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Labor Progress Handbook Early Interventions

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Praise for the previous edition: "This...edition is timely, useful, well organized, and should be in the bags of all doulas, nurses, midwives, physicians, and students involved in childbirth." –Journal of Midwifery and Women's Health The Labor Progress Handbook: Early Interventions to Prevent and Treat Dystocia is an unparalleled resource on simple, non-invasive interventions to prevent or treat difficult or prolonged labor. Thoroughly updated and highly illustrated, the book shows how to tailor one's care to the suspected etiology of the problem, using the least complex interventions first, followed by more complex interventions if necessary. This new edition now includes a new chapter on reducing dystocia in labors with epidurals, new material on the microbiome, as well as information on new counselling approaches specially designed for midwives to assist those who have had traumatic childbirths. Fully referenced and full of practical instructions throughout, The Labor Progress Handbook continues to be an indispensable guide for novices and experts alike who will benefit from its concise and accessible content.

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The third edition of The Labor Progress Handbook builds on the success of first two editions and remains an unparalleled resource on simple, non-invasive interventions to prevent or treat difficult labor. Retaining the hallmark features of previous editions, the book is replete with illustrations showing position, movements, and techniques and is logically organized to facilitate ease of use. This edition includes two new chapters on third and fourth stage labor management and low-technology interventions, a complete analysis of directed versus spontaneous pushing, and additional information on massage techniques. The authors have updated references throughout, expertly weaving the highest level of evidence with years of experience in clinical practice. The Labor Progress Handbook continues to be a must-have resource for those involved in all aspects of birth by providing practical instruction on low-cost, low-risk interventions to manage and treat dystocia.

Available for the first time in full color, the up-to-date and authoritative pregnancy guide that has sold 1.5 million copies--by recognizing that "one size fits all" doesn't apply to maternity care Parents love this book because it puts them in control; experts love it because it's based on the latest medical research and recommendations from leading health organizations. Pregnancy, Childbirth, and the Newborn provides the information and guidance you need to make informed decisions about having a safe and satisfying pregnancy, birth, and postpartum period--decisions that reflect your preferences, priorities, and values. Unlike pregnancy guides that can overwhelm and alarm by telling you up front all the things that can possibly go wrong, this book first describes normal, healthy processes, their typical variations, and the usual care practices for monitoring them. Only then does it cover possible complications and the care practices and procedures for resolving them. Throughout, the presentation is crystal-clear, the tone is reassuring, and the voice is empowering. And the language is inclusive, reflecting today's various family configurations such as single-parent families, blended families formed by second marriages, families with gay and lesbian parents, and families formed by open adoption or surrogacy. From sensible nutrition advice to realistic birth plans, from birth doulas when desired to cesareans when needed, from reducing stress during pregnancy to caring for yourself as well as your baby after birth, this pregnancy guide speaks to today's parents-to-be like no other.

Anyone working to improve the childbearing experience and help women avoid unnecessary intervention has encountered numerous obstetric myths or old doctors' tales. And while the evidence in the medical literature may be solidly, often unequivocally, against whatever the doctor said, without access to that evidence, the pregnant woman is quite reasonably going to follow her doctor. This book is an attempt to make the medical literature on a variety of key obstetric issues accessible to people who lack the time, expertise, access, or proximity to a medical library to research concerns on their own. This compact, accurate, yet understandable reference is designed for people without medical training and organized for easy access. After an introductory chapter giving basic information about the different types of medical studies, how to evaluate them, and some basic statistical concepts, Goer provides chapters on cesarean issues, pregnancy and labor management, and a review of alternative approaches. Each chapter begins with a stated myth, followed by an examination of the reality. Goer then analyzes the mainstream belief, pointing out its fallacies. Then comes a list of significant points gleaned from the studies and keyed to her abstracts. Next is the outline by which the abstracts are grouped. Finally come the numbered abstracts of relevant articles published, in most cases, after 1980. The book concludes with a glossary of medical terms and an index. This compact, accurate, and understandable reference tool is designed for people without medical training as well as care givers.

Awarded second place in the 2013 AJN Book of the Year Awards in the Maternal-Child Nursing/Childbirthing category "This book is one of those turning points that will make an enormous difference." Judith P. Rooks, CNM, MS, MPH Author of Midwifery and Childbirth in America "This book provides a well-rounded examination of the issues we face in using evidence to inform our everyday clinical decisions...The authors have gathered current evidence and created practice scenarios to help the reader visualize EBP in action." "In a country that has more independent midwives and group practices than

hospital based midwives this type of book could possibly become the cornerstone in terms of the standards of midwifery care."--Nursing Times From the Foreword by Holly Powell Kennedy, CNM, PhD, FACNM, FAAN President, American College of Nurse Midwives Helen Varney Professor of Midwifery Yale University School of Nursing Nurse-midwives often find themselves in situations where current research-based treatment conflicts with established practices that may be ineffective or even harmful. This text provides a roadmap for nurse-midwives who strive to implement change through evidence-based practice by presenting the most current evidence-based research on the care of childbearing women. It is the only book about evidence-based practice for nurse-midwives that encompasses the most controversial areas of practice. The text incorporates the foundations of midwifery and the midwifery model of care throughout. The book discusses the use of electronic databases in examining evidence and identifying best practices. It considers how the current workforce environment affects the practice of nurse-midwifery, and describes evidence-based practices in the care of childbearing women. Each chapter reviews current literature, describes contemporary practices and explores whether these practices are based on scientific evidence. Case studies enhance the examination of evidence and the identification of best practices. Key Features: Focuses on scientific evidence as the framework for the practice of nurse-midwifery Incorporates the hallmarks of midwifery and the midwifery model of care Examines practices that are in conflict with scientific evidence Provides guidance for practicing nurse-midwives in implementing best practices based upon scientific evidence

A groundbreaking narrative investigation of childbirth in the age of machines, malpractice, and managed care, *Pushed* presents the complete picture of maternity care in America. From inside the operating room of a hospital with a 44% Cesarean rate to the living room floor of a woman who gives birth with an illegal midwife, Block exposes a system in which few women have an optimal experience. *Pushed* surveys the public health impact of routine labor inductions, C-sections, and epidurals, but also examines childbirth as a women's rights issue: Do women even have the right to choose a normal birth? Is that right being upheld? A wake-up call for our times, Block's gripping research reveals that while emergency obstetric care is essential, we are overusing medical technology at the expense of maternal and infant health.

As an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life--how you will give birth—it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice. Birth activist Henci Goer gives clear, concise information based on the latest medical studies. *The Thinking Woman's Guide to a Better Birth* helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers: Cesareans Breech babies Inducing labor Electronic Fetal Monitoring Rupturing Membranes Coping with slow labor Pain medication Epistiotomy Vaginal birth after a Cesarean Doulas Deciding on a doctor or midwife Choosing where to have your baby and much more . . .

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