

Introduction

- Wash hands, Introduce self, ask Patient's name & what they like to be called, Explain
- Break the ice
 - Congratulate them on their baby
 - Do they know if it's a boy or girl?
 - Do they have a name? (if so, use it when talking about the baby)
- Find out what they know so far and what they hope to get from the consultation (let them guide it)

First ask a few questions

"We can talk through a variety of options today to determine what options might be best for you and your baby. However, your and your baby's safety is our absolute priority so I just need to ask you a few questions first to determine the best options..."

Risk factors (if present → hospital birth)

- Previous births
 - Previous C-section
 - >6 previous children
 - Serious post-partum haemorrhage
- Current baby
 - Expecting twins
 - Breech presentation
 - Placenta previa
 - Problems with baby
- Maternal factors
 - Anaemia
 - Gestational diabetes
 - Pre-eclampsia
 - Age >40 years
 - Obesity

Locations

"What options have you heard about so far?"

"Do you have any particular questions or shall we go through the options?"

"Choosing the right place can really have a positive effect on the relationship between you and your baby"

Hospital birth

- Birth on the labour ward of the hospital
- Advantages
 - Safest environment – there's obstetricians and paediatricians around if problems arise
 - Can have epidural
- Disadvantages
 - Less personal

Midwife-run birthing centre

- Centres separate from the hospital run by midwives specifically for labour
- Advantages
 - More comfortable and homely
 - More likely to have a midwife you know
- Disadvantages
 - May need to be transferred to a hospital if any complication
 - Cannot have epidural

Home birth

- A midwife will come to your home and guide you through labour
- Evidence shows it's as safe as a hospital/birthing centre if it's your second or subsequent baby (slightly higher risk for first babies)
- Advantages
 - Most personal, relaxed environment
 - You can light candles
 - You can still pay for a birth pool
- Disadvantages
 - May need to be transferred to a hospital if any complication – how far is it?

- Cannot have epidural

Modes of delivery


- Vaginal
- Caesarean section
 - Recommended if: labour doesn't progress, placenta previa, 2 or more previous Caesarean sections, breech baby
 - Disadvantages: major surgery, longer recovery, scar, will be more likely to need it again in the future
 - Patients can request one but, if they don't *need* one, try to find out why – are they worried about pain?

Pain relief

"Have you thought about pain relief?"

"Pain relief is really important because if you're in control of your pain, you're in control of your labour"

Medicines

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- Natural (none)
 - Paracetamol
 - Codeine
 - Entenox
 - Pethidine
 - Morphine
 - Epidural
 - Spinal (for C-section)

Water birth and hypno birth

- Water birth
 - Water birth is available in any environment (you will have to rent one privately if you decide on a home birth)
 - It is a large warm pool which can really help you relax and help with the pain
 - It helps with anxiety, pain and muscle relaxation
 - Gentle experience for you and your baby
- Hypno birth
 - You can be taught self-hypnosis and controlled breathing by a local practitioner

Concluding

- Summarise
- "Is there anything else you're concerned about or would like more information on?"
- "There's no pressure to choose anything now – it's a big decision, take some time to think about what you and your baby would prefer and discuss it with your partner"
- "You can visit the local birthing centres to help decide"
- Suggest getting more information and making a birthing plan on the www.nhs.uk website
- Give leaflets, contact details and book follow up