

Non-medicated Childbirth in a Tertiary Medical Center: A survey of Attitudes among Obstetricians

Ma. Kristina A. Quetulio

St. Luke's Medical Centre, Quezon City, Philippines

Abstract

Natural childbirth is vaginal labor and delivery with limited to no medical intervention; it can involve a spread of choices; from the doctor you select to the pain relief you employ. Because you'll be using your own body and instincts rather than defaulting to medical intervention, natural birth methods may cause you to feel more empowered throughout the method of delivery.

Natural childbirth is delivery without advantage of powerful pain medications. Childbirth is any delivery without powerful pain medications. Whether your child is born naturally after careful preparation in childbirth classes or born on the thanks to the hospital within the back of your car without advantage of medication or medical assistance, it's a natural birth. Today, there are many childbirth methods, programs, and classes to assist you prepare to offer birth without pain or medication. If a natural birth are some things you'd wish to experience, confirm you're taking the time to organize well beforehand of your maturity. With proper training, a natural birth is often very rewarding and personally satisfying. Without advance preparation, however, it is often a painful and traumatic experience. Making the selection to not use medication doesn't mean the birth process has got to be incredibly painful.

Complementary methods are often utilized in birthing centers or reception with a midwife, but they will certainly even be used at a hospital. the best benefit to unmedicated childbirth is that the lack of side effects from medications. While many pregnant people can take pain medications safely during labor, there's the danger of side effects for both mom and baby. Plus, with unmedicated births, a birthing person's own hormones can naturally help labor progress steadily and without intervention. Released endorphins during the birth process can provide pain relief and promote bonding and breastfeeding (if you like!) after baby is born. Medications can often interfere with this hormone release. The downside to unmedicated labor is that you simply don't know needless to say how painful the method is going to be (especially for first-time parents). In some cases, the pain could be worse than anticipated. In other cases, people find labor to be much more manageable than they were expecting. Medication-free pain management options can be available the shape of breathing techniques, complementary therapies, and physical interventions. Non-medicated childbirth has positive empowering experience for the patients. However, consistent

with studies only few patients undergo non-medicated childbirth. This was a qualitative study survey exploring the attitudes on non-medicated childbirth among obstetricians practicing at a tertiary medical Centre. Most of the participants believed that they were educated on non-medicated childbirth, however, but half the participants routinely discussed it to their patients and may convince to undergo non-medicated childbirth. Factors like knowledge on alternative methods, demand of your time, decision-making, availability of birth facilities, influence of birth companions and malpractice litigations, all contributed to obstetricians' attitude on non-medicated childbirth.

Some women who choose childbirth prefer to deliver during a non-hospital setting like a birth center, where childbirth is that the focus. Women are liberal to move around during their labor, get in positions that are most comfortable to them, and spend time within the tub or jacuzzi. The baby is monitored frequently, often with a handheld ultrasound device. Comfort measures like hydrotherapy, massage, warm and cold compresses, and visualization and relaxation techniques are often used. the lady is liberal to eat and drink as she chooses. a spread of health care professionals may go within the birth center setting — like registered nurses, certified nurse midwives, and doulas (professionally trained providers of labor support and/or postpartum care) who act as labor assistants. Studies indicate that getting continuous support during labor from a trained and experienced companion, like a midwife or doula, can mean shorter labor, less (or no) medications, less chance of needing a C-section, and a more positive feeling about the labor when it's over. lately, it is also possible to possess a more childbirth in many hospitals. Some hospitals have birth centers, where a natural approach is taken, but medical intervention is out there if needed. Many hospitals have modified their approach for low-risk births, and have rooms with homelike settings where women can labor, deliver, and recover without being moved. they'll take their cues from the laboring woman, allowing labor to proceed more slowly and without intervention if all seems to be going well. they'll use alternative pain-management techniques if requested and welcome the help of labor assistants like midwives or doulas.

Unmedicated births aren't right for everybody. Expectant moms who choose a cesarean delivery could also be required by their doctors to use pain medication. Others simply don't want the

added stress of a painful labor. within the end, it's up to the mother. A non-medicated birth where you're letting the natural action of labor and birth happen with none interventions. During natural labor, you will not get an epidural or medicine to alleviate pain, although you'll use pain-relief methods, like massage, hypnotherapy, or a warm-water bath. You'll also avoid medical interventions like an episiotomy, during which a doctor cuts the world between the vagina and anus to widen it for birth. The anticipation of childbirth is often nerve-wracking for several expectant mothers. The key to avoiding anxiety about childbirth, and to molding the experience as on the brink of your preferences as possible, is to be prepared and ask all the proper questions before you hit the delivery room. Our childbirth resources are intended to assist you understand what choices and rights you've got during labor and delivery, what questions you ought to invite advance, and where you would possibly need a loved one to advocate on your behalf while your parturition. Childbirth are often a gorgeous, empowering experience, but it also can be painful, scary, and disappointing sometimes. Whether you're planning an all-natural water birth, or a scheduled C-section, our childbirth resources are intended to assist you steel oneself against many outcomes by being as informed as possible. And remember: this too shall pass.

Biography:

Dr. Ma. Kristina A. Quetulio has completed her degree in Medicine at the age of 25 years from the University of Santo Tomas Faculty of Medicine and Surgery, Manila and Residency Training in Obstetrics and Gynecology at St. Luke's Medical Center, Quezon City.

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