

## Resources

VBAC Facts

<http://vbacfacts.com>

International Cesarean Awareness Network

<http://www.ican-online.org>

Evidence-based birth

<http://evidencebasedbirth.com>

Spinning Babies

<http://spinningbabies.com>

## **Review Objectives**

Define Informed Choice

Identify techniques for teaching benefits and risks



# Childbirth Professionals INTERNATIONAL

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Discuss your birth options in the scenarios...

- A. You've decided to have an epidural. Five hours after administration it stops working, even after the anesthesiologist adjusts the catheter and also increases the dosage.
- B. You are having twins. One twin is head down. You are told you must have an epidural and be prepared for a cesarean.
- C. Your labor is going faster than you anticipated. You arrive at the hospital at 8 cm. They tell you it's too late for an epidural but you planned to have one.
- D. You saw an Instagram video of a woman peacefully giving birth in water in a deep soaker tub at the hospital. You feel strongly that your child should come into the world this way.
- E. You've been experiencing a tremendous backache in labor. The nurse tells you the baby is posterior.
- F. You've been practicing for weeks on the breathing, relaxation, and comfort techniques. You didn't plan to use any medication. You're in labor, 4 cm, and in a lot of pain. It's harder than you thought it was going to be.
- G. You really desire to have a natural birth. The hospital you are giving birth at has a 75% cesarean birth rate.



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- H. You are at 6 cm and coping well, even though it is hard. The doctor suggests pitocin to speed up your labor.
- I. Everyone told you labor was going to be really painful. You are almost 7 cm and it isn't very bad. What do you think will happen? Will it get really painful?
- J. At 33 weeks your doctor informs you that your baby measures big and will most likely be close to 8.5 pounds. The doctor advises you to schedule a cesarean to ensure a safe birth.
- K. You have been in labor for ten hours. You are 5 cm and you feel good about how you are handling the contractions. You are asked if you would like your bag of waters broken to speed your labor.
- L. Your labor is going slower than you anticipated. You are very tired and only 3-4 cm.
- M. You are 1 day past your due date and you feel big and tired. The doctor suggests that you be induced in a few more days.
- N. Your doctor performs a vaginal exam at 38 weeks during a routine appointment. It is extremely uncomfortable and takes longer than usual. The next day you have cramping and bleeding. You call your doctor to check if you're okay. The doctor informs you that your membranes were stripped and this is normal.