

Title: Improving birthing experience by including birth companion of laboring women in tertiary care hospital



MATERIAL AND METHODS

Department of OBGY, MGIMS Sevagram, a tertiary care hospital, started the policy of 100 percent presence of birth companion with labouring women way back in 2012, nearly 12years back, certain pre-requisites for birth companion were listed, qualitative data collection was done by conducting FGD's (focused group discussions) and quantitative data by using a pre-tested questionnaire.

Benefits of having Birth companion of choice

Helps by pacifying women in pain	Helps the nurse in keeping her clean, ambulating her	Helps her take various birthing positions
Helps in identifying some complications in a busy LR while others deliver	Help a lot during 2 nd stage of labor	Keeps her engaged while repairing tear/ episiotomy
Helps in Early initiation of Breastfeeding	Help in AMTSL by giving uterine massage as advised	Some counselled for PPIUCD

RESULTS In this study after assessing the reviews of providers, out of 124 providers, 105 providers wanted birth companion with the labouring women.

CONCLUSION

Looking at the benefits of a birth companion, in an innovative move to reduce the Maternal mortality ratio and Infant mortality rate, labour companion has improved outcomes for women, decreased interventions, and caesarean section, has improved newborn outcome, parent/infant bonding and has increased positive feelings about the birth experience.

REFERENCES

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INTRODUCTION

Women greatly value and benefit from the presence of someone they trust to support them throughout labour and childbirth to provide emotional, psychological and practical support, it includes someone who is continuously present and who reassures and praises her. Labour companionship improves maternal and perinatal outcomes, including enhancing physiological labour and birth experiences. Allowing birth companion of choice can be a low cost & effective intervention to improve the quality of maternity care.

OBJECTIVES

Aims to present the experiences of pregnant women, postpartum women, and health care providers regarding companionship during labor and childbirth, and to identify barriers and facilitating factors to the implementation of labor companionship in tertiary care hospital.