

## INTRODUCTION

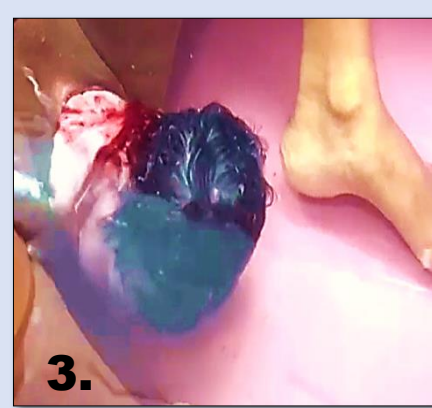
- Water birth is a natural birthing technique, where the expectant mother gives birth in a warm water tub or pool.

## OBJECTIVE

- To find out maternal and fetal outcome following underwater delivery at tertiary care hospital

## METHODOLOGY

- Pregnant women were provided information about all alternate birthing position during antenatal period.
- Only low risk pregnant women as per inclusion criteria were delivered underwater.
- Maternal and fetal outcome were analyzed in 180 women who had underwater delivery in 10 months period.
- Women's satisfaction was assessed on 5 point Likert Scale.



## INCLUSION CRITERIA

- 37-42 weeks of gestation
- Uncomplicated pregnancy
- Singleton pregnancy
- Engaged and cephalic presentation
- Spontaneous onset of labour
- Fetal heart rate within normal limit (110- 160bpm)
- Normal blood picture
- In case of ARM or spontaneous rupture of membrane -duration less than 24 hours and liquor is clear.

## EXCLUSION CRITERIA

- Any pre existing medical condition in pregnancy like diabetes, hypertension, cholestasis.
- Small Baby
- Big Baby (Anticipated weight more than 4 Kg).
- BMI > 35 kg/m<sup>2</sup> at any time during the pregnancy.
- Fetal heart rate abnormalities.
- Epidural analgesia

## RESULTS

- ❖ Among 125 mother, 18% were primigravida and 82% were multigravida, Birth weight of the babies was 2.5kg in 62% and above 2.5kg in 32% babies.
- ❖ Birth asphyxia and third stage complications were not observed in any case. The incidence of 1<sup>st</sup> and 2<sup>nd</sup> degree perineal tear was 3%.
- ❖ The average satisfaction score of women was 4.7 on 5 point Linkert scale.

## CONCLUSION

- ❖ Under water delivery revealed advantages such as Labour pain relief
- ❖ Reduced risk of obstetric intervention
- ❖ Soothing environment
- ❖ Babies born under water did not suffer from complication like aspiration, birth trauma, lower APGAR, neonatal infection or increase morbidity or mortality.

## REFERENCES

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## ACKNOWLEDGMENT

- Pravara Institute of Medical Sciences (DU), Loni, Ahmednagar, Maharashtra, India