

Deconstructing Modern Birth Plans

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OUTLINE



The History of Birth Plans

BIRTH PLANS





66% of medical personnel **erroneously report** that patients with birth plans are more likely to have a cesarean section.

WOMEN WITH BIRTH PLANS

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?

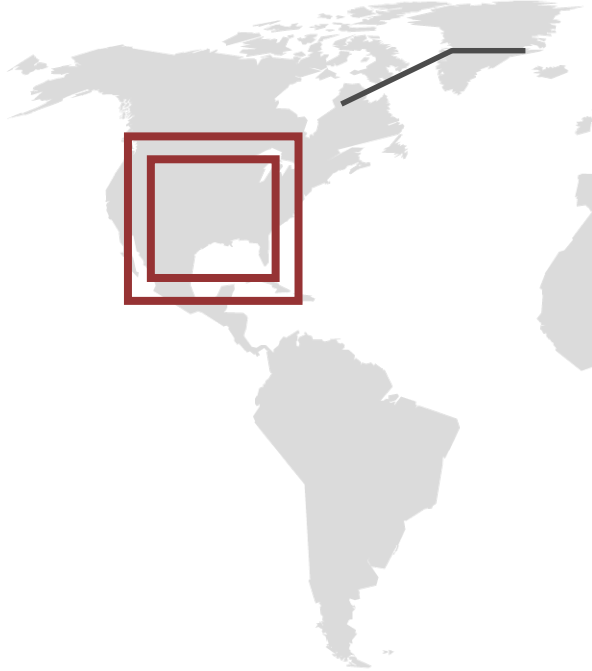
- **Requests fulfilled** ($p=0.03$)
- High **number of requests** associated with 80% **reduction in satisfaction** ($p<0.01$)



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Frequently includes trivial and outdated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

1

LABOR SUPPORT

DOULAS

22 RCTs, n= 15,288

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)



CONTINUOUS SUPPORT DURING
LABOUR HAS CLINICALLY MEANINGFUL
BENEFITS.

2

MANAGING LABOR

OXYTOCIN

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

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

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.

3

MANAGING PAIN

NON-OPIOID ANALGESIA

Evidence for Non-Pharmacologic Analgesia

Hypnosis

(9 RCTs, n=2954)

Decreased hospital stay

Less use of IV anesthesia

Massage

(6 RCTs, n=326)

Reduced pain

EPIDURALS

Epidural vs Non-Epidural (38 RCTs, n=9658)

- No differences in CD rate
- Longer 2nd 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.

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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 3rd degrees (RR 0.45, CI 0.23-0.93)

Warm Packs:

- Decreased 3rd & 4th degrees (OR 2.16, CI 1.15-4.10)



WARM PACKS HELP THE PERINEUM.

CLAMPING THE CORD & BABY MEDS

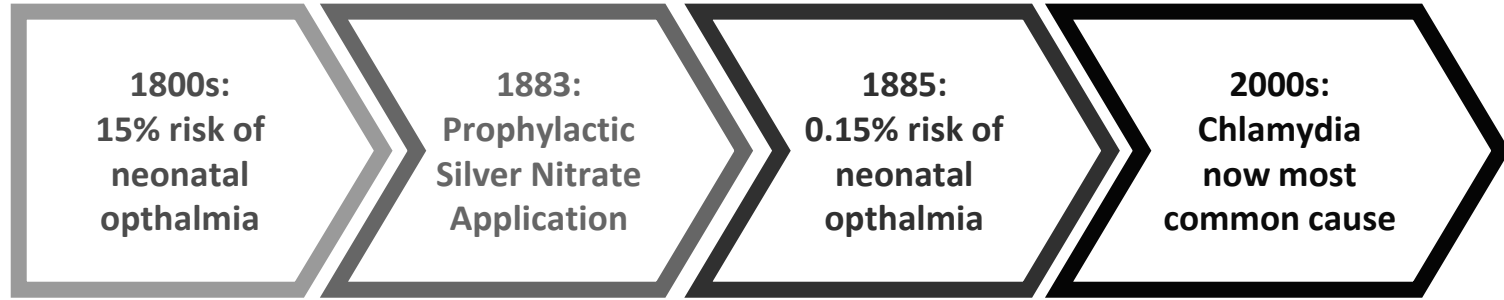
DELAYED CORD CLAMPING

15 RCTs, n=3911

Delayed vs Early Cord Clamping

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

ERYTHROMYCIN



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





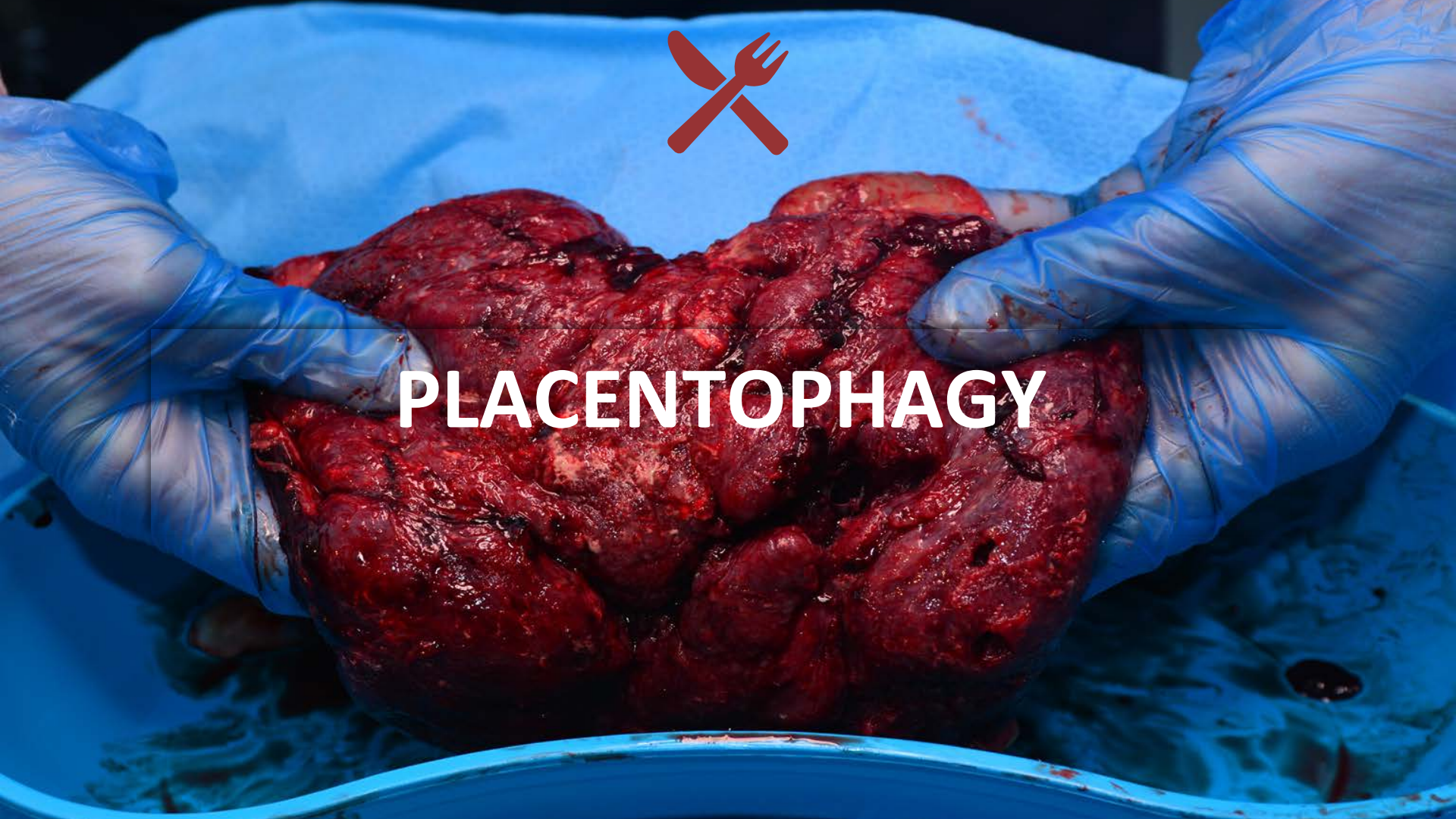
DON'T SKIP THE VITAMIN K.

6

STRANGER THINGS



PLACENTOPHAGY



Science

Health

Vaginal seeding: The bizarre practice of smearing vaginal fluids on C-section babies

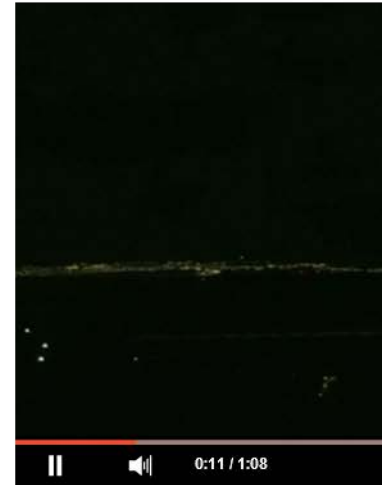


By Matt Atherton

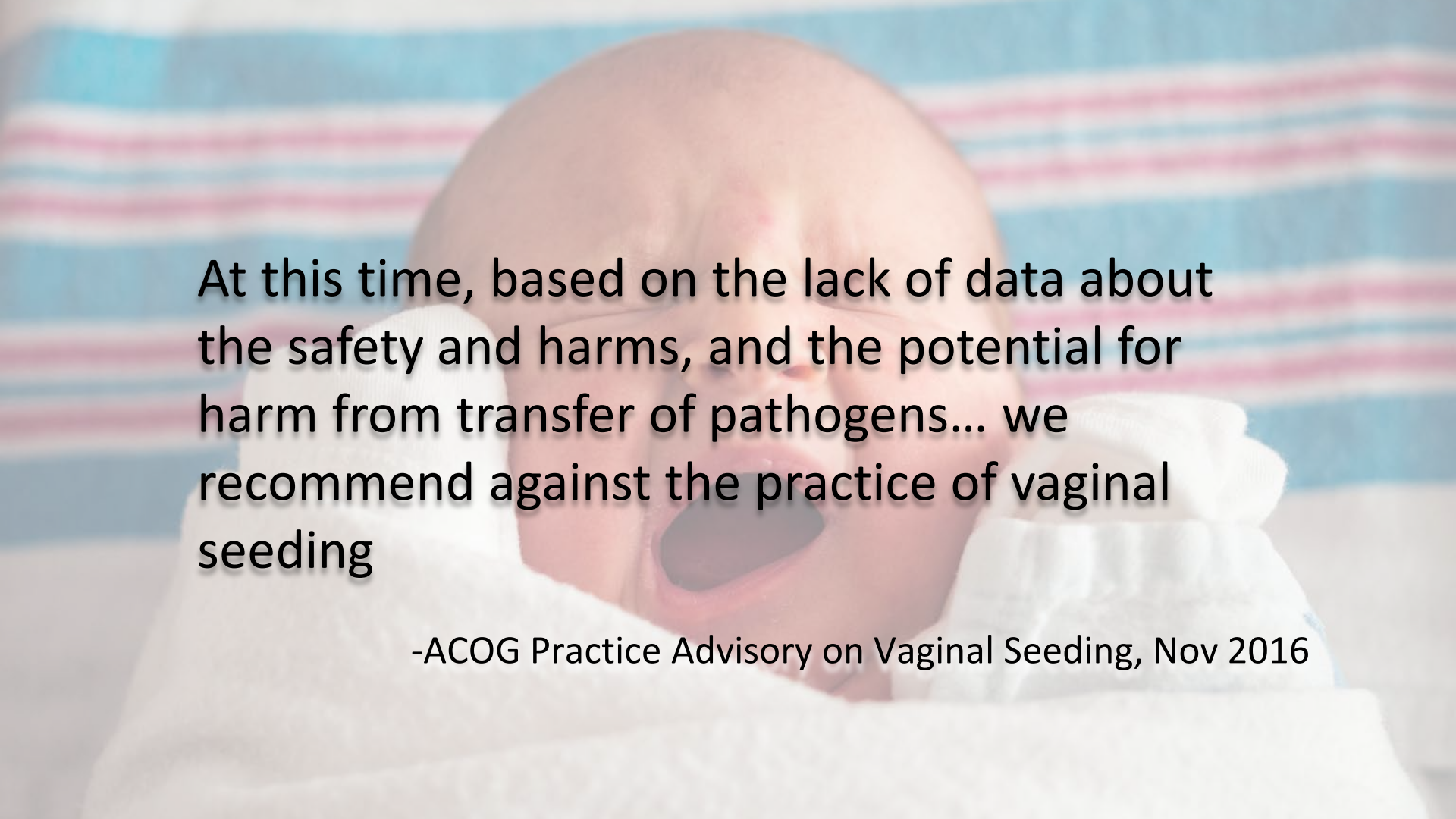
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IBT VIDEO



Witnesses of New Zealand "horrible"



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 nl labor
- Epidurals
- Water birth

HARMS > BENEFITS

- Dorsal lithotomy
- Early cord clamping

VECTOR MODEL

VALUES
ENVIRONMENT
COMFORT
TREATMENT
OPTIONS
RECOVERY



STRANGER THINGS