



From womb to world

KANTA-HÄME CENTRAL HOSPITAL
CHILDBIRTH COACHING

23.10.2023

Kanta-Hämeen hyvinvointialue



About us

- Approximately 1,200 deliveries per year
- 6 delivery rooms, 1 pre-labour room, 1 recovery room for family
- An obstetrician, anaesthesiologist and paediatrician are always on call in the hospital
- Free parking
- Hospital map: <https://www.khshp.fi/wp-content/uploads/2023/09/uusiSairaalaKartta10082023-1.pdf>



What to bring to the hospital

- Maternity health clinic card a.k.a. "Neuvola card"
- Regularly used medication and meters
- Music of choice
- Snacks and/or food to yourself and support person
- Change of clothes for support person
- Leave any valuables and strong perfumes home



Support person's role



- Being present, supporting the mother in labour, maintaining a positive atmosphere
- Can be anyone important to the mother
- Doula is also welcome to come



Pre-labour symptoms



- Practice contractions
- Baby drops lower to the pelvis and feeling of pressure strengthens
- Vaginal mucus increases and leukorrhoea can be watery or slightly bloody
- Giving birth is hard work so gather your strength
 - Rest, eat well and exercise lightly if you can
- Maternity clinic will arrange a control appointment after 41 weeks of pregnancy

Latent phase of labour

- Uterus is practising for labour and delivery
- Contractions are irregular in strength and intensity
- Sometimes contractions might become regular for a moment and irregular again after some time
- <https://www.youtube.com/watch?v=URyEZusnjBI> : Liz Chalmers balloon (difference between latent contractions and labor contractions)

When to go to the hospital?

- Regular contractions
- Come less than 10min apart and are becoming stronger and more frequent
- Contraction pain that comes and goes like a wave and gets more intense during labour
- You can stay home as long as you feel able to
- Waters breaking
- Usually clear, slightly pink or slightly yellow. Can also be greenish.
- Can break in a rush or as little stream/trickle
- Call the delivery room midwives for more guidance tel. 03 629 2108



Maternity reception



- Reason for arrival
- Wishes and expectations
- Abdominal and cervical palpation
- CTG (cardiotocography)
- B-streptococcus screening (and PROM)

Dilation phase

- Starts from regular cervix opening contractions and ends when the cervix is fully dilated and the expulsion phase starts
- On average, 12 hours for first-time mothers
- Midwife will monitor baby's heartbeat, contractions and cervical dilation
- Listen to your body

Labour and delivery pain



- Positive, natural pain, good outcome
- Result of uterine muscle flexing, pressure, pelvic muscles stretching and baby pushing down towards the birth canal
- Individual pain, cannot be compared
- Comes like a wave, there will be breaks too
- More than 90% of women giving birth will need some kind of pain relief

Non-medical pain relief



- Relaxation, breathing
- Moving around
- Gym ball, bean bag, mattress
- Water: tub or a shower
- No local anaesthesia
- Hospital has two tubs, one fixed and one movable
- Possibility for water birth with certain criteria
- Massage, Gua Sha –combing, acupuncture points, heat bags, TENS

Medical pain relief

- Nitrous oxide "laughing gas"
 - Inhaled through a mask during each contraction
 - Can be used together with other pain management
- Pain-relief injection
 - Midwife will inject strong painkiller to the muscle
 - For early stage of labour
 - Relaxes and removes the peak of the pain



Local anaesthetics

- Paracervical block also known as PCB
 - Obstetrician will inject locally into the cervix
- Epidural
 - Anaesthesiologist will perform when labour is well under way and proceeding
 - After 30 minutes of monitoring, you can get up and walk about freely
 - midwife can give you more anaesthetic as needed
- Spinal anaesthesia
 - Better for second or subsequent deliveries, as it is single dose
- Pudendal block
 - Midwife will inject locally into pudendal nerve before the expulsion phase



The expulsion phase

- Wait until baby's head descends and turns to favourable position before starting to push
 - <https://www.youtube.com/watch?v=Xath6kOf0NE> : Normal vaginal childbirth
- Mother will start to push when the feeling of pressure increases and she feels the need to push
- Different positions
- Push only during the contraction and in between try to relax and gain strength for the next push
- Support person has an important role
- First-time mother's expulsion phase usually lasts from 30 minutes to 1 hour
- Midwife will provide guidance in the technique of how to push properly



Doctor assisted deliveries

- Vacuum assisted delivery
 - Doctor helps to guide the baby into the world with a vacuum cup attached to the baby's head
- Caesarean section a.k.a. c-section
 - Elective, unplanned, emergency
- Breech
- Twins
- In doctor assisted births, there will always be more professionals in the room

Postnatal phase

- Baby will receive identification band and vitamin K
- Support person may cut the umbilical cord
- Skin-to-skin contact
- First breastfeeding
 - <https://www.terveyskyla.fi/naistalo/raskaus-ja-synnytys/imetyks/imetyksen-k%C3%A4ynnistyminen>
- Afterbirth and stitching tears/episiotomy
- Measurements of the baby
- Mother can have a shower and will be offered food



Maternity ward

- Rooming-in
- Opportunity to stay in the family room
- Free visiting hours during the day
- One-to-one guidance on baby care
- Paediatrician will examine the baby before discharge
- Discharging from hospital will be planned individually, usually 2-4 days after birth
- A family clinic and breastfeeding clinic if needed



Fear of childbirth

- It is normal to feel nervous before childbirth
- If nervousness and fear start to control your everyday life, talk about it in Neuvola
 - Neuvola will send you to maternity clinic to talk with a midwife
- Come to give birth open minded
 - Write your wishes and plans on paper
 - Birth plan is not a manuscript
 - We will do our best to follow your plan and respect your wishes
- We are here for you!



Links



- Follow us in social media!
 - Synnytä Hämeenlinnassa –Facebook
 - Synnyta_hameenlinnassa –Instagram
- Kanta-Hämeen keskussairaala web pages, khshp.fi
 - Synnytys
- Naistalo.fi
- Viva.tamk.fi