

Contents

<i>Foreword by Soo Downe</i>	xi
<i>Foreword by Sheila Kitzinger</i>	xiii
<i>Preface</i>	xvi
<i>Acknowledgements</i>	xviii
1 Knowledge, evidence and skills for normal birth	1
Critiques of the evidence paradigm	2
Qualitative research	4
Models and underpinning tenets of childbirth care	6
Skills and evidence	10
Conclusion	11
Questions for reflection	12
2 Preparation for childbirth	13
A brief history of models and approaches	14
Focus of educational content and evidence base	17
Specific therapies and new approaches to antenatal care provision	18
New directions and conclusion	20
Practice recommendations	22
Questions for reflection	22
3 Birth setting and environment	23
Out-of-hospital birth: home birth	24
Out-of-hospital birth: free-standing birth centres	27
Integrated birth centres/MLUs	30
Attitudes and beliefs	32

CONTENTS

Relational dimensions of care	33
Birth ecology, birth territory and midwifery guardianship	36
Conclusion	37
Practice recommendations	37
Questions for reflection	38
4 Rhythms in the first stage of labour	39
Friedman's legacy	40
Organisational factors	41
An emergent critique	42
Rhythms in early labour	45
Rhythms in mid-labour	47
Alternative skills for sussing out labour	49
Prolonged labour	51
'Being with' not 'doing to' labouring women	53
Conclusion	54
Practice recommendations	54
Questions for reflection	55
5 Fetal heart monitoring in labour	56
Current evidence base of electronic fetal monitoring (EFM)	58
Fetal mortality and morbidity related to birth asphyxia	59
Alternative technologies for assessing fetal well-being	64
Conclusion	64
Practice recommendations	65
Questions for reflection	65
6 Mobility and posture in labour	66
Mobility in the first stage of labour	69
Posture in the second stage of labour	71
Context, beds and birth rooms	74
Posture and perineal outcomes	76
Occipito-posterior positions and labour posture	77
Upright posture and assisted vaginal birth	78
Birth position and educational initiatives	79
Conclusion	80
Practice recommendations	80
Questions for reflection	81

7 Pain and labour	82
Pain, birthing and context	83
Models of labour pain	85
Psychological methods	89
Physical therapies	91
Sensory methods	92
Complementary therapies	93
Spiritual rituals	95
Technologies and drugs	95
Conclusion	99
Practice recommendations	100
Questions for reflection	100
8 Rhythms in the second stage of labour	101
The medicalisation of the second stage	102
Research evidence	103
Epidurals and the second stage	106
Definition of the second stage	106
Time and fetal health	109
Early pushing	110
Posterior positions in the second stage	112
Tips for delay in the second stage	112
Attitudes and philosophy	113
Practice recommendations	114
Questions for reflection	115
9 Care of the perineum	116
Episiotomy and its legacy	118
Hands on or hands poised	119
Other protective factors	122
Vaginal birth and the pelvic floor	123
To suture or not to suture	126
Conclusion	129
Practice recommendations	129
Questions for reflection	130
10 Rhythms in the third stage of labour	131
History of uterotonics	132

CONTENTS

Components of active and physiological third-stage care	133
The RCTs on active or physiological management	134
More recent research in midwifery-led environments	135
Defining a benchmark for PPH	136
Physiological third stage and maternal physiology	137
Physiological third stage and neonatal transition	138
Language games	140
Choice, skills, beliefs and institutional constraints	141
Practice recommendations	142
Questions for reflection	142
11 Water immersion and waterbirth	143
Environment	144
Therapeutic benefits	145
Physiological benefits	146
Psychosocial benefits	147
Professional aspects	148
Practical skills for water immersion and waterbirth	149
Conclusion	149
Questions for reflection	150
12 Changing midwives' practice	151
Relevant generic strategies	153
Targeting barriers to change	154
Strategies to address barriers	155
Diffusion of innovation	160
Conclusion	161
Practice recommendations	161
Questions for reflection	162
<i>Appendix Relevant journals for childbirth</i>	163
<i>Bibliography</i>	168
<i>Index</i>	199