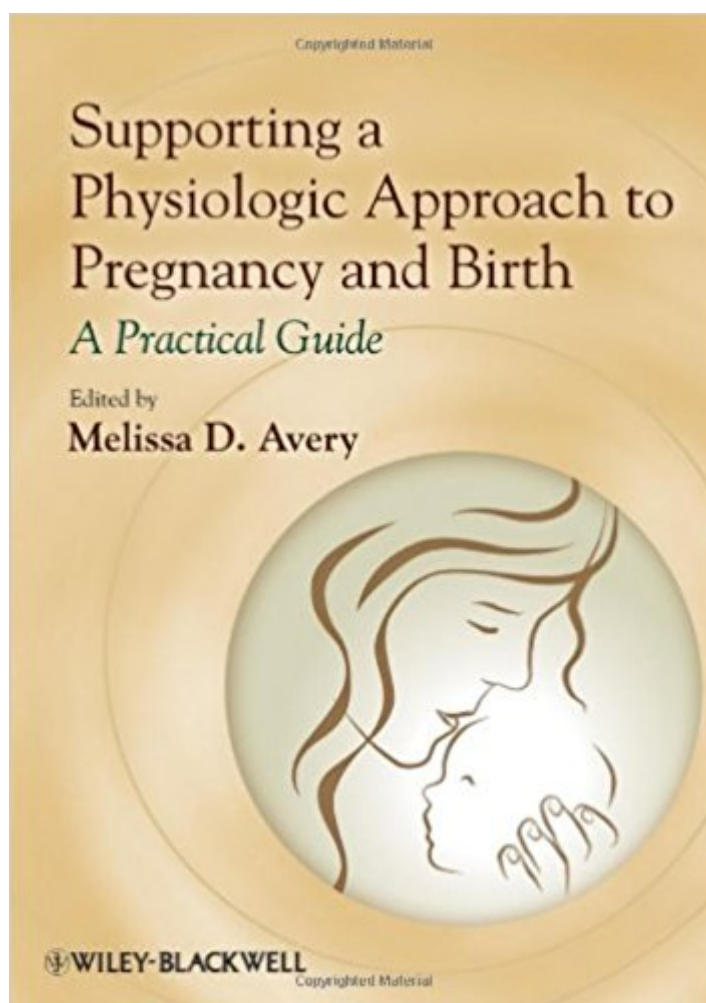


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# Supporting A Physiologic Approach To Pregnancy And Birth: A Practical Guide



## Synopsis

Supporting a Physiologic Approach to Pregnancy and Birth: A Practical Guide provides an overview of current evidence and a range of practical suggestions to promote physiologic birth within the United States healthcare system. Presenting the latest evidence available on practical approaches and minimal interventions, this book looks into clinic exam rooms and hospital labor units to investigate the possibilities for improving the pregnancy and labor experience. Contributors discuss recent research and other published information and present a range of ideas, tools, and solutions for maternity care clinicians, including midwives, nurses, physicians, and other members of the perinatal team. An invaluable resource, Supporting a Physiologic Approach to Pregnancy and Birth is a must-have practical guide for those involved in all aspects of pregnancy and birth.

## Book Information

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## Customer Reviews

“If you need a guidebook or step-by-step guide for transforming any practice to a more more physiologic approach, this is the first book you need to read. Supporting a Physiologic Approach to Pregnancy and Birth: A Practical Guide provides an overview of current evidence and a range of practical suggestions to promote physiologic birth within the United States healthcare system.” (Childbirth Today From Birthsource.com, 12 June 2014)

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United States healthcare system. Presenting the latest evidence available on practical approaches and minimal interventions, this book looks into clinic exam rooms and hospital labor units to investigate the possibilities for improving the pregnancy and labor experience. Contributors discuss recent research and other published information and present a range of ideas, tools, and solutions for maternity care clinicians, including midwives, nurses, physicians, and other members of the perinatal team. Key Features: Reviews the normal physiologic changes of pregnancy, labor, and birth and discusses care strategies during pregnancy and labor to support normal birth Includes focus on broader care and education systems and how maternity care providers can work together to provide seamless quality care and effect solutions and policy changes Explores in-hospital and out-of-hospital care methods Coverage includes physiology and supportive approach methods; interventions such as touch therapies, water immersion, and acupuncture; and organizational approaches, including the current status of policies and recommendations for change An invaluable resource, *Supporting a Physiologic Approach to Pregnancy and Birth* is a must-have practical guide for those involved in all aspects of pregnancy and birth.

This author has a very liberal agenda, she makes it sound like America is such a horrible place to be. Makes health care out to be third world. She does however get one to think about different ways to deliver health care.

I absolutely love how woman-and-baby-centered the authors of this book are while discussing the processes of pregnancy, labor, and delivery. I've delivered three different babies in three different states with three different doctors--all without pain medication. I've had the "old-school" doctor who chastised me during labor, routinely checked my progress while I was in the middle of contractions (even though I asked him not to), and gave me an episiotomy I didn't want. And I've had more "progressive" doctors who talked to me with respect, gave me space to listen to my body, and allowed for a much more calm birthing experience. As a result, there is no doubt in my mind that the attitudes of the doctors and nurses in the delivery room--and, specifically, how willing they are to let the mother be in charge--make a huge difference in how a woman experiences birth. I thought the practical advice given in this book was spot on. I agree that most people see childbirth as something to fear. Unfortunately, there is a tendency to focus on the pain and all the things that could go wrong, which makes it difficult for women to feel confident in their ability to endure the process. Not to mention the fact that it is near impossible to relax and concentrate on managing discomfort when you have a nurse sticking an IV in your arm and then another wrapping a baby monitor around your

belly and then a doctor checking your cervix every hour. While labor is a painful experience, to be sure, I agreed with one author who said that it is also entirely possible to feel pain that is natural and expected while still feeling comfort, confidence, and control. A big part of being okay with the pain of labor is feeling supported by calm medical professionals, friends, and family members, etc., who believe in your ability to experience a healthy and normal delivery. Ultimately, I really agreed with this book's general theme to leave a laboring woman alone! Let her call the shots. Try not to intervene as much as possible. And trust her to know her own body. I understand that things go wrong during pregnancy and delivery, which is why I've always delivered in a hospital. But I do agree that medical professionals can learn something from this book about trusting in--and even deferring to--a woman's innate ability to perform the natural function of carrying and birthing a child.

This book is targeted towards experienced OB providers and expects a certain level of knowledge from the reader. It provides a rationale and methodology for adopting a more holistic, woman centered practice. There is another text that covers this information but that is much more comprehensive and better suited to someone new to the field: *Prenatal and Postnatal Care: A woman-centered approach* by Jordan et. al. As an experienced FNP providing prenatal care to underserved women at a free pregnancy clinic, I find this book a great start for OB experienced NP's and Physicians seeking to integrate a more holistic, woman centered approach. This is especially so for those in a free or low cost clinic setting, as many of the recommended changes, approaches and interventions are less costly than the mainstream medical manner of practice and increases satisfaction of the women cared for. However, as a Board Certified Advanced Holistic Nurse I have to say that it is geared towards those with only minimal background & knowledge of holistic and integrative approaches. It would be too basic for an experienced holistic provider. That said, it is great for most OB providers as most in this country, with the exception of Nurse and Lay midwives, tend to run practices wholly aligned with the mainstream medical model. The book is divided into 3 sections, each with extensive supporting references at the end of each chapter: 1 - Understanding a physiologic approach (essentially by this the authors mean a more holistic, natural & woman centered approach, why they don't just say this I'm not sure..) It includes the rationale for a natural approach to birth (meaning treating birth as a normal, natural process vs. a pathology or condition to be "managed"), A brief review of the physiological changes in pregnancy, labor and birth, A supportive approach to prenatal care, then summing it up with how to support a physiologic (natural, more holistic) approach to labor and birth. 2 - Interventions and approaches This section discusses promoting comfort (comfort is not the same as pain

management), continuous labor support, techniques to promote relaxation in labor, touch therapies in pregnancy and childbirth, water immersion for labor and birth, uses of aromatherapy, and acupressure and acupuncture.<sup>3</sup> - Organizational approaches to supporting physiologic pregnancy and birth This section discusses rethinking care in the hospital birthing/labor units, out of hospital births, educating different health professionals for collaborative practice in support of normal birth, then women's health and maternity care policies with recommendations for change. Lastly, there is a resources section at the end. The book seems to be written in a combination text and conversational style, making it more readable and engaging than a straight textbook style (again, for experienced providers familiar with the concepts being discussed). However, if you need more of a review on general OB care and practices, the book listed above would be a better choice for you.

Giving birth is the most natural thing in the world. However, if the approach adopted by conventional medicine is any indication it is not. This book argues for a more natural woman centered approach to pregnancy and the birthing process. Utilizing alternative treatments including Reiki, acupuncture, touch therapy and use of essential oils is discussed along with birthing in a non clinical setting and water births. Each chapter is followed by a few pages of foot notes and there is a resource center in the back. Written in a somewhat dry text like fashion, the book is a collection of articles by different authors and contains many charts and black and white photographs..I applaud the message. Integrating complementary modalities can contribute much to the process. Birth and for that matter death are natural and shouldn't be treated otherwise. A supportive team approach with an openness to different methods throughout pregnancy seems to be in the best interest of both mother and daughter. Although the writing is a tad dull, the book provides a good overview of a holistic approach to pregnancy and childbirth and provides a starting point for those interested in facilitating such.

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