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# Water Birth:



# Video:



[https://www.youtube.com/watch?v=ivtML3\\_6pXI](https://www.youtube.com/watch?v=ivtML3_6pXI)

**Video:**



<https://www.youtube.com/watch?v=rDahuGNIN4I&t=158s>

# Benefits of labour and birth in water:

## For the woman:

- Warm water cradles, supports, relaxes, comforts and soothes, thereby reducing anxiety
- It enables instinctive behavior and increases the feeling of being in control, which in turn leads to a high degree of postnatal wellbeing
- There is less operative delivery and perineal trauma
- It provides buoyancy and increased mobility
- It reduces pressure on muscles and vena cava
- It reduces the need of pharmacological pain relief
- It provides a protected, secure birthing space

## For the baby:

- The reduced maternal need for pharmacological pain relief reduces the side effects on the baby
- The first breath is gentle as the air above the water is warm and humidified

## For the midwife

- It provides the increasingly rare opportunity to witness and facilitate physiological birth
- It develops and enhances the fundamental skill of working in partnership with women
- A hands-off birth is possible because the baby can't fall in the garbage bag ;-)

# Criteria for water immersion and water birth:

## Criteria:

- Low risk pregnancy >36wks
- Woman's choice
- Established labour
- No requirement for continuous fetal heart rate monitoring

## Reasons when not advisable:

- Maternal temp > 37,5°
- Thick meconium liquor
- Recent use of a systemic opioid
- Breech presentations
- Multigravida
- Obesitas

# Guidelines Belgium:

## Watergeboorte

Het is aanbevolen om de zwangere vrouw ervan op de hoogte te brengen dat we op dit moment over geen enkele overtuigende aanwijzing beschikken over de voordelen van een geboorte onder water. (GCP)

Federaal Kenniscentrum voor de Gezondheidszorg. (2015). *KCE Rapport 139A Richtlijn voor goed klinische praktijk bij laagrisico bevallingen.* – iv



# NICE guidelines:

## 1.8 Pain relief in labour: non-regional

### Attitudes to pain and pain relief in childbirth

- 1.8.1 Healthcare professionals should think about how their own values and beliefs inform their attitude to coping with pain in labour and ensure their care supports the woman's choice. [2007]

### Pain-relieving strategies

- 1.8.2 If a woman chooses to use breathing and relaxation techniques in labour, support her in this choice. [2007]
- 1.8.3 If a woman chooses to use massage techniques in labour that have been taught to birth companions, support her in this choice. [2007]
- 1.8.4 Offer the woman the opportunity to labour in water for pain relief. [2007]
- 1.8.5 For women labouring in water, monitor the temperature of the woman and the water hourly to ensure that the woman is comfortable and not becoming pyrexial. The temperature of the water should not be above 37.5°C. [2007]
- 1.8.6 Keep baths and birthing pools clean using a protocol agreed with the microbiology department and, in the case of birthing pools, in accordance with the manufacturer's guidelines. [2007]



# Evidence based:

## Increase:

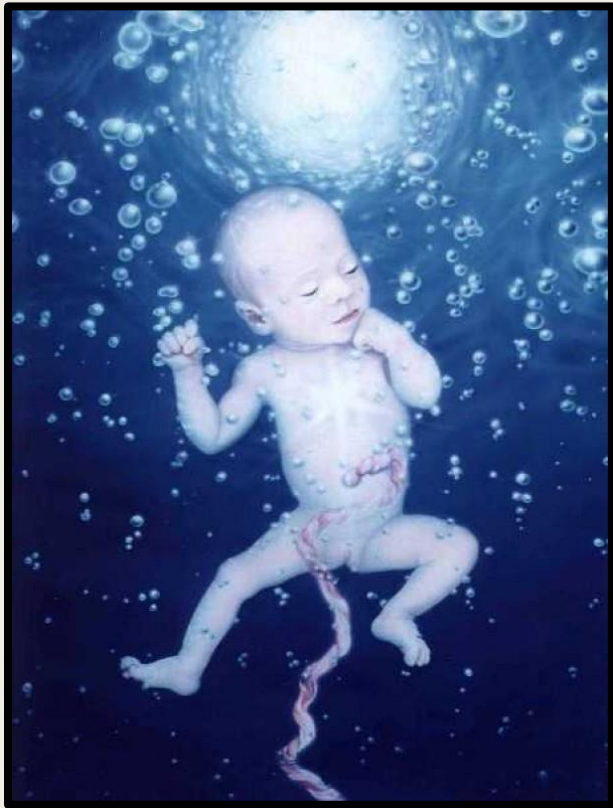
- Maternal satisfaction (Pagano et al., 2010)
- Relaxation of the mother
- Cost effective (Pagano et al., 2010)
- Maternal and neonatal outcomes comparable
- (Nutter et al., 2014)

## Decrease:

- Drug use (Burns et al., 2012)
- Interventions (Burns et al., 2012)



# Experiences with under water birth?



# Case 1:

Julie, G2P1A0, is 40 weeks, 3 days pregnant, she has contractions every 5 minutes, 6 cm, caput is VIBI, Heartbeat is 140 B/min.

- GBS+
- Membranes are not broken.
- Her first delivery was also spontaneous, with a little rupture of the perineum. Baby, Oscar, was 3750g.
- Normal postpartum.

Can Julie go in the bath during labour? she give birth under water?

## Case 2:

Latifa, G1POA0, 39 weeks, labour starts spontaneous, contractions every 2 minutes.

- Heartbeat: 135 b/min.
- GBS: Neg.
- Ontsluiting: 8 cm.
- Spontaneous rupture of membranes.

Can Latifa, give birth under water?