

Serenity Birthing – Your Birth and Beyond, The Way that Resonates With You



Module 8 – What to Expect from Medical Staff



Module 8 – What you will encounter

💖 Why your feelings matter

💖 What to expect from medical staff and what will happen when you meet your midwife

💖 Staying in the Zone – Practical tips to help your labour



Your Feelings Matter

- ♥ Having a baby changes you forever – You become a mother
- ♥ How you are treated at this time is very important for your confidence and feelings going forward
- ♥ It is important for you to know your rights so you feel able to speak up if you don't feel comfortable about an aspect of your care



What to expect from medical staff

- ♥ Medical staff should introduce themselves to help you feel at ease
- ♥ Medical staff should make you feel included in any decisions about your or your baby's care
- ♥ Medical staff should gain informed consent from you before performing any procedures – This means giving you the pros and cons for any procedure and options for you to make an informed decision whether you want to go ahead or not



What to expect from medical staff

- ♥ By law medical staff need to give you unbiased information **before** performing any procedure including scans, examinations, etc
- ♥ If you say stop, you are withdrawing your consent and you can do that at any time. They should stop immediately
- ♥ You are allowed to change your mind at any point
- ♥ By law, even if medical staff do not agree with your opinion, they have to respect it



Staying in the zone

- ♥ When you are in labour it is best if you are not made to talk too much or asked too many questions
- ♥ It is helpful if you have made clear your wishes **before** you are in labour so your support team can help your wishes to be respected
- ♥ Make sure you have a copy of your birth preferences in your notes



What happens when you meet your midwife

Either in hospital or at home, your midwife would like to check the following. Remember the choice is yours if you don't feel you want any of the checks, they can usually wait or just not happen at all:

- ♥ Your general condition – continuously
- ♥ Your blood pressure and pulse - every one/two hours
- ♥ Your temperature – every one/two hours
- ♥ Your urine – every time you pass urine, two/four hourly
- ♥ Your cervix – every four hours
- ♥ Your baby's position – every time they check your cervix
- ♥ Your baby's heart rate – every 15 minutes



If you are giving birth in hospital – make it feel like home

- 💖 Bring your own pillows - they smell like home and will help relax you
- 💖 Bring a nice room fragrance spray – a scent that you love or makes you calm
- 💖 Bring some electric candles – No naked flames allowed in the hospital
- 💖 Bring your own music or relaxation/hypno-birthing tracks
- 💖 Bring plenty of food – snacks that you can nibble on and money for the canteen



Practical Exercise

- ♥ Take some time to consider what feels right and what feels important for you during your labour so that you can write and review your birth preferences/care plan
- ♥ Do your research, feel fully informed before making decisions about your labour and care
- ♥ Plan things that you would like to take with you if you are going to the hospital or comfort measures you would like to set up at home such as a birthing pool, spare sheets for the bed, led candles, essential oils
- ♥ Take time to add to your diary, note down any thoughts or questions that have come up in this module

