



Service Priorities and Programmes
Electronic Presentations

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Birth Plan: Women Autonomy

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Introduction

Birth Plan is a useful tool to outline the whole picture of laboring process to expectant couples; it allows them to think about their concerns and worries before delivery. In addition, birth plan also acts as a communication media; it facilitates health care providers understanding and addressing women's choices and needs. Throughout completing the birth plan, women can feel a strong sense of autonomy in planning their own birthing options. This is no doubt that involvement of woman's decision and participation in a caring plan is the most ideal and effective way to allay her uncertainties. As a result, higher satisfaction level can be achieved.

Objectives

To evaluate the effectiveness of the birth plan to Obstetric clients

Methodology

Evaluating the effectiveness of the birth plan, we have tried to collect all birth plan returns and to explore areas that can be fulfilled or not since July 2012. Approximately 2000 numbers of birth plans have been delivered in Antenatal clinic and with 65% of numbers returned. The reasons of not returned are mainly due to caesarean section operation (18%), forgot to bring it back (7%), language barrier and imminent birth (6%). Unwilling to return is around 4%. Summed up the reasons that client's choices cannot be entertained are mainly due to sudden change of maternal and fetal condition, such as, high blood pressure, instrumental delivery and rapid labour progress. Over 94% of non-pharmacological pain relief methods on breathing exercise and Entonox inhalation were entertained, above 80% of accompany labour was achieved. The trend of choosing birth ball, Tens, aromatherapy, and massage was markedly increased.

Result

Over 94% of non-pharmacological pain relief methods on breathing exercise and Entonox inhalation were entertained, above 80% of accompany labour was achieved. The trend of choosing birth ball, Tens, aromatherapy, and massage was markedly increased. The rapid change of society and advance in information technology, women tend to have more autonomy in making their own choices during pregnancy. Respect women's choices can reduce many unnecessary interventions and misunderstandings. Furthermore, the data obtained from the birth plan can provide us

valuable information on future staff training and services planning. Apart from complicated delivery, midwives can play more active role towards Normal Birth.