Deconstructing Modern Birth Plans

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The History of Birth Plans
66% of medical personnel erroneous report that patients with birth plans are more likely to have a cesarean section.
More likely to have vaginal deliveries than those without (74% vs 64%), $n=1755$, $p<0.001$

More likely to report higher degree of positive experiences ($t=2.48$, $p=0.01$) and a higher degree of control ($t=9.60$, $p<0.001$)
What Matters for Birth Plan Satisfaction?

• **Requests fulfilled** (p=0.03)

• High **number of requests** associated with 80% reduction in satisfaction (p<0.01)
40% percent of birth plan content is drawn from the Internet

Frequently includes trivial and outdated considerations
AMERICAN BIRTH PLANS

- Labor Support
- Managing Labor
- Managing Pain
- Pushing & the Perineum
- Clamping the Cord & Baby Meds
- Stranger Things
LABOR SUPPORT
DOULAS

MORE LIKELY:
• To have SVD (RR 1.08, CI: 1.04-1.12)

LESS LIKELY TO HAVE:
• Intrapartum analgesia (RR 0.90, CI 0.84-0.96)
• Operative delivery (RR 0.90, CI 0.85-0.96)
• Report dissatisfaction (RR 0.69, CI 0.59-0.79)

22 RCTs, n= 15,288
CONTINUOUS SUPPORT DURING LABOUR HAS CLINICALLY MEANINGFUL BENEFITS.
MANAGING LABOR
Oxytocin Augmentation

- Decreased time to delivery
- No effect on cesarean section rate
- Increased risk of uterine hyperstimulation
- No adverse neonatal outcomes
- Higher levels of pain and discomfort

2 meta-analyses, n=1338, n=1983
EARLY AROM

AROM immediately vs >5cm

• 13h vs 18h to delivery (p=0.001)
• 22% CD rate in both
• 4% chorioamnionitis in both
AROM & PITOCIN REDUCE TIME TO DELIVERY, WITHOUT AFFECTING CESAREAN RATE.
MANAGING PAIN
### Evidence for Non-Pharmacologic Analgesia

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Effect</th>
<th>Details</th>
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<tbody>
<tr>
<td>Hypnosis</td>
<td>Decreased hospital stay</td>
<td>(9 RCTs, n=2954)</td>
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<td></td>
<td>Less use of IV anesthesia</td>
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<tr>
<td>Massage</td>
<td>Reduced pain</td>
<td>(6 RCTs, n=326)</td>
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Epidural vs Non-Epidural (38 RCTs, n=9658)

- No differences in CD rate
- Longer 2\textsuperscript{nd} stage
- Increased operative vaginal delivery (18\% vs 12\%)
WHAT ABOUT WATER BIRTH?
WATER BIRTH

12 RCTs, n= 3,243

Decreased:
• use of analgesia*
• reported maternal pain*

Similar:
• labor duration
• perineal trauma
• operative delivery

*Mostly first stage
Until ... data are available, it is the recommendation of the College that birth occur on land, not in water.

-Committee Opinion No. 679 (Nov 2016)
Epidurals increase operative deliveries, not cesareans.
PUSHING & THE PERINEUM
PUSHING POSITION

Upright Position Without Epidural (22 RCTs, n=7280)

Reduction in:
- operative deliveries (RR 0.78, CI 0.68-0.90)
- episiotomies (RR 0.79, CI 0.70-0.90)
- NRFHT (RR 0.46, CI 0.22-0.93)

Increase in:
- 2nd degrees (RR 1.35; CI 1.20-1.51)
- EBL > 500cc (RR 1.65; CI 1.32-2.60)
THE PERINEUM

Perineal Massage:
- **Antenatal** – decreased suturing (n=2480, RR 0.91, CI 0.86-0.96)
- **2nd Stage** – decreased 3\textsuperscript{rd} degrees (RR 0.45, CI 0.23-0.93)

Warm Packs:
- Decreased 3\textsuperscript{rd} & 4\textsuperscript{th} degrees (OR 2.16, CI 1.15-4.10)
WARM PACKS HELP THE PERINEUM.
CLAMPING THE CORD & BABY MEDS
Delayed vs Early Cord Clamping

- More phototherapy \( (\text{RR} \ 0.62, \ \text{CI} \ 0.41-0.96) \)
- Higher Hgb at 24-48h
- Less likely to be iron deficient at 3-6m \( (\text{RR} \ 2.65, \ \text{CI} \ 1.04-6.73) \)
ERYTHROMYCIN

1800s: 15% risk of neonatal ophthalmia
1883: Prophylactic Silver Nitrate Application
1885: 0.15% risk of neonatal ophthalmia
2000s: Chlamydia now most common cause

Other causes: Staph, Strep, E coli, Klebsiella, Proteus, Pseudomonas

WHO, CDC & AAP recommend newborn prophylaxis
VITAMIN K

- IM Vitamin K > po Vitamin K
- 11 RCTs show no association with childhood cancer
- Increased dietary Vitamin K doesn’t increase levels in breast milk

Exclusively-breastfed babies are at highest risk
DON’T SKIP THE VITAMIN K.
STRANGER THINGS
PLACENTOPHAGY
Vaginal seeding: The bizarre practice of smearing vaginal fluids on C-section babies

By Matt Atherton

February 23, 2016 23:30 GMT
At this time, based on the lack of data about the safety and harms, and the potential for harm from transfer of pathogens... we recommend against the practice of vaginal seeding

-ACOG Practice Advisory on Vaginal Seeding, Nov 2016
BENEFITS > HARMS

- Doulas
- Hypnosis
- Massage
- Perineal massage
- Warm packs
- Vitamin K
- Eye prophylaxis

GOAL SPECIFIC

- Oxytocin
- AROM in nI labor
- Epidurals
- Water birth

HARMS > BENEFITS

- Dorsal lithotomy
- Early cord clamping
VALUES
ENVIRONMENT
COMFORT
TREATMENT
OPTIONS
RECOVERY
STRANGER THINGS