

*Something old,
Something new,
Something borrowed,
Something blue.*

10 years of pool use
Raigmore Hospital
Inverness
Scotland



themes of the conference

- share the “Highland Experience”
- explore partnerships between women and midwives
- how do we prepare for the future?



➤ practice

➤ policy

➤ evidence base

➤ potential



MAX WATER
TEMP
43°C



Department of Health (1993) Changing
Childbirth. HMSO, London.

There is a long history in maternity services of well-intentioned changes which are not backed up with proper research based evidence to support their introduction...

DOH (1993:63;4/3/1)



this is true for other techniques and practices such as waterbirth, ..where women express a wish for a particular form of care which has no proven benefit...



pain management

appropriate and effective for intrapartum care for example, use of hydrotherapy.

Scottish Executive (2002) Expert Group on Acute Maternity Services. Reference Report. Scottish Executive, Edinburgh. Pages 62-63



IMMERSION IN WATER IN PREGNANCY, LABOUR AND BIRTH

Cluett E R, Nikodem VC, McCandlish RE, Burns EE



Date of most recent amendment: 11 February 2004

Date of most recent substantive amendment: 10 October 2003

This review should be cited as: Cluett E R, Nikodem VC, McCandlish RE, Burns EE. Immersion in water in pregnancy, labour and birth (Cochrane Review). In: *The Cochrane Library*, Issue 2, 2004. Chichester, UK: John Wiley & Sons, Ltd.

ABSTRACT

Background

Enthusiasts for immersion in water during labour, and birth have advocated its use to increase maternal relaxation, reduce analgesia requirements and promote a midwifery model of supportive care. Sceptics are concerned that there may be greater harm to women and/or babies, for example, a perceived risk associated with neonatal inhalation of water and maternal/neonatal infection.

Objectives

To assess the evidence from randomised controlled trials about the effects of immersion in water during pregnancy, labour, or birth on maternal, fetal, neonatal and caregiver outcomes.

Search Strategy

We searched the Cochrane Pregnancy and Childbirth Group trials register (September 2003).

Selection Criteria

All randomised controlled trials comparing any kind of bath tub/pool with no immersion during pregnancy, labour or birth.

Data collection and analysis

We assessed trial eligibility and quality and extracted data independently. One reviewer entered the data and another checked them for accuracy.

Intrapartum care

care of healthy women and
their babies during childbirth

Coping with pain

The opportunity to labour in water is recommended for pain relief.

(page 8)

water

- its use in labour is not new







data collection sheet

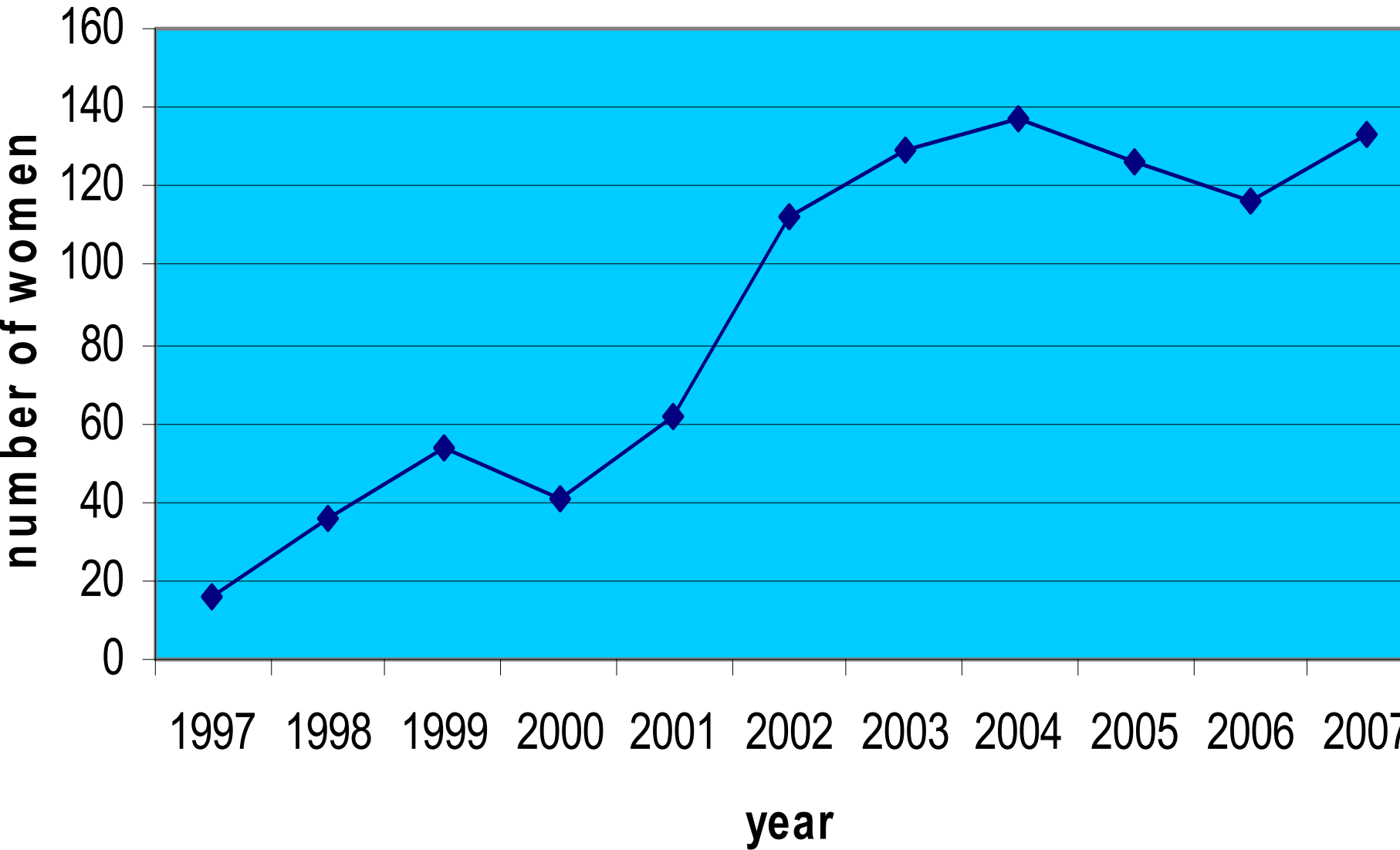
- ❖ gestation
- ❖ parity
- ❖ dilatation of cervix
- ❖ reasons for using the pool
- ❖ onset of labour
- ❖ time spent in pool
- ❖ reasons for leaving the pool
- ❖ mode of delivery
- ❖ Apgar scores
- ❖ how pool was rated



Year	Number of women
1997 (4 months Sep-Dec)	16
1998	36
1999	54
2000	41
2001	61
2002	112
2003	129
2004	137
2005	126
2006	116
2007	133
Total	961

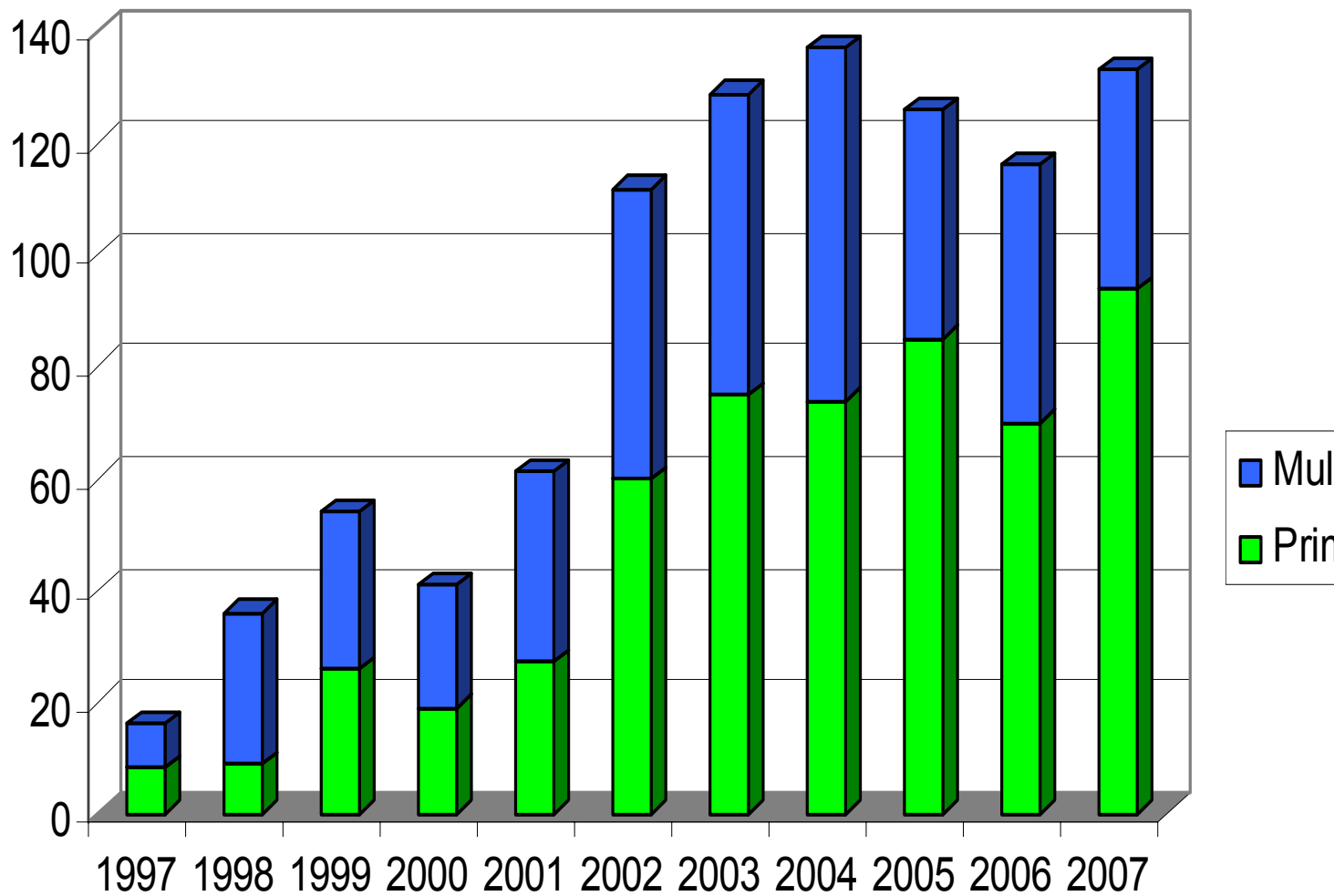


Pool use September 1997 to December 2007



Primip and multip use of the pool

Number of women

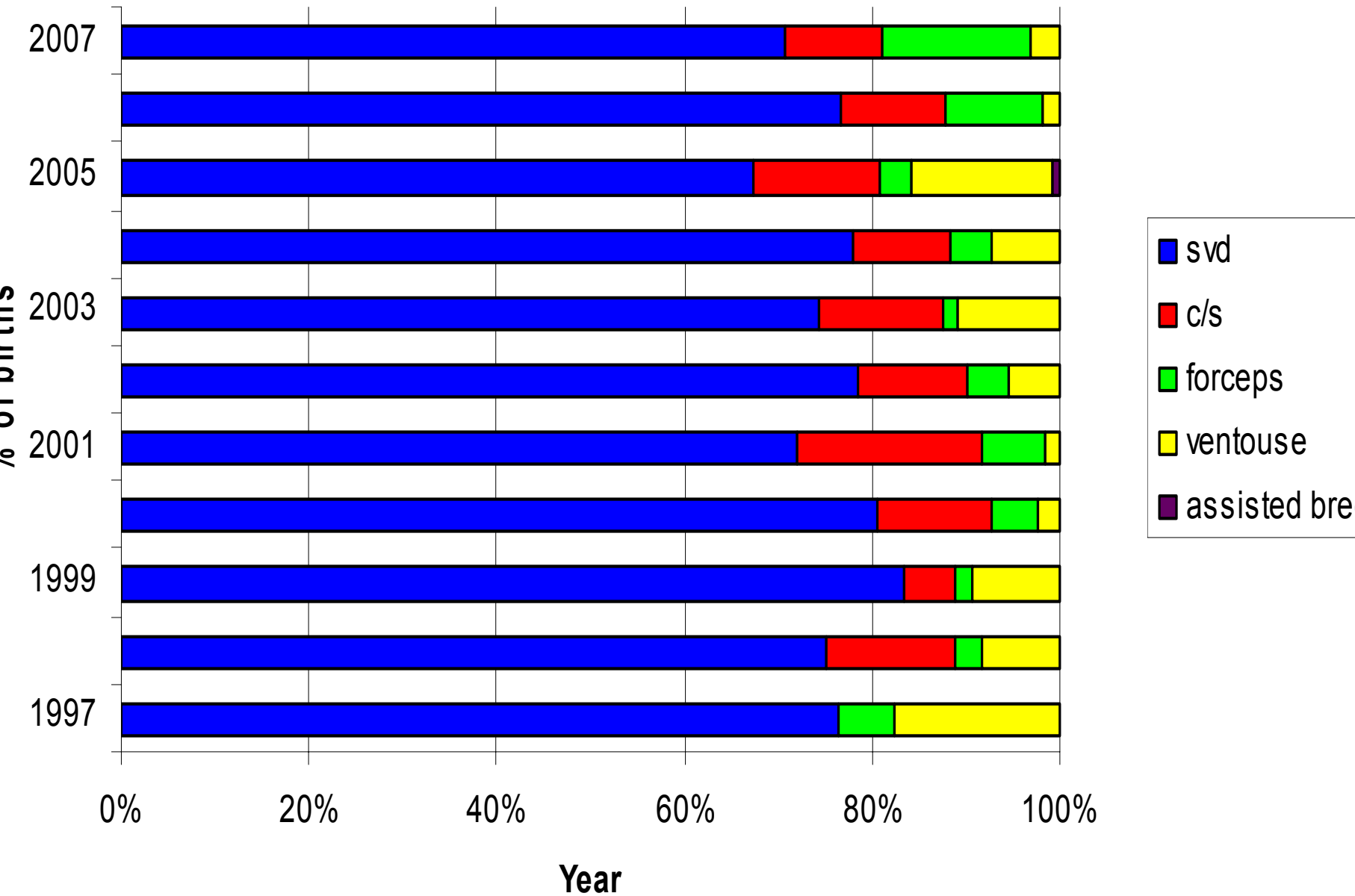


7% primiparous

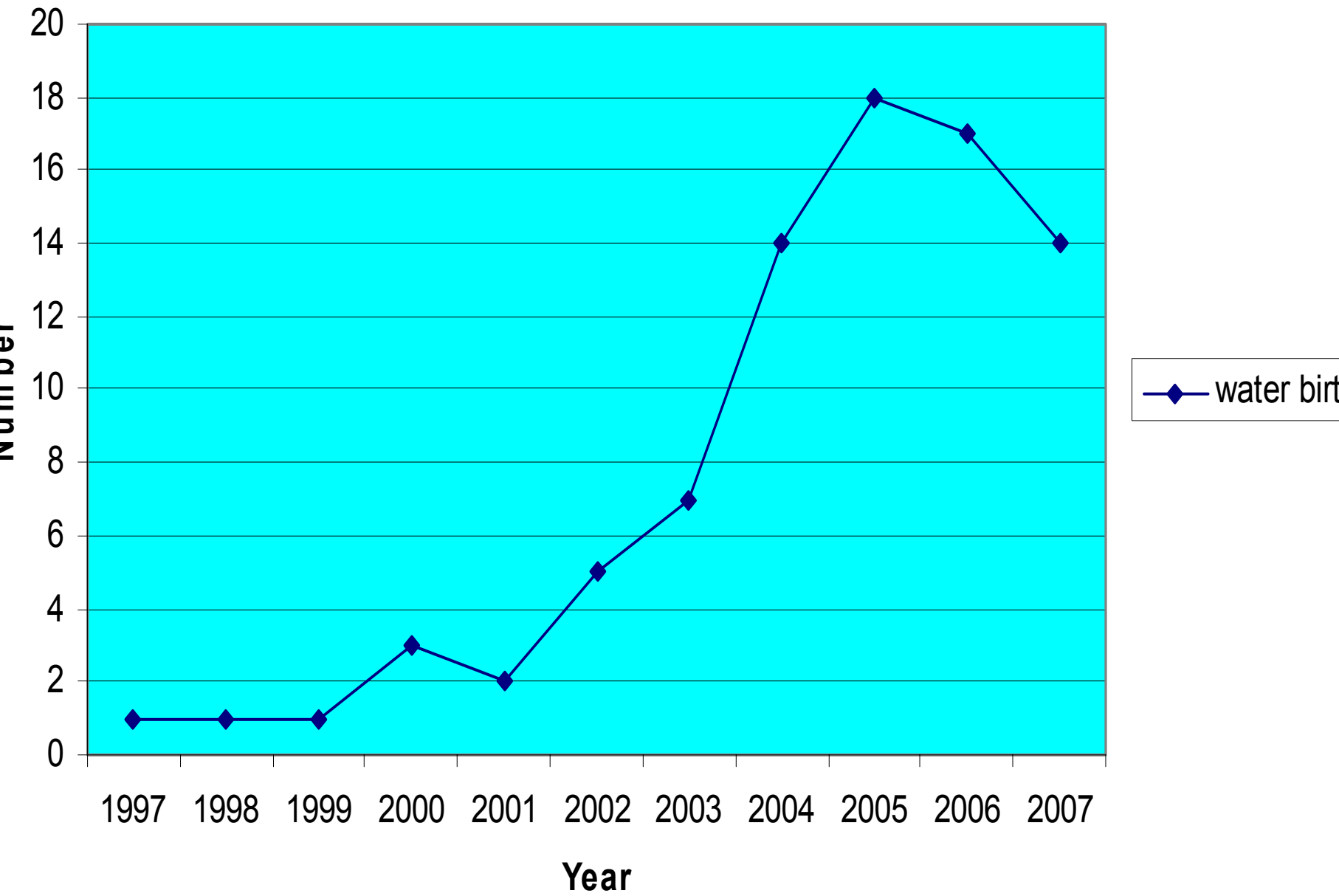
3% multiparous

year

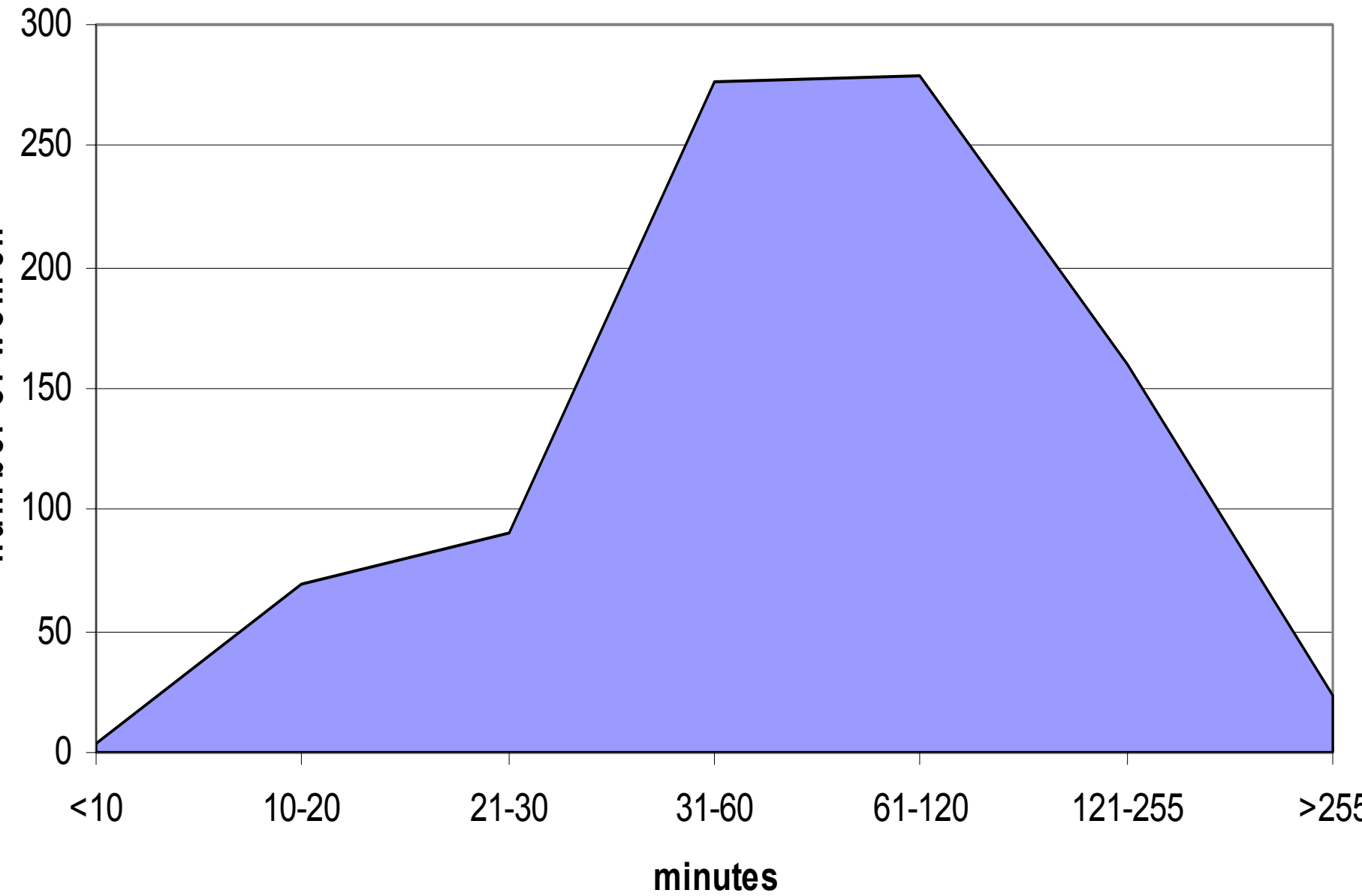
Mode of delivery



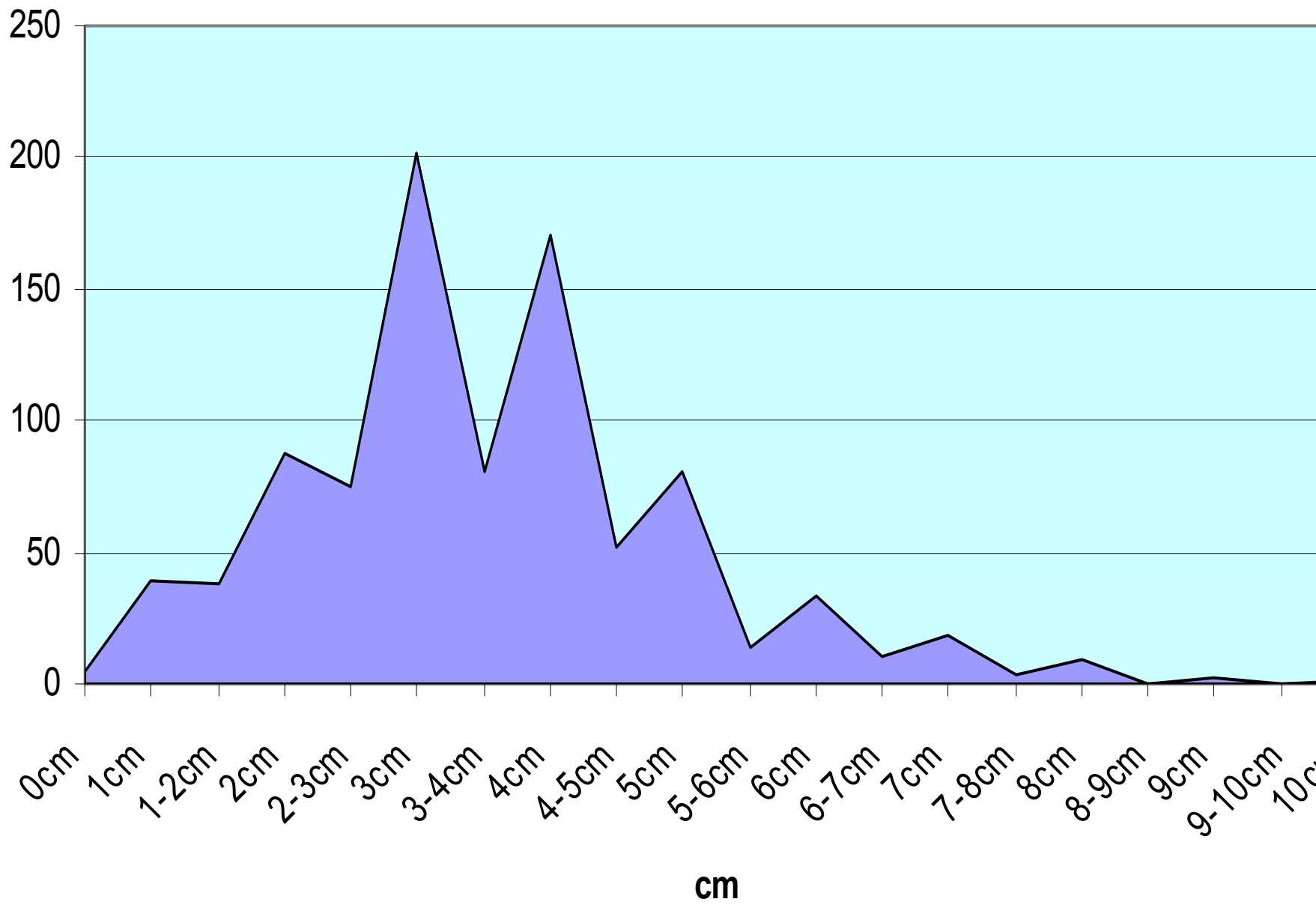
water births



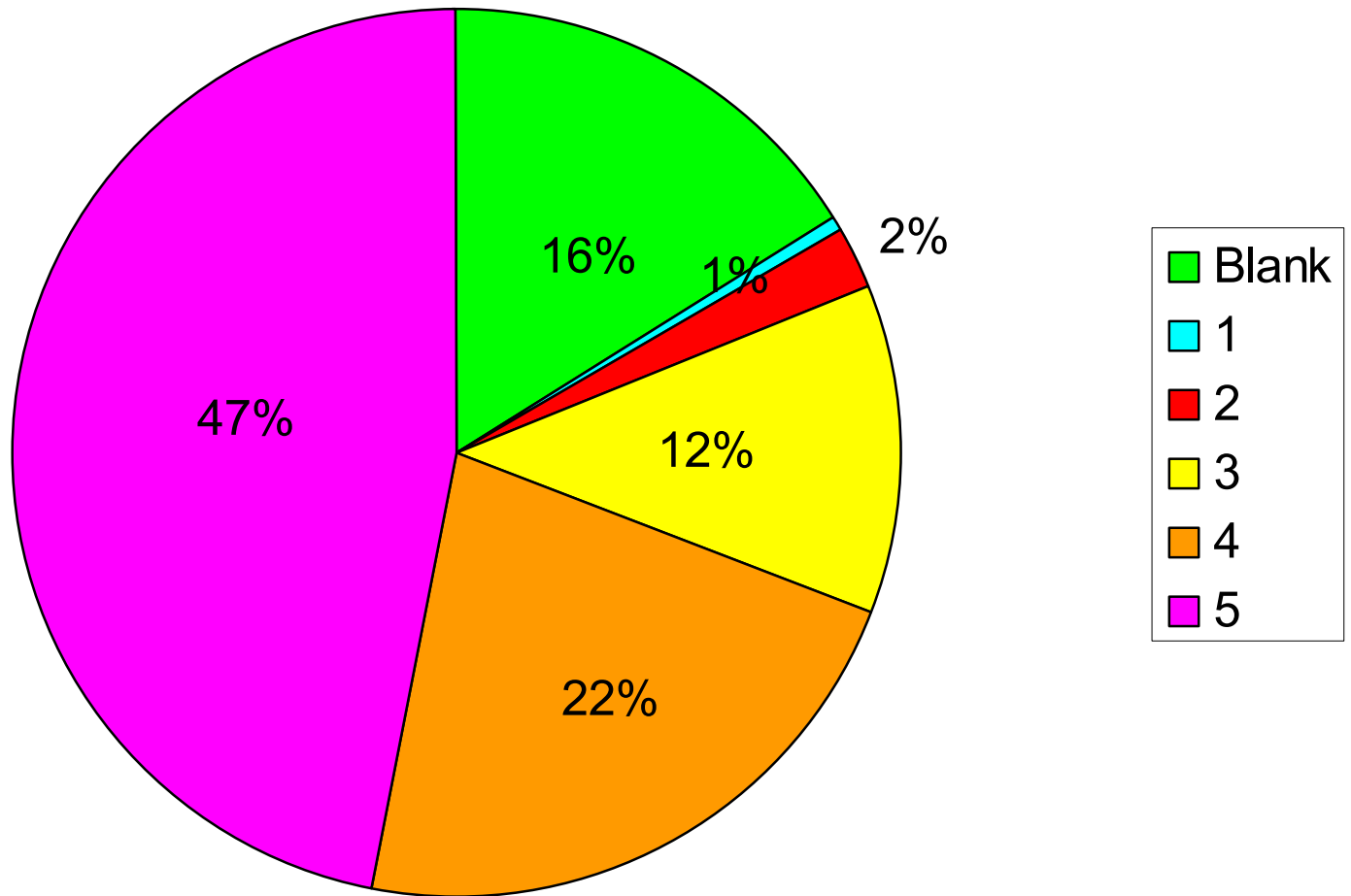
time spent in the pool



recorded cervical dilatation prior to entering the pool



women rate the pool



what have we learned?

- evidence supports the use of water in labour
- demand came from women
- midwives and maternity services have responded



themes of the conference

- share the “Highland Experience”
- partnerships between women and midwives



what has still to be learned

- what do women want?
- if we don't know, how do we find out?

Are we prepared for the future?

