresentation, multiple gestation or prior LSCS are absolute contraindication for home delivery.
- f) Preparation of home birth plan.
- g) Alternative Therapies should be used in home Birthing.
- h) There should be availability of transportation facilities.
- i) Emergency drugs and equipment and drugs should be available while planning home delivery.

Advantage :

1. Birth may be in physiologically in familiar situation.
2. Discomfort throughout the labor can be prepared through non medicated measures.
3. Family integrity can be maintained.
4. Mother is attended by skilled professionals during the Labour.
5. Family can assist and in be a part of that happy event and contact with ne born is easily available..
6. Hospital may be less expensive.

Disadvantage :

- Extended high-risk cases are not immediately available.
- Continuous monitoring is not possible.
- The mother and support person may become exhausted because of responsibility handled to them.
- Adequate equipment other than first line equipment is not available.

Hospital birth-

- When labor is conducting in hospital called hospital birth .
- Mother admitted to the labor ward during latent phase in first stage of labor , medical interventions to accelerate labor and childbirth should be avoided if maternal and fetal well-being are reassuring.
- For mother in the latent first stage of labor and their companions, clean, comfortable waiting rooms should be available, with space for mother to walk around, and easy access to clean, serviced toilets, and food and drinking water.

Advantage of hospital birth :

- A mother is encouraged to be prepared to control the discomfort of labor through non medication measures.
- A mother is encouraged to be knowledgeable about labor process
- Skilled professionals during delivery

Birthing chairs-

- A birthing chair it is a device that is shaped to assist a mother in the physiological upright posture during Childbirth.
- It is intended to provide balance and support.
- If backless, it is known as a birth stool.
- Birthing chair are comfortable tool with a side away seat that allows a mother comfortable position during labor.

Advantages:

- For maintaining a mother in semi fowler's position ,a position that act with gravity and may speed the second stage of labor

Birthing Ball-

A **birthing ball** or **labor ball** is a large air-filled rubber ball that a mother can sit on during labor. A birthing helps to decrease the period of first stage of labour and manage the labour pain. A mother on a birthing ball may need a support person to keep her steady.

A birthing ball may be especially useful during back labor. Hospital policies on birthing balls vary, in part because the balls provide a somewhat unsteady seat, Exerting on a

Advantage :

- Help to reduce back pain
- Progress the labour
- It strengthens the spine
- Produces a sense of comfort.

POSITIONS FOR BIRTH-

LEFT LATERAL POSITION:

The perineum can be viewed clearly and uterine action is effective but an assistant is required to support the right thigh.



SQUATTING-

This is the great way to increase the pelvic diameter of outlet. This position should not be used until the head is not engaged.



STANDING UP POSITION-

This is ideal position for labor and delivery the force of gravity naturally helps the baby to move down the pelvis.



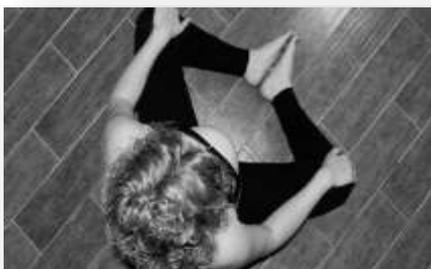
ALL FOUR POSITIONS-

It is a great position to help to get a break in intensity of contraction. It is also helpful in posterior position.



TAILOR SITTING-

Tailor sitting is relaxing position. Again, this is an upright position that allows the gravity to helping in facilitating the labor.



LEAING FORWARD-

Leaning forward can help to take the pressure of labor. This position is often a relaxing position in labor particularly between contractions.



LUDR SUITE-RECENT TRENDS-

The labor room is one of the most versatile rooms in a hospital.

It is called a labor, delivery, and recovery room (LDR).

This is the type of room that some hospitals and almost all birth centers use for their care. During

labor, the mother-to-be is shifted from one room to the other for advanced Labor, delivery and then recovery.

It puts her at inconvenience, besides exposing her to the risks of infection and injury.

In LDRP, the mother-to-be is moved to the suite when her labor starts and she continues there throughout. The beds turn into delivery tables when labour progresses, and after delivery, she and the baby continue to stay in the same room.

LDRP also offers individualized care.

ADVANTAGES OF LDRP SUITE:

- Saves time
- Less expensive
- Safer for patients
- More family oriented
- More likely to keep up with change in health care
- Alternative birthing center
- Alternative birthing center is a health care facility staffed by nurse, nurse midwives, Obstetricians, doulas for mothers in labor, who may be assisted by doulas and coaches.

ALTERNATIVE METHODS OF BIRTH:

WATER BIRTH-

A water birth means the mother goes through some or all of the stages of childbirth in a portable tub similar to a hot tub. The baby can be delivered underwater or the mother can get out of the water and deliver in a different position.

Benefits of water birth:

- Warm water is soothing, comforting and relaxing.
- The effect of buoyancy lesser mother's body weight.
- It promotes efficient uterine contraction and improves blood circulation.
- Warm water seems to reduce the stress located in the body.
- Warm water causes the perineum to relaxed reducing the incidence of perineal tear.
- Provides an environment similar to that of amniotic fluid.

The Bradley method-

The Bradley Method focuses on preparing the mother for a natural childbirth coached by her partner. The emphasis is on being prepared for an unassisted vaginal birth without medication. The method is taught over 12 weeks along with reading a workbook.

Midwives often recommend The Bradley Method preparation classes. In addition to learning ways to reduce the pain of a vaginal birth, the method teaches about nutrition and other aspects of natural health.

Benefits:

The Bradley method is beneficial to prepare parents for unassisted births.

- It helps the couple be prepared with techniques to reduce the perception of pain and stay relaxed through a natural unmediated childbirth.
- It also teaches the couple about things they need to know to take care of themselves as new parents and what to expect when the infant arrives.

Lamaze methods-

The Lamaze method is typically known for controlled breathing techniques but it includes a number of comfort strategies that can be used during labor. Breathing techniques increase relaxation and decrease the perception of pain. In addition to breathing, other information about preparing for childbirth is covered. Lamaze is taught in a series of classes attended by both the mother and her partner, when possible. The Lamaze method doesn't explicitly encourage or discourage medications, but seeks to educate mother about their options so they can make a birth plan that suits their individual needs.

Benefits :

Lamaze training prepares the mother and her partner with a number of tools to use to get through labor and delivery naturally.

- The breathing and relaxation techniques reduce the perception of pain and keep labor moving smoothly.
- The Lamaze courses help the couple be prepared with what to expect over the first few days and weeks together.

Unassisted childbirth-

Unassisted childbirth is by definition a planned process, and is thus distinct from unassisted birth due to reasons of emergency, lack of access to a skilled birth attendant, or other.

Types of unassisted child birth:

UNASSISTED WITH FRIENDS AND/OR FAMILY-

While unassisted childbirth does not include the use of medical personnel or birth attendants in a professional capacity, the birthing mother may still wish to have other

People present at her birth. This might include her partner, close friends of the mother, the grandparents to be, or other family members.

SOLO BIRTH-

Some mother chooses to give birth completely alone. They may retreat to a room alone at the time of the birth and then bring their partner in afterward; or they may remain entirely alone in their home or another location.

FREEBIRTH-

Giving birth without any health care provider supervision. Sometimes used synonymously with "unassisted birth", and sometimes used to describe any birth without medically licensed professionals present, regardless of who else may or not be in attendance in a supportive role.

Assisted birth-

Birth conducted with the help of any instrument or any sterile procedure called assisted birth .

Example of assisted birth-

LSCS- lower (uterine) segment Caesarean section (LSCS) is the most commonly used type of Caesarean section. Most commonly to deliver the baby a transverse incision is made in the lower uterine segment above the attachment of the urinary bladder to the uterus.

Benefits :

1. It reduces the risk of birth injury ex- asphyxia, shoulder dystocia and fracture
2. It prevents pelvic floor disorders ex- prolapsed or incontinence

Forceps delivery-

A forceps delivery is a type of assisted vaginal delivery. It's sometimes needed in the course of vaginal childbirth. In a forceps delivery, a health care provider applies forceps an instrument shaped like a pair of large spoons or salad tongs to the baby's head to help guide the baby out of the birth canal.

Benefits :

1. Delivery can be achieved faster.
2. Rate of successful vaginal delivery is higher compared to vacuum extraction.
3. The incidence of fetal scalp injuries such as cephalhematoma is lower following the use of forceps.

Vacuum assisted delivery-

A vacuum extraction is done during the second stage of labor i.e. the "pushing" phase when baby is very close to being delivered. (If baby's head is too high in the birth canal, then doctor will likely opt for a C-section.)

A vacuum-assisted delivery may be necessary if your labor is prolonged and needs to be sped up particularly if mother or babies are at risk for health complications during the delivery.

Benefits :

1. Vacuum extraction exposes the baby to less traction in comparison to forceps delivery. ...
2. Easy of placement.
3. Less anesthesia is required.
4. Less injury to the mother's soft tissues.

CONCLUSION

Greater availability of obstetric services will not alone solve the problem of low institutional delivery rates. This is particularly true for the use of private-for-profit institutions, in which the distance to services does not have a significant adjusted effect. In the light of these findings a focus on increasing demand for existing services seems the most rational action. In particular, financial constraints need to be addressed, and results support current trials of demand side financing in India.

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