THE C-SECTION EXPERIENCE

ALEXANDRA BIRCH

(VERY) NEWLY QUALIFIED MIDWIFE

ROYAL WOLVERHAMPTON HOSPITALS NHS TRUST

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Promoting Normality and Reducing Caesarean Section Rates

- Promotion of normality is high on everyone's agenda
- Reducing the rate of caesarean section is also a high priority
- In some countries, rates have reached above 30% (Sreevidya and Sathiyasekaran, 2003; Department of Health, 2006)

SUPPORT FOR NORMAL BIRTH

Campaign for Normal Birth

- The RCM is in full support of promoting normality.
- What about women who need a caesarean section?

WHAT MAKES A GOOD BIRTH ENVIRONMENT?

Quiet

Music

Dimmed lights

Warm

Soft furnishings

Nice colours

Familiar surroundings

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Cold

Bright lights **SCARY!** Strange sounds

Noisy

MEET YOUR BABY!

THE NATURAL CAESAREAN

- In 2008, Smith, Plaat and Fisk described a technique called the ‘natural caesarean’ which attempts to mimic a vaginal birth.
- How can midwives and students promote some normality in a very abnormal situation?

- Turn off any unnecessary lights
- Play some music
- Woman’s own nightwear
- Keep noise to a minimum
- Lower the theatre drape
- Allowing the parents to find out the sex of the baby
- Ask the father to cut the cord
- Encourage immediate skin-to-skin
- Communication!!!

THE FINE LINE!

Giving women a good birth experience

VS.

Making caesarean section more appealing

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