

Title: “**HYDROLABOUR : A POSITIVE BIRTHING EXPERIENCE.**”

INTRODUCTION :

Hydrolabour (water birth), is an entire process of giving birth in a tub of warm water. **Hydrotherapy** only a small part of labour takes place in water .
BENEFITS: Immersion in warm water has physiological impacts on the cardiovascular system, like decreases peripheral vascular resistance, better uterine perfusion, reduces stress hormones, increases pain relieving chemicals. Ultimately leads to lesser pain during labour, shorter duration, decreased trauma to perineum, requiring fewer interventions and lesser cesarean rates.

RESULTS

OUTCOMES	HYDROLABOUR	DORSAL POSITION
Episiotomies	18%	38%
2 nd degree perineal tear	6%	18%
Pain assessment by NRS scale	4.1+/- 5.6	7.1 +/- 1.21
Duration of 2nd stage of labour	37.67 min	73.79 min
Overall experience	More Pleasant	Less pleasant

OBJECTIVES:

To assess the effect of hydrolabour on maternal outcomes (perineal injury, pain assessment, duration of labour and maternal experience) in a selected low risk collective of tertiary obstetrical unit.

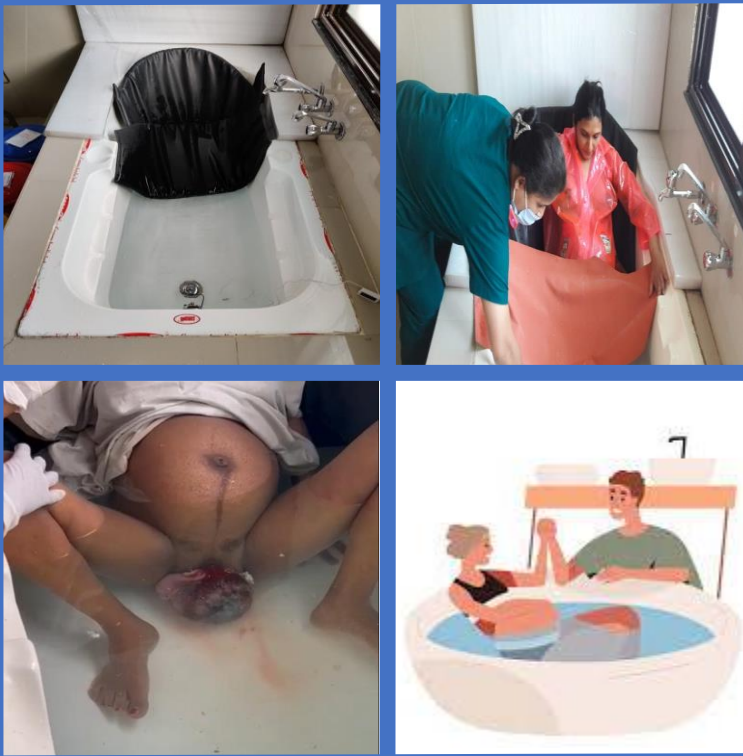
MATERIALS/ METHODOLOGY :

A prospective comparative implementation study , conducted in a tertiary obstetrical unit at MGIMS , Sewagram , consisting 144 low-risk patients , for a period of 3 years. Patient were counseled regarding benefits of waterbirth, during their ANC visits, and out of which 74 patients opted for hydrolabour and 70 for hydrotherapy. All hydrolabour were compared with dorsal positions. Approval was taken from IEC . Written and informed consent obtained from all participating women. Primary outcome measurements comprised the above mentioned objectives. Data was collected using predesigned questionnaire and analyzed by using appropriate statistical tests.

CONCLUSIONS:

Hydrolabour is a valuable and promising alternative to dorsal position. It is associated with decreased perineal trauma, shorter labour duration, better pain relief , lesser maternal complications like PPH, maternal infections etc

HYDROLABOUR AT MGIMS



REFERENCES:1)Shaw-Battista, Jenna PhD, RN, NP, CNM, FACNM. Systematic Review of Hydrotherapy Research: Does a Warm Bath in Labor Promote Normal Physiologic Childbirth?. The Journal of Perinatal & Neonatal Nursing 31(4):p 303-316, October/December 2017. | DOI: 10.1097/JPN.0000000000000260
2) Simpson KR. Underwater birth. J Obstet Gynecol Neonatal Nurs. 2013 Sep-Oct;42(5):588-94. doi: 10.1111/1552-6909.12235. Epub 2013 Sep 4. PMID: 24004064.3) Zanetti-Dällenbach R, Lapaire O, Maertens A, Holzgreve W, Hösl I. Water birth, more than a trendy alternative: a prospective, observational study. Archives of gynecology and obstetrics. 2006 Oct;274:355-65.