

Intrapartum care for a positive childbirth experience

How a low risk uncomplicated pregnancy could end up with unexpected adverse birth outcomes?

Nowadays, there is a significant confusion within the Obstetric and Midwifery community, regarding the support provided to women around childbirth (Simelela, 2018). Too many interventions are offered too soon or too late or not at all; women are afraid of the 'natural event', the birth of their babies, and often they don't know or trust their bodies.

The key issue here is do women have the positive childbirth experience they wish and they deserve?

Human rights are the basic rights and freedoms that belong to every person in the world, from birth until death. They apply regardless of where you are from, what you believe or how you choose to live your life.

Women do not lose their basic human rights once they become pregnant. However all over the world, women's human rights are compromised and violated during the perinatal period.

Women deserve everyone's respect and support when they bring a new life in the world.

WHO has recently published an up-to-date comprehensive guideline including of new and existing recommendations on essential labour and childbirth practices. These should be provided to all women and their babies irrespective of socioeconomic setting or health care level. Health care professional should ensure that giving birth is not only safe but also a positive experience for women and their families. Health care professionals should provide a true woman-centred care, which can optimize the quality of labour and childbirth care through a holistic, human rights-based approach.

For more information please visit:

<http://www.who.int/reproductivehealth/publications/intrapartum-care-guidelines/en/>
<http://www.who.int/mediacentre/commentaries/2018/having-a-healthy-baby/en/>