

Statistics – Women's Birth and Wellness Center



- We attended 413 births in 2010.
- Average C/S rate over last three years is 9%.
- Average intrapartum hospital transfer rate is 16.7%.
- About 75% of our moms that start prenatal care at the birth center, deliver at the birth center.

Attitude, Attitude Adjustment and Philosophy

- Women and providers highly motivated.
- Catching babies is fun and we like it.
- Our practice enables prolonged labor support.
- Labor takes a REALLY, REALLY long time!
- Patient choice is OK.
- **Most of those women you think can't or won't, actually can and will.**



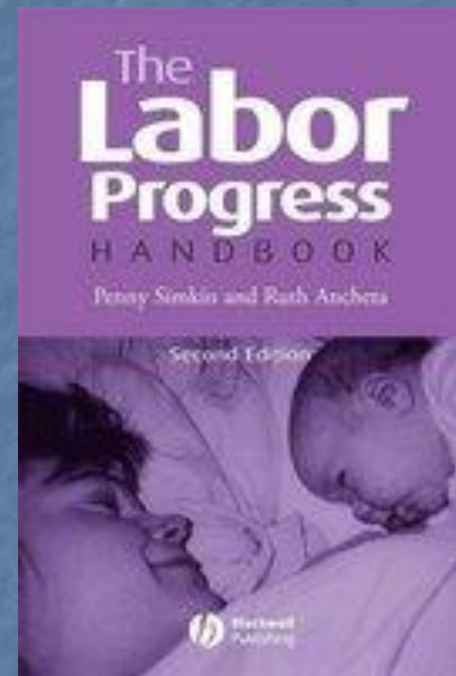
Protocols



- Practice is evidence based.
- No elective inductions – **inductions=bad.**
- Active labor includes behavioral and emotional criteria.
- **Respect circadian rhythms in early/prodromal labor**
- Intermittent EFM keeps focus on mom.
- Labor support/doulas make your life easier and help women deliver vaginally.
- Childbirth Education helps.

Tricks and Techniques

- Positions, “The Labor Progress Handbook...” Simpkin and Ancheta
- Leopold’s
- **Belly binding**
- Lots of water
- Castor oil/membrane sweeps
- Tens/sterile water papules
- Pain meds
- Pushing, and **“The Darcey”**

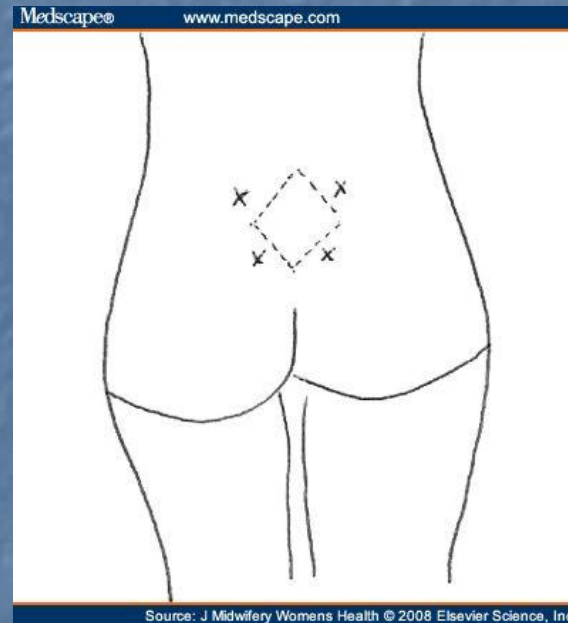


Pics of Tricks

The "Darcey"



Sterile Water Papules



Belly Binding

