## **Contents**

	Foreword by Soo Downe	X
	Foreword by Sheila Kitzinger	xii
	Preface	XV
	Acknowledgements	xvii
1	Knowledge, evidence and skills for normal birth	ngConu La rPract
	Critiques of the evidence paradigm	zauOues
	Qualitative research	4
	Models and underpinning tenets of childbirth care	6
	Skills and evidence	10
	Conclusion (13) and an interest of the conclusion (13) and an interest of the conclusion (14) an	11
	Questions for reflection	12
	native technologies for assessing fetal well-being	
	Questions for reflection noisul	onoch 15
2	Preparation for childbirth	13
	A brief history of models and approaches	1
	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
	Practice recommendations draid language bossisse bus prutson the	ingU 2
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	4.7
	Alternative skills for sussing out labour	40
	Prolonged labour	51
	'Being with' not 'doing to' labouring women	53
	Conclusion	54
	Practice recommendations	54
	Questions for reflection Mailleage complete and to souphing	55
	ualitative research to the Congress Cataloging in Publication Data to Congress Cataloging in Publication Data	
5	Fetal heart monitoring in labour	× 56
	Current evidence base of electronic fetal monitoring (EFM)	58
	Fetal mortality and morbidity related to birth asphyxia	
	Alternative technologies for assessing fetal well-being	64
	Conclusion	64
	Practice recommendations	65
	Questions for reflection	65
	ocus of educational content and evidence base	A G
6	pecific therapies and new approaches to aprenatalism 8-22772-214-4-574	8
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  Practice recommendations driid guibness-sert driid latigeod to-10	80
	Practice recommendations	80
	Questions for reflection	81

7	Pain and labour asserbild league loss	82 Components of active and ph
	Pain, birthing and context some leaded	88 The RCTs on active or physic
	Models of labour pain months believed	
		98 Defining a benchmark for PP
		10 Physiological third stage and
		92 Physiological third stage and
	Complementary therapies	89 Language games
	U2 1 1 1 1 1 1 1 1 1 1 2 2 2 2 2 2 2 2 2	95 Chorce, skills, beliefs and inst
	Technologies and drugs	76 Practice recommendations
	Conclusion	99 Ouestions for reflection
	Practice recommendations	100
	Questions for reflection	100
	Problems cannot be solved at the dividuals	
8	Rhythms in the second stage of la	101 herapeutic benefits ruode
46	The medicalisation of the second stage	201 Il viological benefits
	Research evidence	103
	Epidurals and the second stage	106
	Definition of the second stage	106
	Time and fetal health	109
	Early pushing	d abquards  844619/lolysetc 110
	Posterior positions in the second stage	ists, choice was supposed to 112
	Tips for delay in the second stage	epidurals and to reclaim no 112
	Attitudes and philosophy	ERGIZEUINDIM BAIBAEAC113
	Practice recommendations	ld says who bridge the vales 114
	Questions for reflection	Paghans of salifiand only 115
	numbig towards increased technique	Strategies to attoress harners
9	Care of the perineum	Diffusion of innovation he answer to thindsolven the hold of the control of the c
9		118
	Episiotomy and its legacy Hands on or hands poised	119
	the same of the sa	eness of the need to make 122
	Other protective factors Vaginal birth and the pelvic floor	123
	To suture or not to suture	126
		illed infurion 129
	Tractice recommendations	129
	Questions for reflection	obbie Davis-Floyd and Elizabeth
		for many midwives in hectic,
10	Rhythms in the third stage of labor	our 131
	History of uterotonics	132

## CONTENTS

	Components of active and physiological thir	d-stage care	133
The RCTs on active or physiological management			
	More recent research in midwifery-led enviro	onments	135
	Defining a benchmark for PPH		
	Physiological third stage and maternal physi	ology asignated lesis	137
	Physiological third stage and neonatal transi		138
	Language games		140
	Choice, skills, beliefs and institutional const.	raints elautin lauti	141
	Practice recommendations		142
	Questions for reflection		142
	An emergent critique		
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 wat	erbirth and to nomin	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
	Appendix Relevant journals for childbirth		163
	Bibliography		168
	Index		199