

What is the most beneficial Way to Give Birth?

Presented by: Lauren, Avi, Gretel, and Natalie

What are the factors that contribute in determining a “good birth”

- 1 The quality of the relationship between the mother and her midwife or obstetrician and the importance of a safe outcome
- 2 Personal and professional practice balanced with client-centered work and empowerment
- 3 Risk and expectations management as a way of valuing patient experience

Overview...

— — —

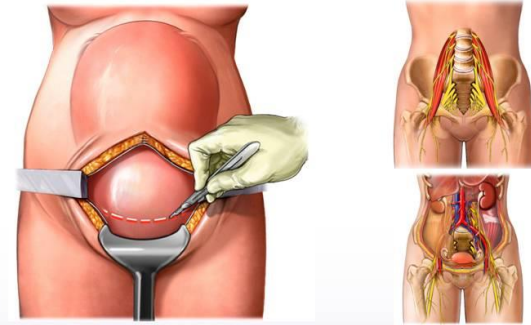
1. Cesarean Section
2. Waterbirth
3. Natural vs Medicated Birth
4. Additional Methods
5. Finding the Perfect Method For You
6. Reflections



Cesarean Section Or C Section

Basic Anatomy of a C-Section Scar

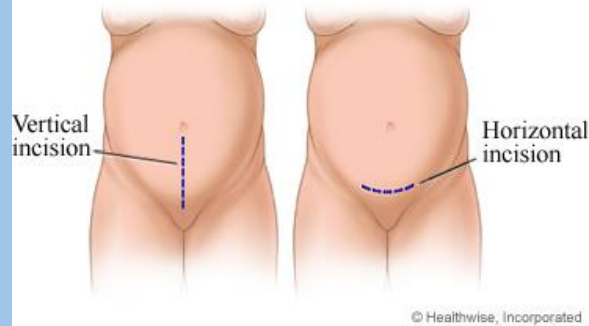
Cuts deep into tissue - often traumatic and emotional



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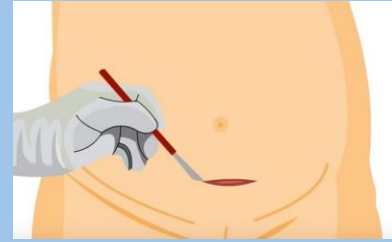
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Cesarean Section or C Section



Whats is a
Cesarean Section?

When are they most commonly used?

Health problems in
the mother

The mother carrying
more than one baby

The size or
position of the
baby

The baby's health is
in danger

Labor is not
moving along
as it should

Complications with Cesarean Sections

Physical

Blood loss, risk of infection, x3 more likely to die in childbirth, pain and discomfort in abdomen area, blood clots, risk of damage to bladder and bowel, long lasting soreness in surgical area, greater risk of stillbirths, baby could be nicked during surgery.

Emotional

Higher risk of postpartum depression, no role in birth, delayed feeling of connection.

Financial

Greater amount of medication, cost of surgery, longer hospital stay



Risks of Continuous Cesarean Sections

VBAC vs Repeat Cesarean

What are the risks?

Taken from the ICAN brochure
"After a Cesarean"

First C-Section

Risk of hysterectomy: 0.65% (1 in 154)
Risk of blood transfusion: 4.05% (1 in 25)
Risk of placenta accreta: 0.24% (1 in 417)

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Second C-Section

Risk of hysterectomy: 0.42% (1 in 238)
Risk of blood transfusion: 1.53% (1 in 65)
Risk of placenta accreta: 0.31% (1 in 323)
Risk of major complications: 4.3% (1 in 23)
Risk of dense adhesions: 21.6% (1 in 5)

Third C-Section

Risk of hysterectomy: 0.9% (1 in 111)
Risk of blood transfusion: 2.26% (1 in 44)
Risk of placenta accreta: 0.57% (1 in 175)
Risk of major complications: 7.5% (1 in 13)
Risk of dense adhesions: 32.2% (1 in 3)

Fourth C-Section

Risk of hysterectomy: 2.41% (1 in 47)
Risk of blood transfusion: 3.65% (1 in 27)
Risk of placenta accreta: 2.13% (1 in 41)
Risk of major complications: 12.5% (1 in 8)
Risk of dense adhesions: 42.2% (2 in 5)

First VBAC

Chance of successful VBAC: 63.3% (2 in 3)
Risk of uterine rupture: 0.87% (1 in 115)
Risk of hysterectomy: 0.23% (1 in 435)
Risk of blood transfusion: 1.89% (1 in 53)

Second VBAC

Chance of successful VBAC: 87.69% (9 in 10)
Risk of uterine rupture: 0.45% (1 in 222)
Risk of hysterectomy: 0.17% (1 in 588)
Risk of blood transfusion: 1.24% (1 in 81)

Third VBAC

Chance of successful VBAC: 90.9% (9 in 10)
Risk of uterine rupture: 0.38% (1 in 263)
Risk of hysterectomy: 0.06% (1 in 1,667)
Risk of blood transfusion: 0.99% (1 in 101)

Benefits of Cesarean Section

— — — Women who can give birth vaginally

Women who cannot give birth vaginally

Both

Plan out when the birth will happen

- ☐ Little to no risk of infection transfer
- ☐ Minimal pains of natural children birth
- ☐ No risk of tearing

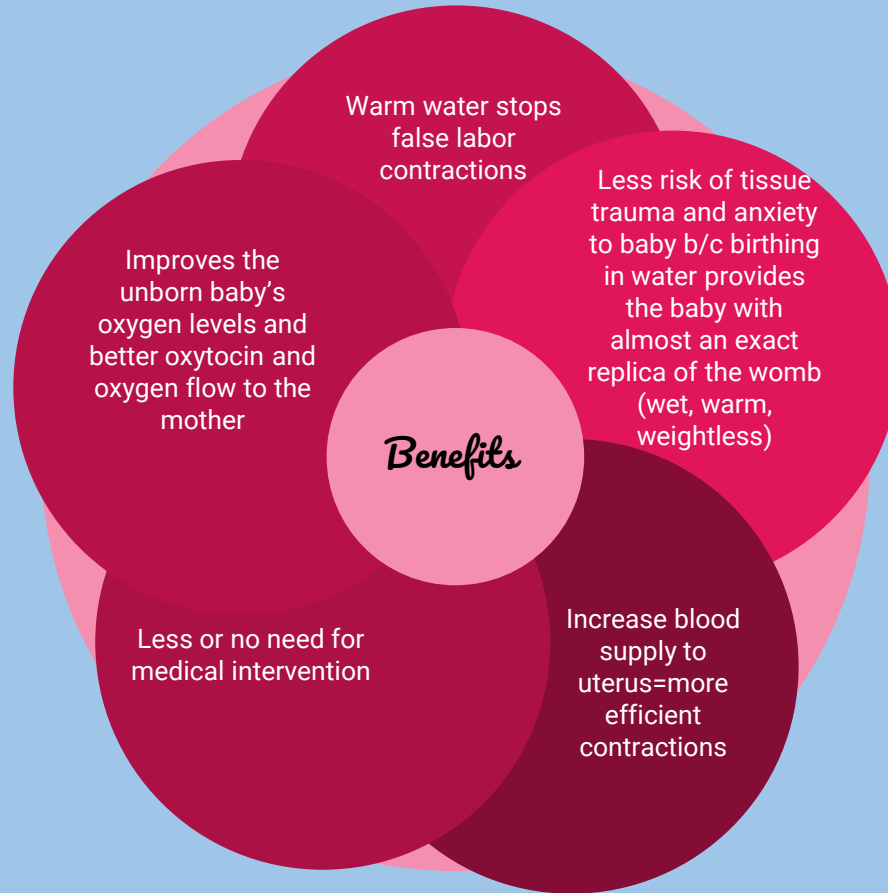
Valid alternative option when needed



Waterbirth

Benefits and potential
risks





Visual table representing the conducted research

Table 3 Differences in outcomes and costs among water delivery group and land delivery group

Variables	Land delivery	Water delivery	Difference (95% CI)
Outcomes (SD)			
Labour duration (hours)	4.99 (2.45)	4.82 (2.29)	
Perineal tears (proportion)	0.727	0.527	0.2 (0.19-0.21)
Apgar score at first minute	9.28 (0.98)	9.48 (0.62)	0.2 (-0.017-0.417)
Apgar score at fifth minute	9.84 (0.48)	9.95 (0.23)	0.11 (0.013-0.206)
Mean total costs	€688	€907	€219 (€62-296)
ICER (ICAME)		€1395.7 (1049.2-3608.5)	
Water delivery vs. Land delivery			

95%, 95% confidence interval; ICER, incremental cost-effectiveness ratio; SD, standard deviation.

An infographic consisting of several overlapping circles in two shades of pink and red on a light blue background. The circles contain text related to water birth. The largest circle on the right contains the title. A medium circle in the upper center contains a conclusion. A smaller circle to the left of the conclusion contains a quote. There are also three small circles of varying sizes scattered to the left of the main content.

Concluded:
"There is no risk
for mother and
babies and stated
it is better to do
this method as a
principal method"

"Experience
of birth
itself is
more
satisfying
after a birth
in water"

Water Birth method vs
normal Vaginal delivery
in Iran

<https://www.youtube.com/watch?v=umFZZKe-BAI>

Potential Risk of Waterbirth

Neonatal waterborne
infections and illnesses

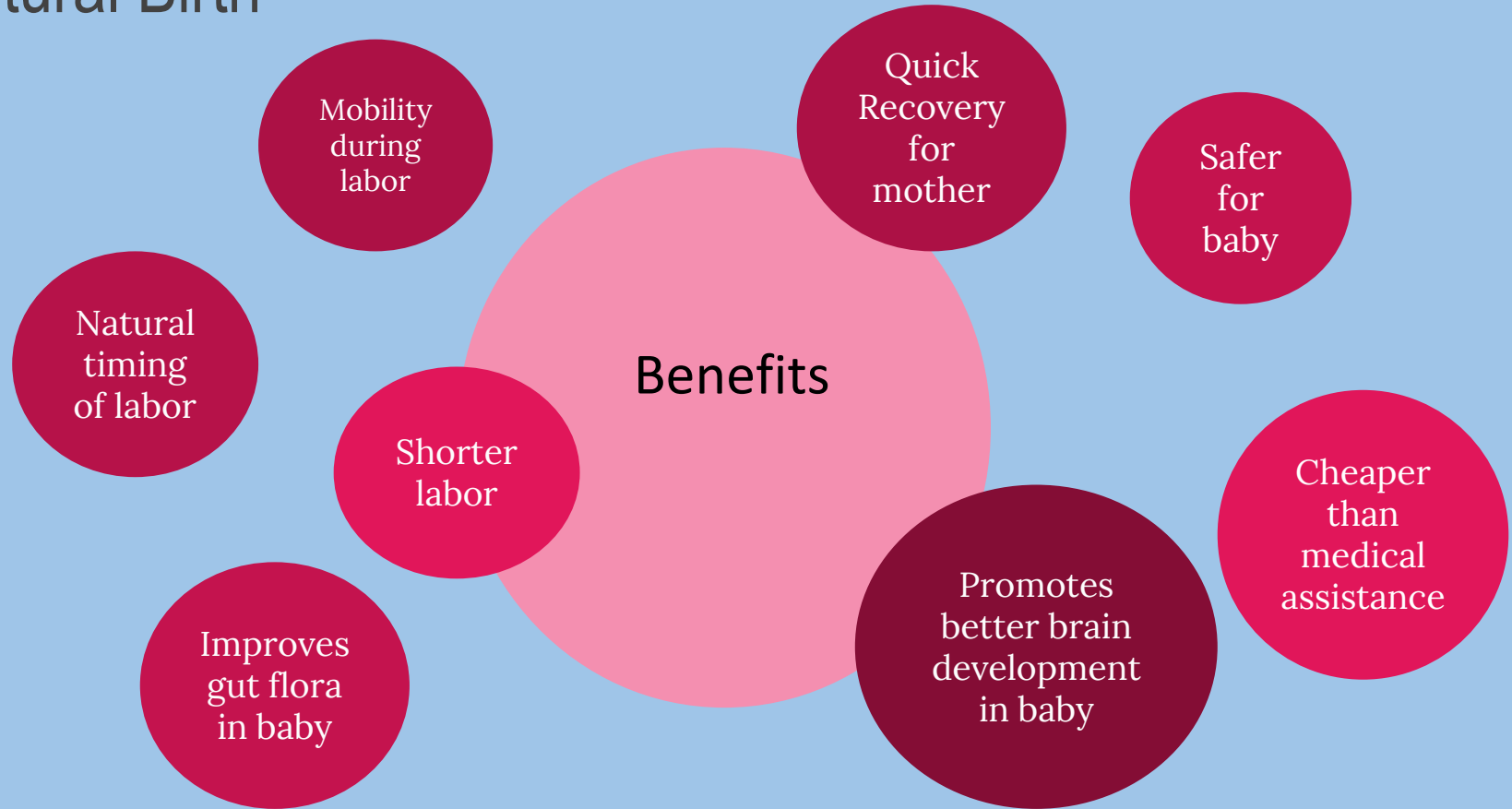
Fresh Water Drowning,
Hypothermia

Umbilical Cord Rupture

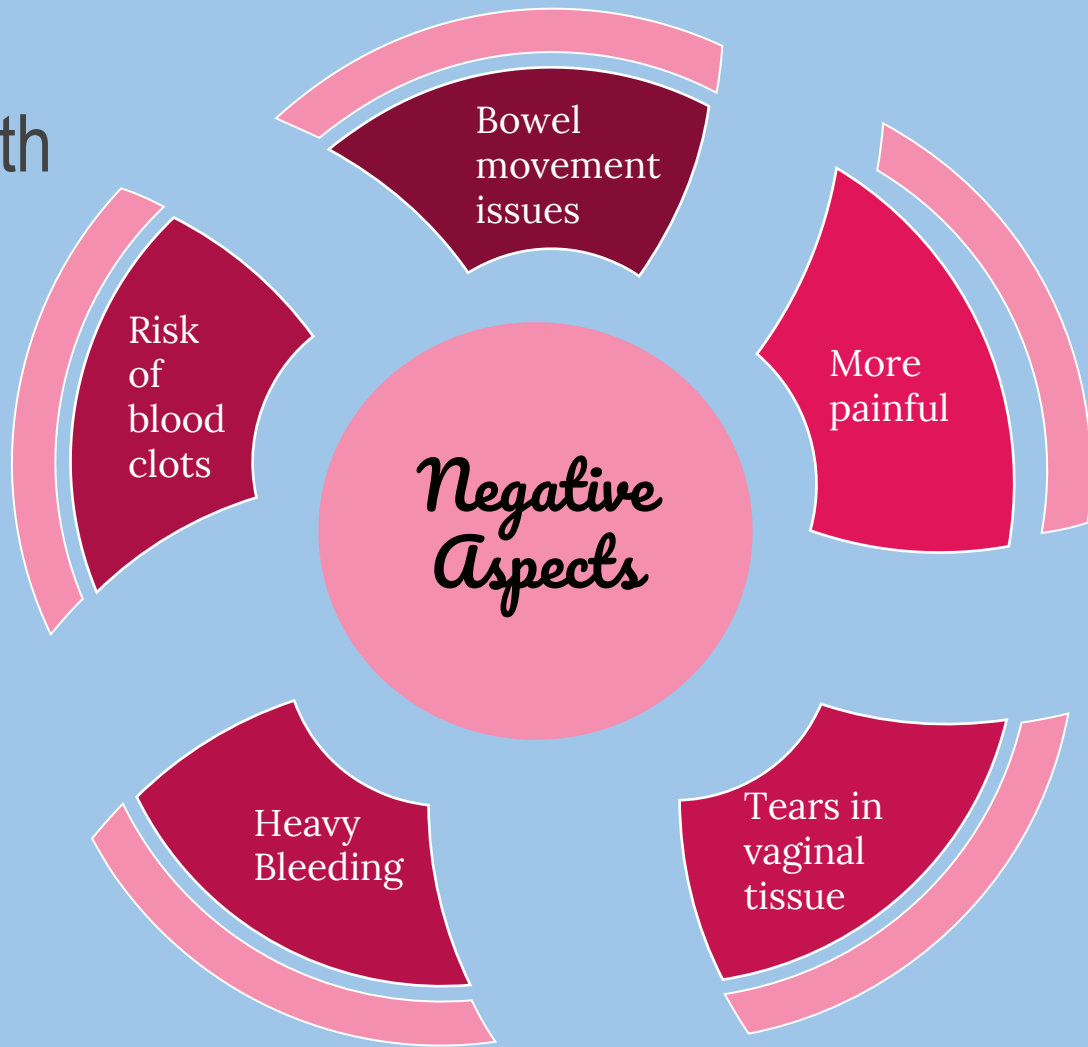
Natural vs Medicated Birth

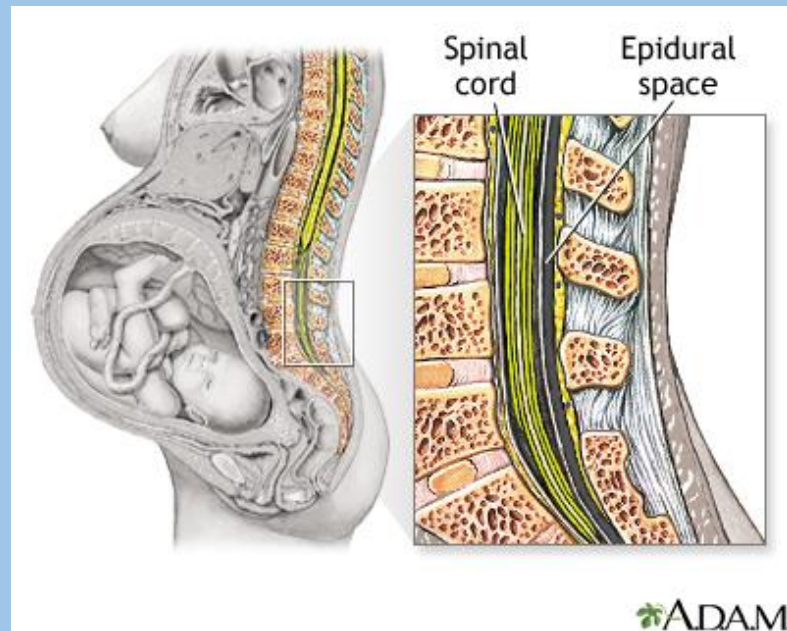


Natural Birth



Natural Birth





Medicated Birth



Common Birthing Medications: Benefits

01

Epidural

- Pain relief
- Allows for rest
- Allows mother to stay alert during birth

02

Fentanyl

- Works quickly
- Limited sedation
- Limited effects on fetus

03

Pitocin

- Helps induce labor

Medicated Births

Common birthing Medications: Negative Effects

Epidural



Negatives:
Breastfeeding
issues,
interruption of
newborn's
reflexes

Fentanyl



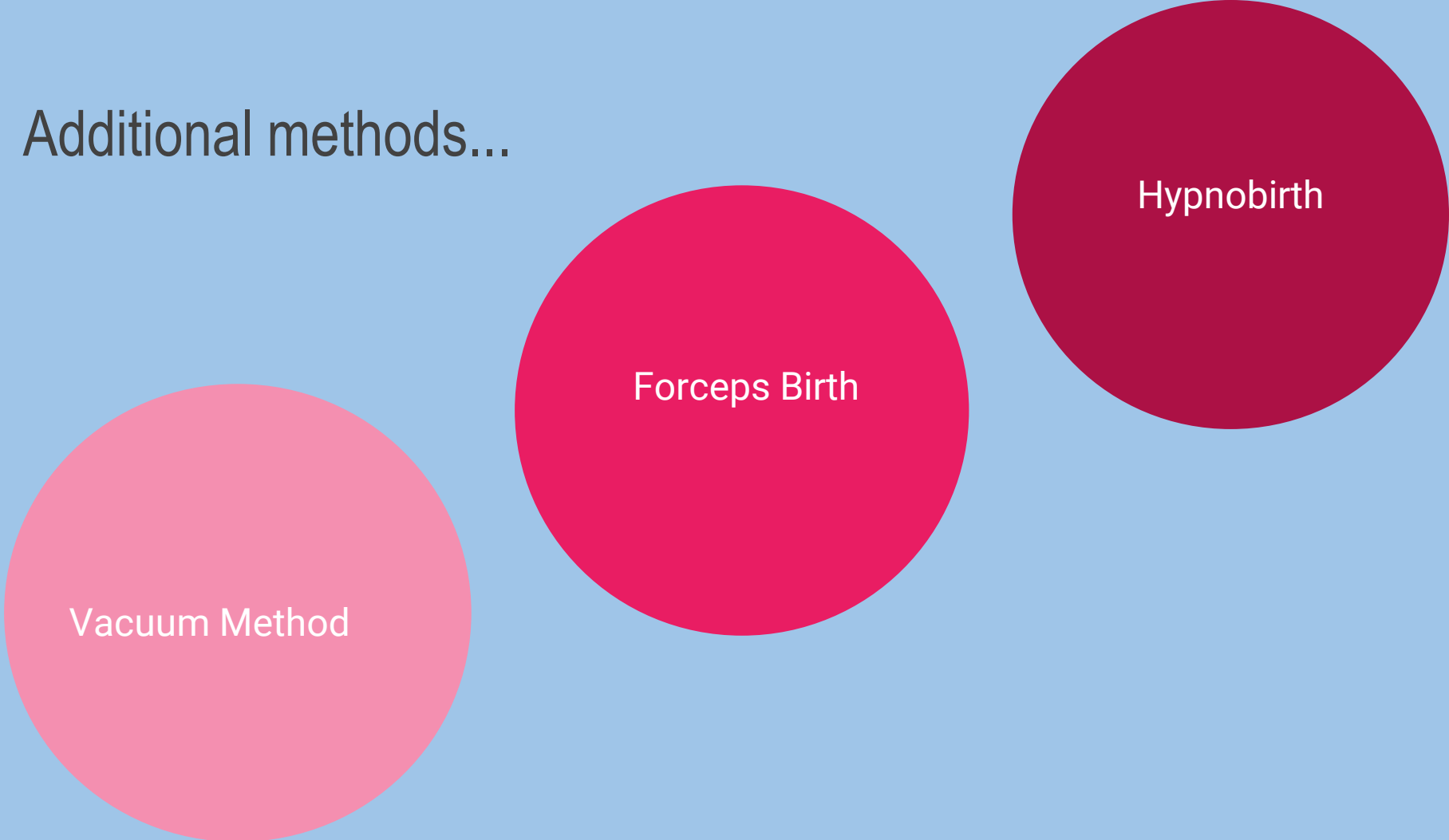
Negatives:
Breastfeeding
issues

Pitocin



Negatives:
Can result in
lower Apgar
score in
newborns, can
cause stress for
newborn

Additional methods...



Vacuum Method

The diagram consists of three circles of varying shades of pink and red, arranged in a diagonal line from the bottom-left to the top-right. The first circle is light pink and contains the text 'Vacuum Method'. The second circle is a medium pink and contains the text 'Forceps Birth'. The third circle is a dark red and contains the text 'Hypnobirth'. The background is a solid light blue.

Forceps Birth

Hypnobirth



SO? WHAT IS THE BEST BIRTH METHOD?...



Finding the perfect Delivery Method...

- What your insurance covers
- Whether you have a high risk pregnancy
- If you have the ability to have an unmedicated, “natural” birth or pain tolerance
- Depends on how many babies you are having.... one, twins, or triplets...



Reflections...



1. Why do people think that once you have a cesarean section you must keep having them?
2. During a waterbirth, how does the baby breathe?
3. Is it a myth that women cannot or should not eat or drink during labor?
4. Would you let your other kids be in the room while you give birth?

Interesting stuff!

<https://youtu.be/EvwNFzp8CI4>

<https://youtu.be/55vA9MzWObM>

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