Inspiring Midwives, Inspiring Mothers

RCM Annual Conference.

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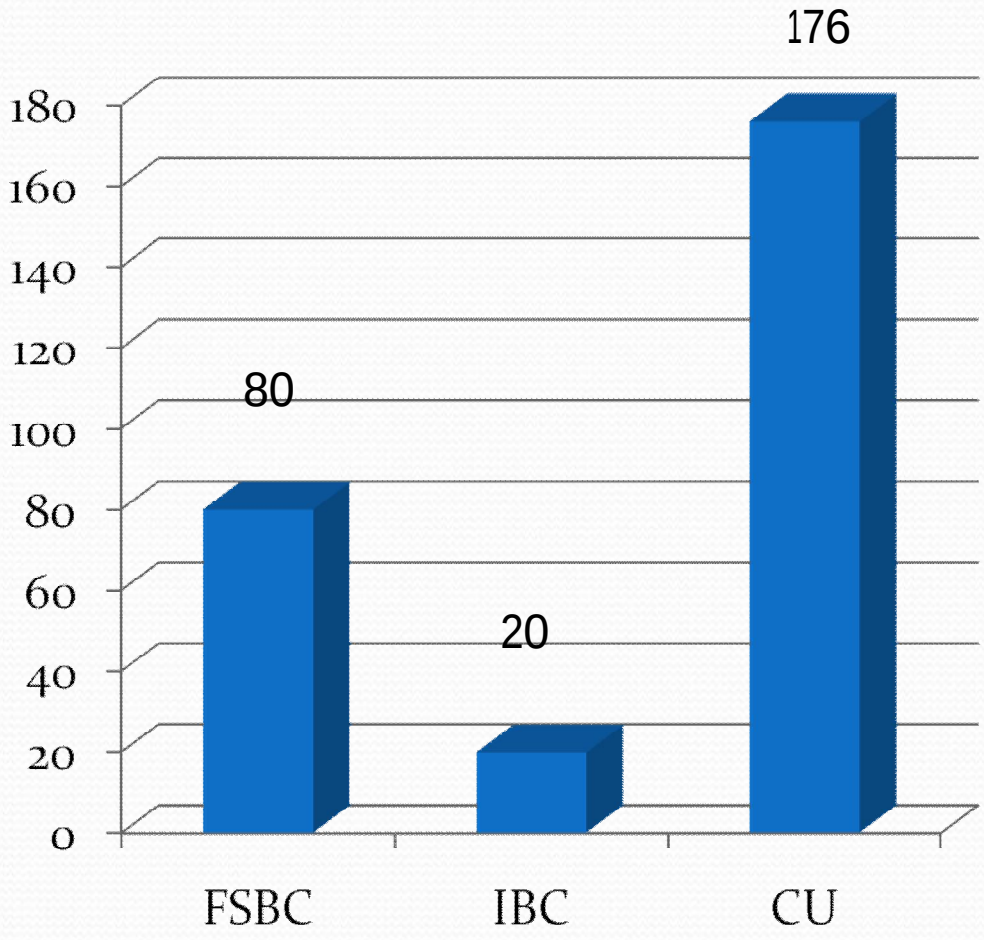
Inspiring Midwives/Inspiring Women

- UK Maternity Service Provision
- Physiological labour in Birth Centres
- Changing Practice
- Reconnecting with your ideals
- A Renaissance in Antenatal Education
- The Power of Praise

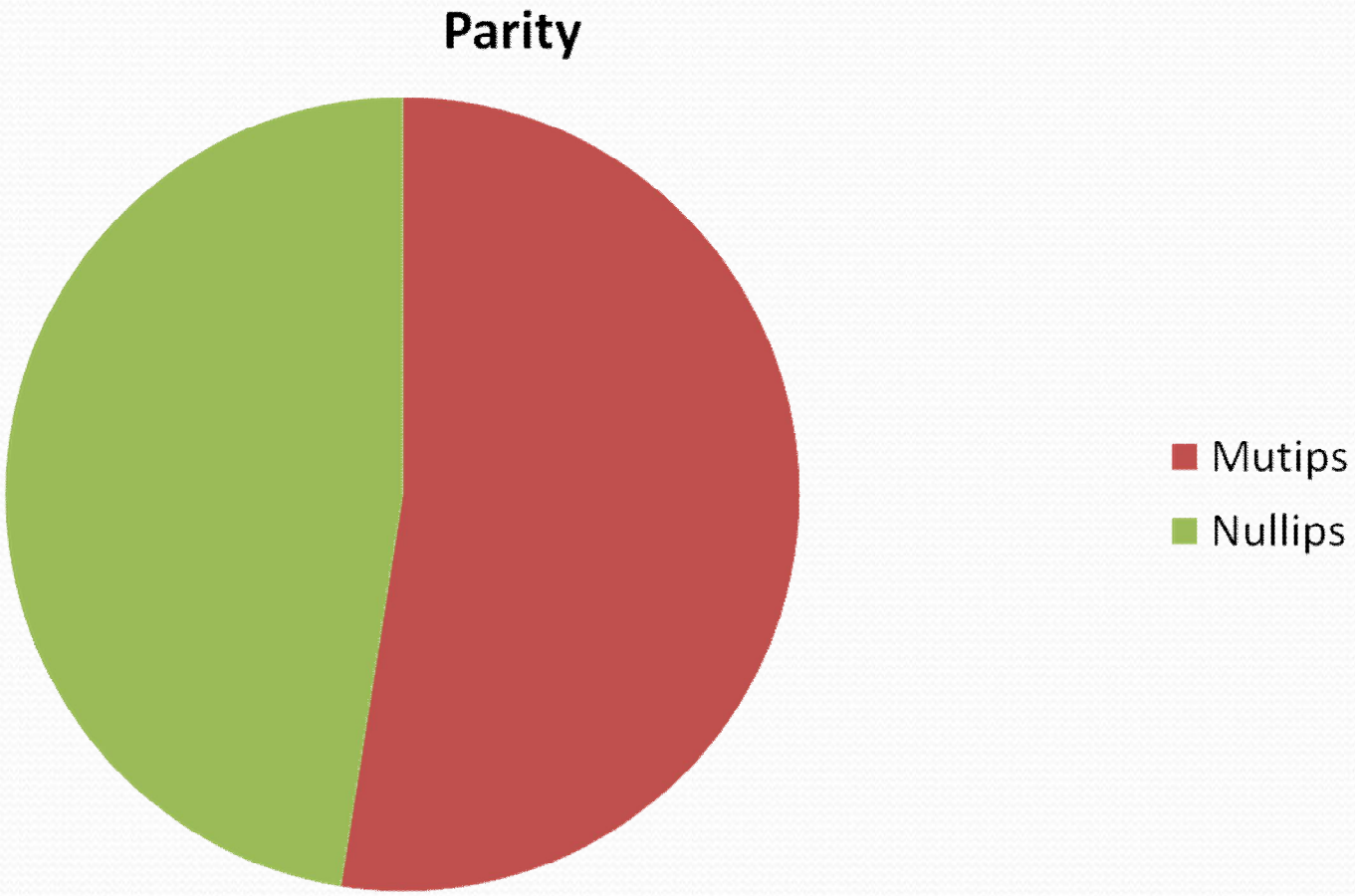


UK Units
2010

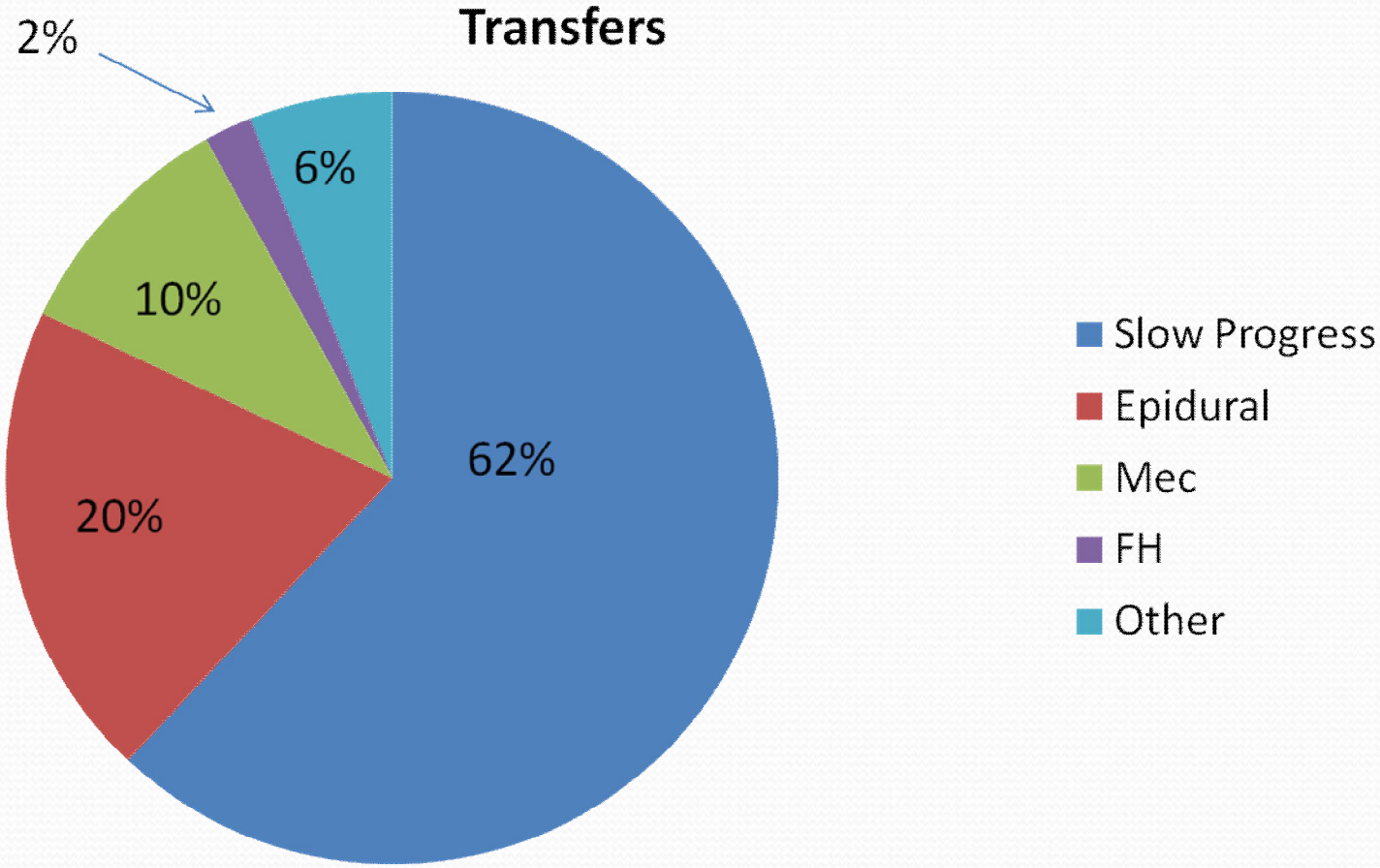
Physiological Labour in Birth Centres

- **ISSIS Birth Centre Activity 2005/06:**
  - 826 admissions, 676 births: 18% Transfer Rate Intrapartum
  - 4% Transfer Postnatal
  - 1.1% Transfer NNU
  - Breastfeeding on Discharge 91%

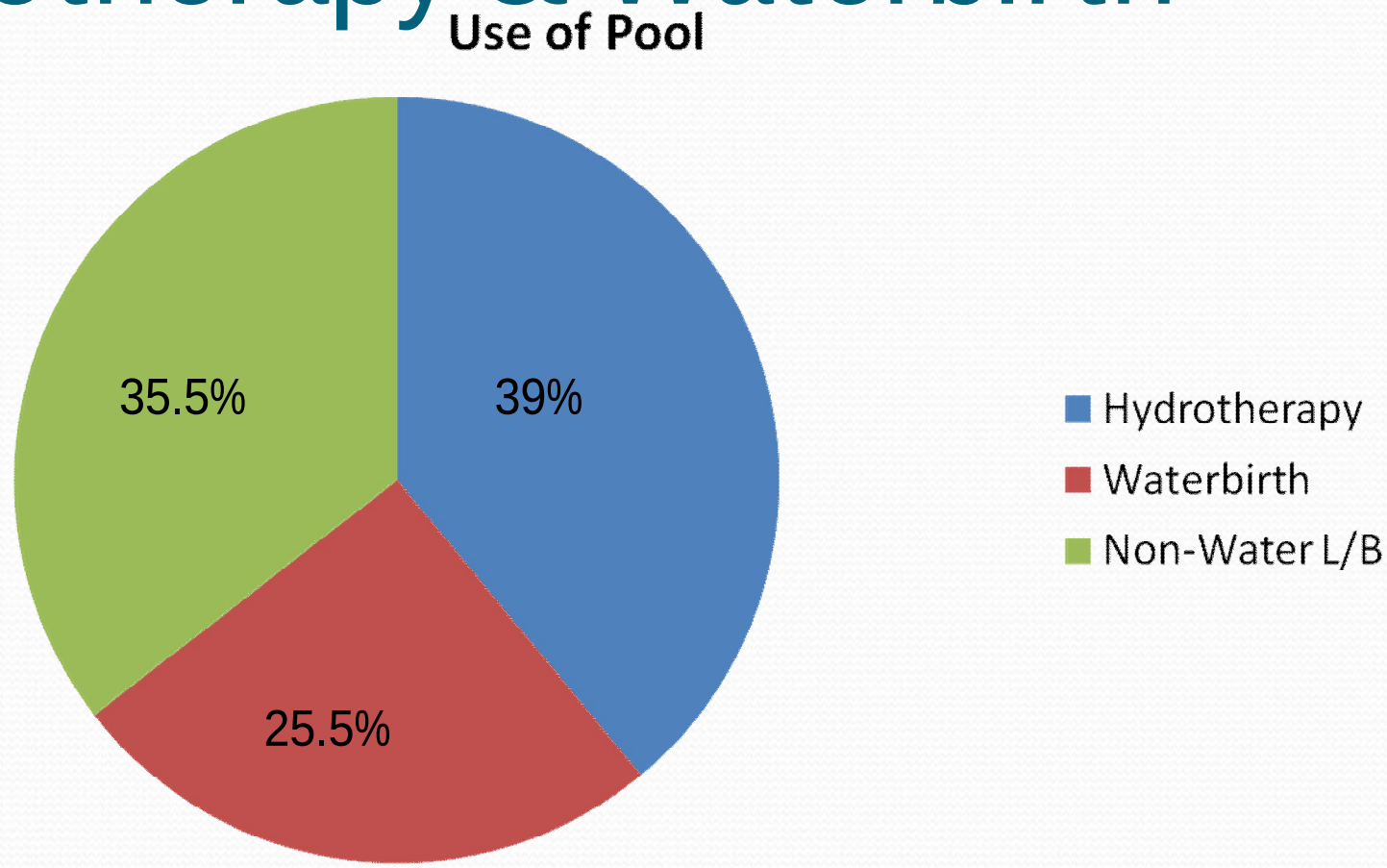
Parity



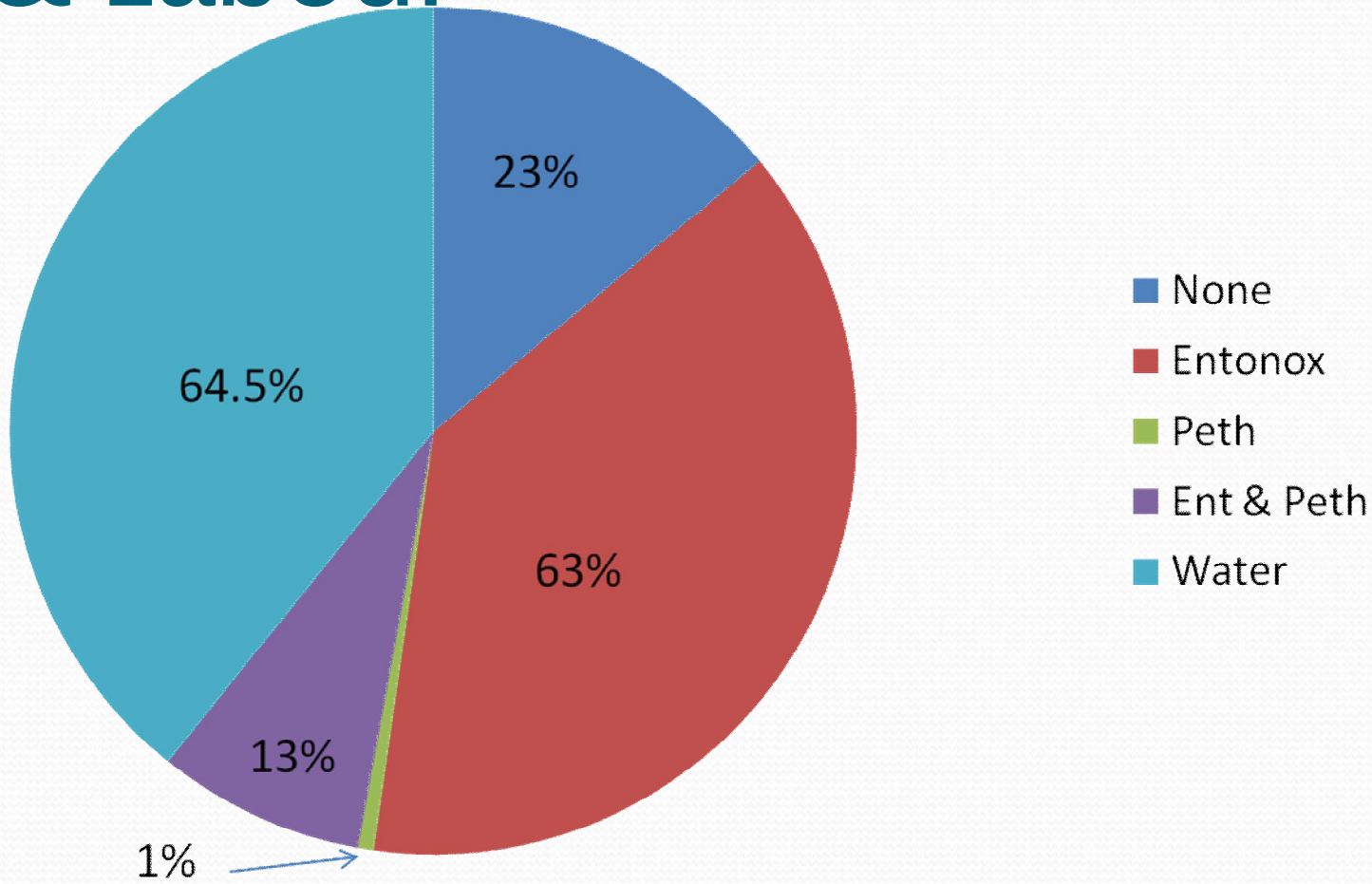
Reasons for Transfer



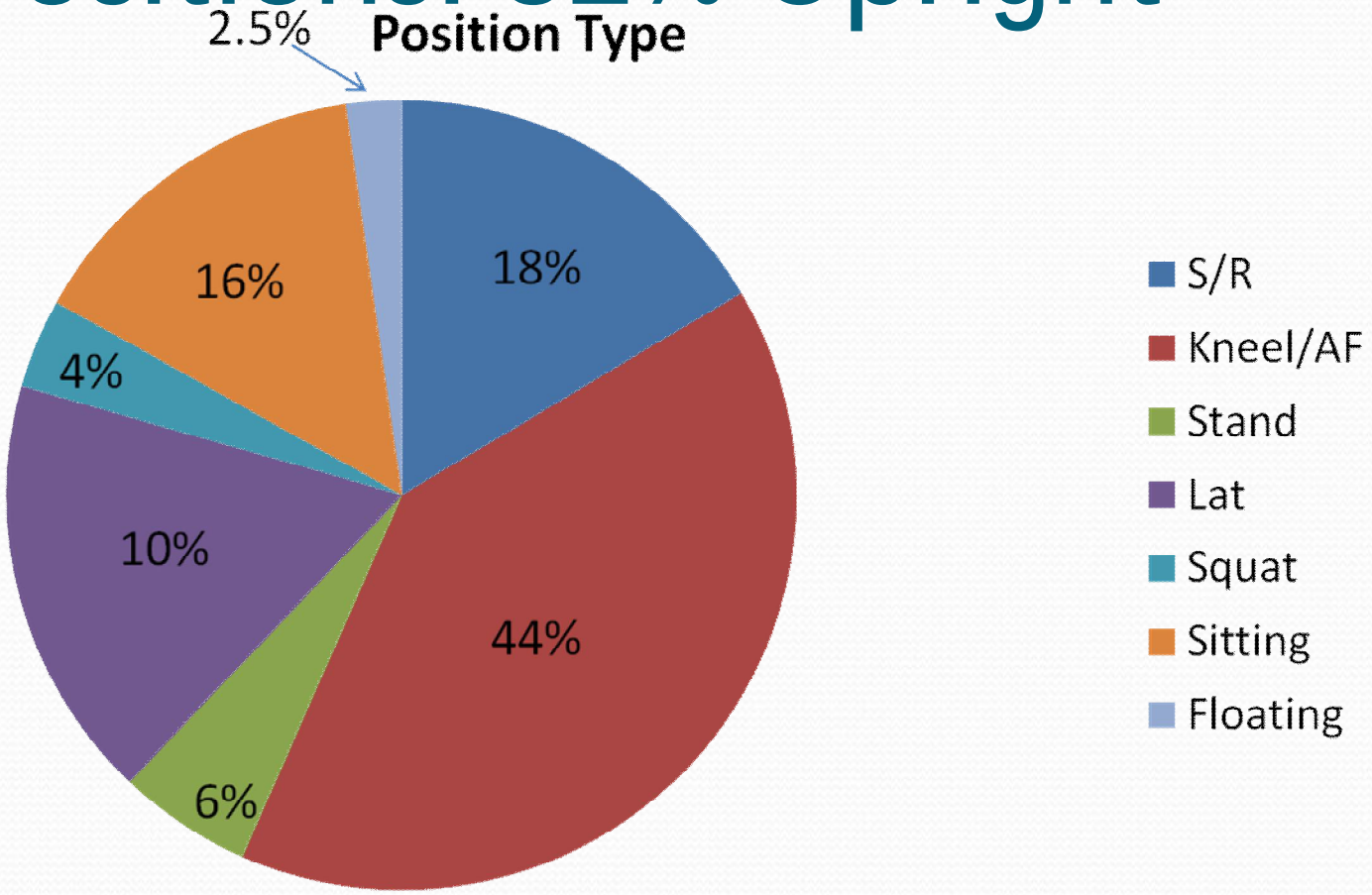
Hydrotherapy & Waterbirth



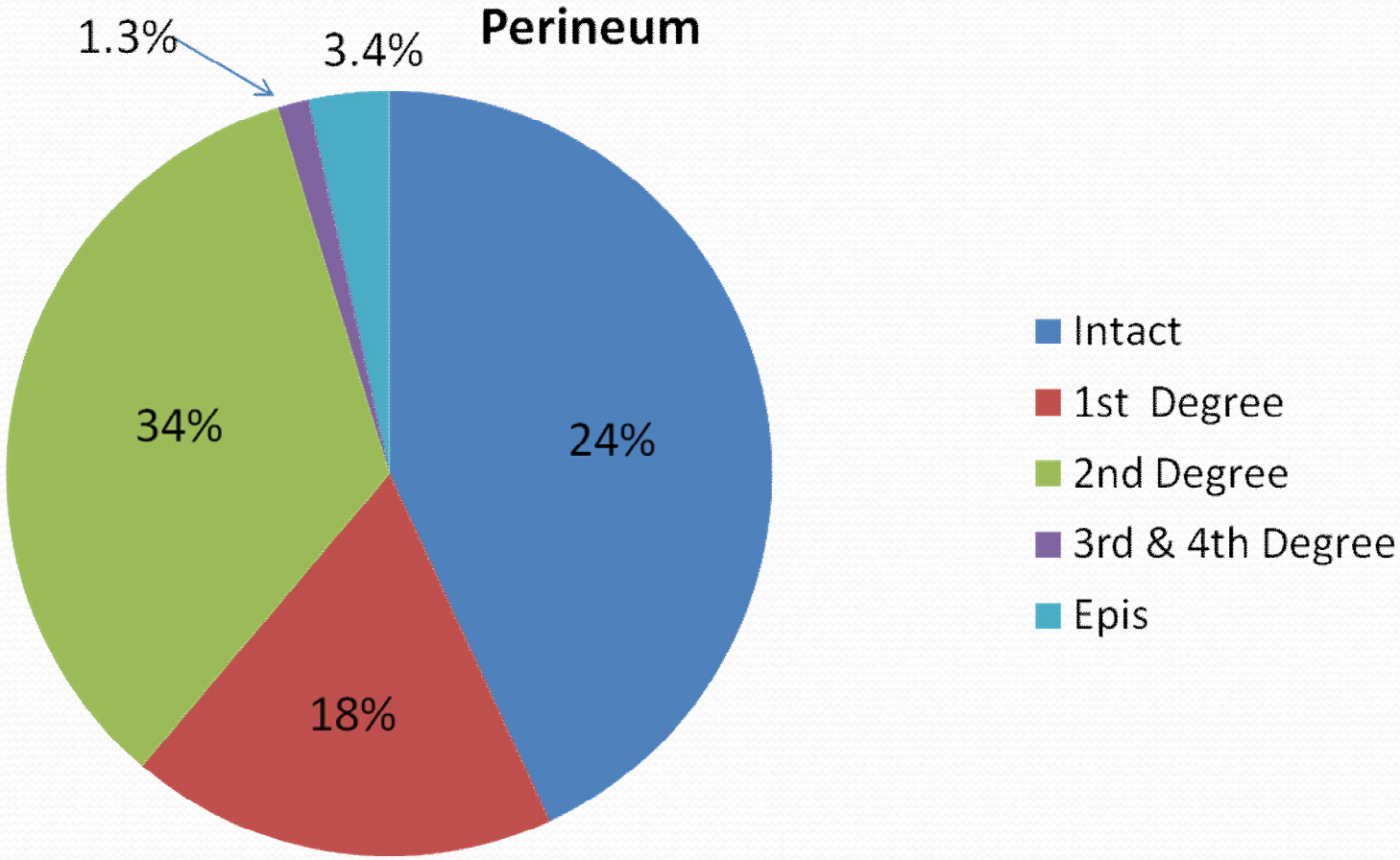
Pain & Labour



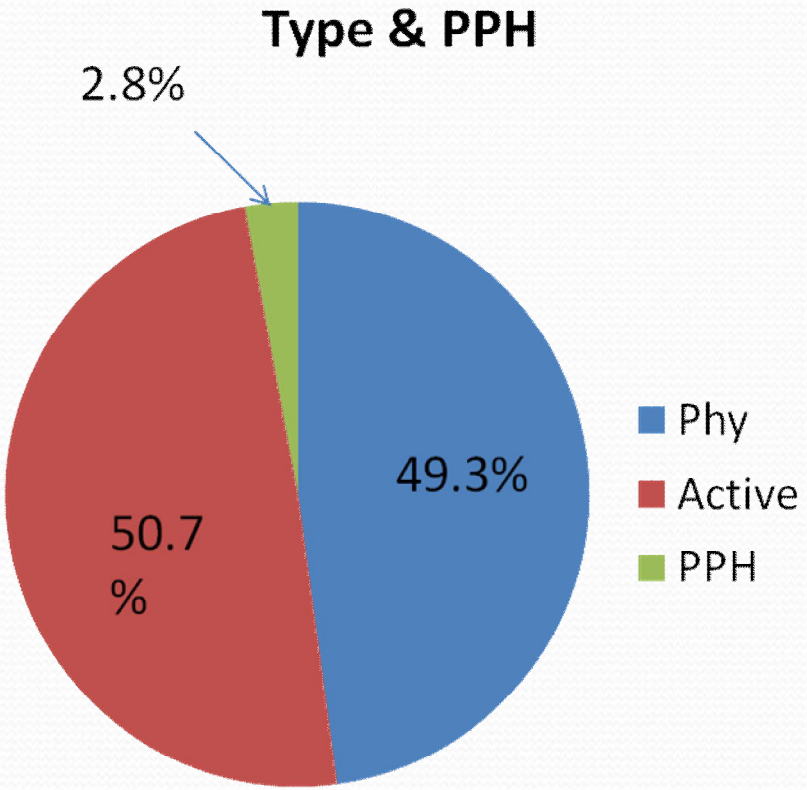
Birth Positions: 82% Upright

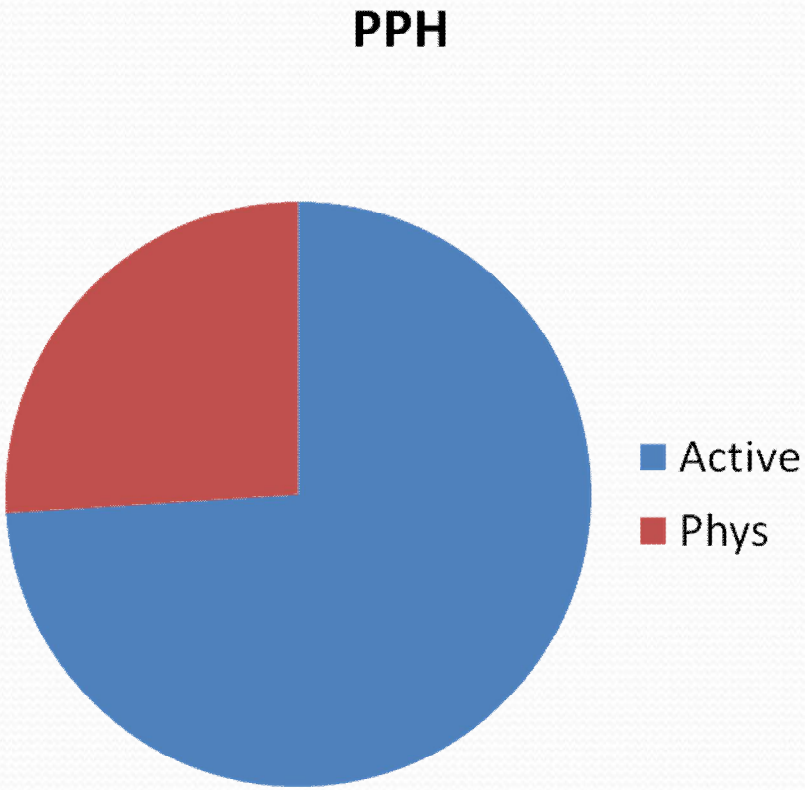


Perineal Outcomes



Third Stage of Labour





Reconnecting with Your Ideals: The MANA Birth Philosophy

- women as creators
- oneness between mother & baby
- power, beauty, strength of woman's body in birth
- mother's intuitive knowledge of herself & her baby
- sense of mystery around birth
- rites of passage experience
- as transformative & opportunity for personal growth
- symbolised by love, not fear

(Davis-Floyd, 1997)

Changing Practice: Some Testimonies

- Water for slow progress in labour

- Upright breech birth

Exploring your Personal Philosophy of Birth

- Why did you become a midwife?
- What were your hopes on qualifying?
- What has happened since?
- A Special birth you attended as a midwife
- Having a baby yourself
- Someone close to you having a baby
- Dealing with a traumatic experience of birth

A Renaissance in Antenatal Education

- Changing expectations
- Changing experience
- Towards a Social Model of Antenatal Care:
  - CenteringPregnancy,
  - Family/Nurse partnership
  - Caseload Midwifery
- The ‘Hero’ motif

The Power of Praise: A Story

‘Don’t wait for the light to appear at the end of the tunnel…

Stride down there and light the bloody thing yourself!’ (Goer, 2004)