

Teaching from a Risk-Benefit Position

Objectives:

- Define informed choice
 - Identify techniques for teaching benefits and risks
- I. Informed choice is based on knowledge of alternatives
 - a. Responsibility
 - b. Knowledge
 - II. Childbirth education should include
 - a. Rights of pregnant women
 - b. Self Advocacy
 - c. Informed consent
 - III. Interventions
 - a. Risk
 - b. Benefits
 - c. Alternatives
 - IV. Teaching strategies
 - a. Differences in caregivers' practices
 - b. Various situations in birth videos
 - c. Critical thinking activities
 - d. Research summaries
 - e. Booklets
 - f. Internet resources
 - V. Birth plan
 - a. Requires knowledge
 - b. Communication tool
 - c. Use strategically
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Informed choice is based on knowledge of alternatives

Childbearing families have a responsibility to share decision making

Knowledge is key to making those decisions

BRAIN

B - Benefits
R - Risks
A - Alternatives
I - Intuition
N - Not Now

One benefit can
outweigh all risks

One risk can outweigh all benefits

Interventions

- Monitoring
- Amniotomy
- Induction
- Narcotics
- Epidural
- Episiotomy
- Vacuum/Forceps