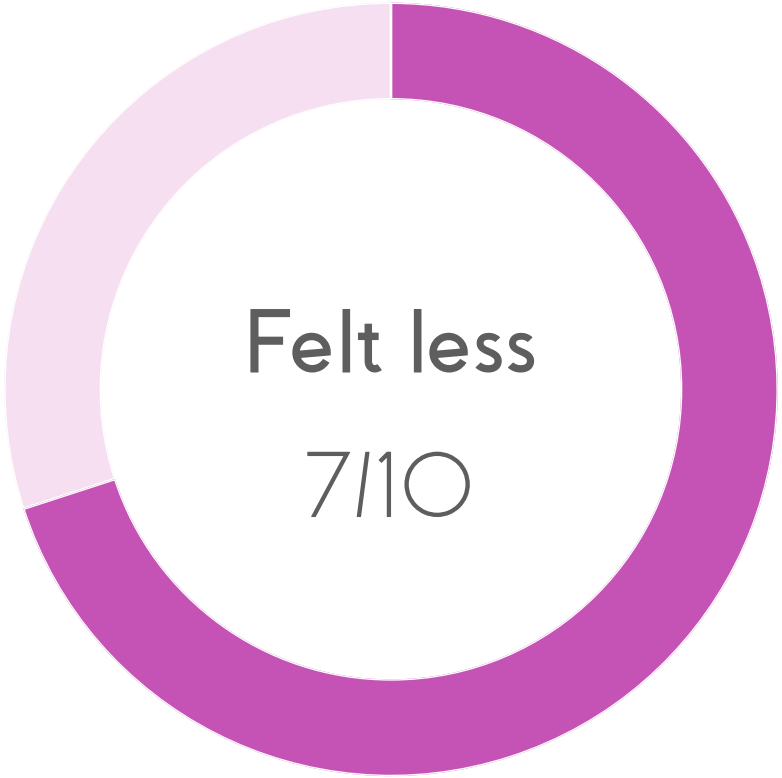
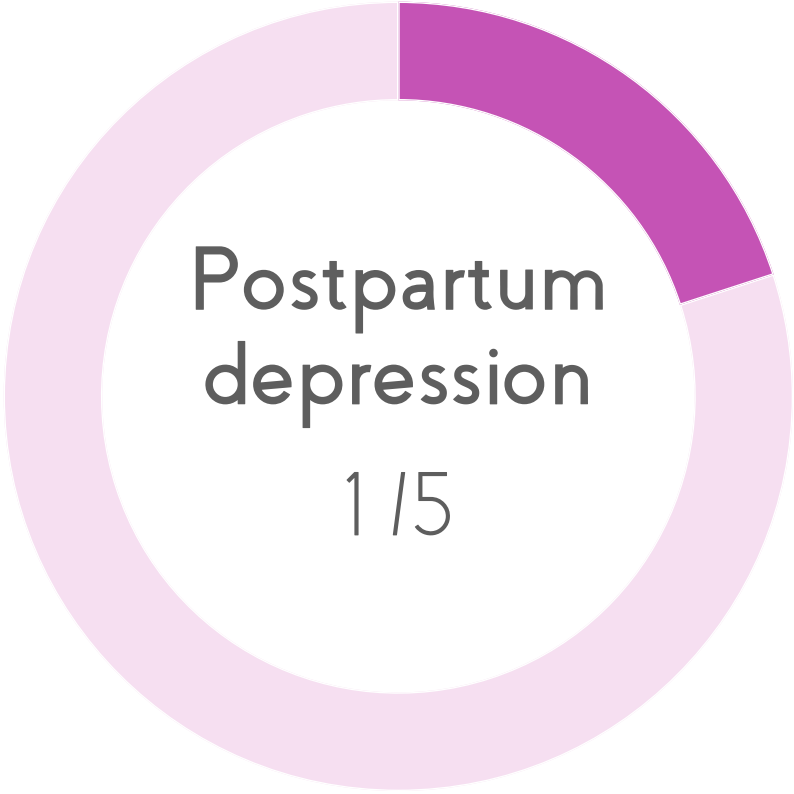
obstetric
coevolution
Un projecte de:
mandarina
newton
Finançat per Impetus
i la UE:
IMPETUS

obstetric coevolution

We go from…





IMPETUS

mandarina newton

obstetric coevolution

Childbirth is a physiological and natural act. It's part of our life as mammals.

IMPETUS

mandarina newton

obstetric coevolution

Research question

Do obstetric practices during childbirth have an effect on postpartum mental health?

IMPETUS

mandarina newton

obstetric coevolution

The project

IMPETUS

mandarina newton

Cocreation workshop

- Two empathization and documentation workshops with 20 mothers.
- One empathization and documentation workshop with 10 professionals.
- One ideation workshop with mothers and professionals.
- One validation and testing workshop with mothers and professionals.

obstetric coevolution

Empathization workshop with mothers

Key words and concepts

- Pain management
- Information management
- Programmed induction (Recommended for 90% of the attendees)
- Epidural
- Episiotomy
- Recommendations vs. insistence
- Separation of baby at birth
- Environment
- Difficulty with breastfeeding
- Right to decide
- Listening
- Fear
- Fragility
- Guilt
- Deception
- Mistrust
- Anger
- Disappointment
- Frustration

IMPETUS

mandarina newton

obstetric coevolution

Empathization workshop with mothers

Medical interventions

- **3.5 interventions** on average per woman.
- Women who start with **induction accumulate more medicalisation and instrumentation** (up to 7 or more impacts).
- Women who have to accept induction, without agreeing to it, are also forced to accept epidurals. **Up to 50% will end up with a caesarean section.**
- Women who can **wait at home until active dilatation,** and therefore live through labour and early dilatation as they choose, are **happy and motivated.**

IMPETUS

mandarina newton

obstetric coevolution

Empathization workshop with professionals

Key concepts

- The protocol of the Department of Health has a classification of **risk factors for pregnancy. but not for childbirth**.
- Obstetricians often attend labours with some risk. so they see few of low risk. while midwives tend to attend the low risk ones.

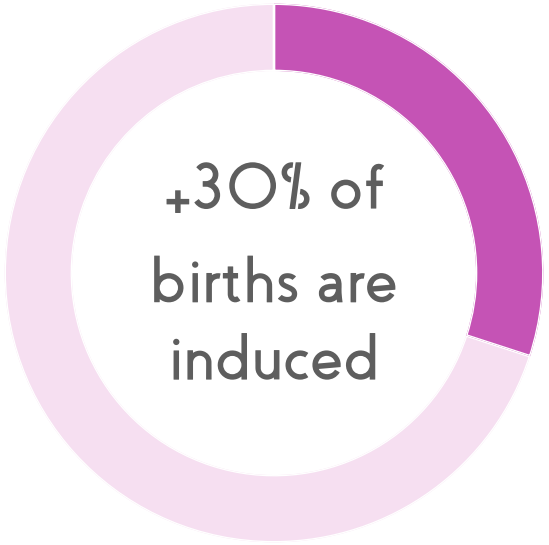
IMPETUS

mandarina newton

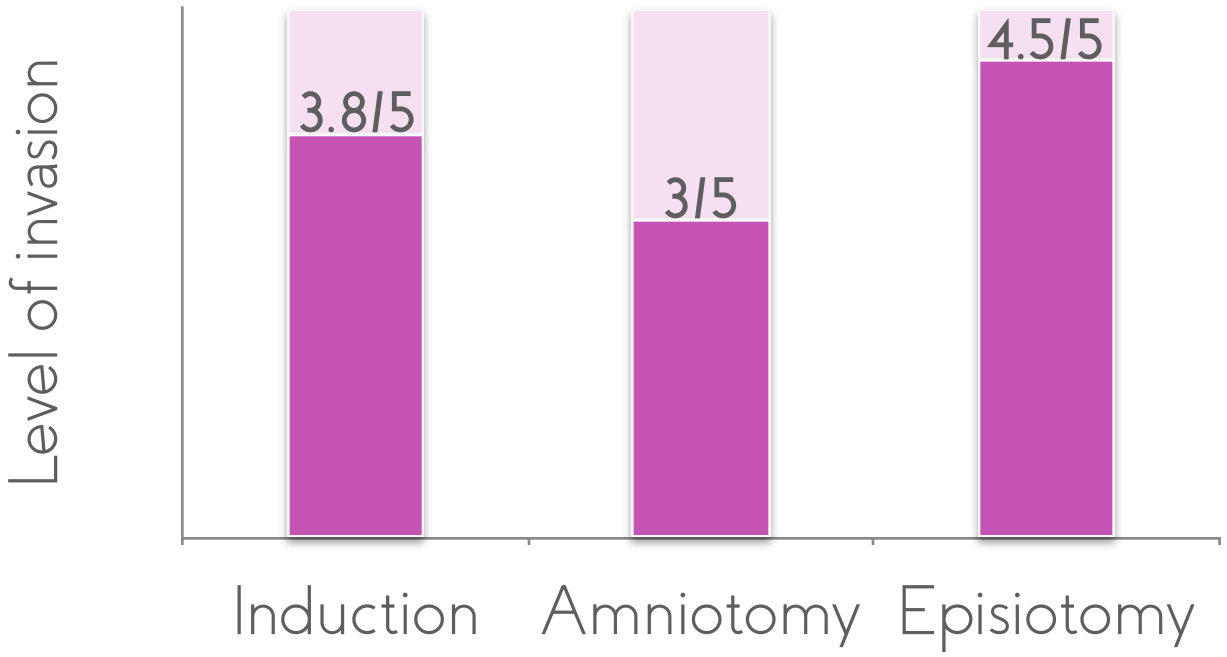
obstetric coevolution

Empathization workshop with professionals

Key concepts



WHO recommends 10%



IMPETUS

mandarina newton

obstetric coevolution

Empathization workshop with professionals

Reflections

- Not allowing labour to start **spontaneously** is a **risk.**
- All medicalisation and instrumentalisation. and the way women are treated. **affect women's mental health.** The mother needs to understand what has happened and why.
- How many inductions do you have to do to avoid stillbirth? **Many!**

IMPETUS

mandarina newton

obstetric coevolution

Identified challenges

- **FEAR**: How do we get mothers to go into labour without fear?
- **MEDICALIZATION**: How can we reduce the level of medicalisation in births following WHO recommendations?
- **POSTPARTUM**: How can we improve the experience of families and professionals during the postpartum period?
- **COMMUNICATION**: How can we improve communication (bi-directionality) between practitioners and mothers/families?
- **MENTAL HEALTH**: How can we reduce the mental health effects on women during the postpartum period?

IMPETUS

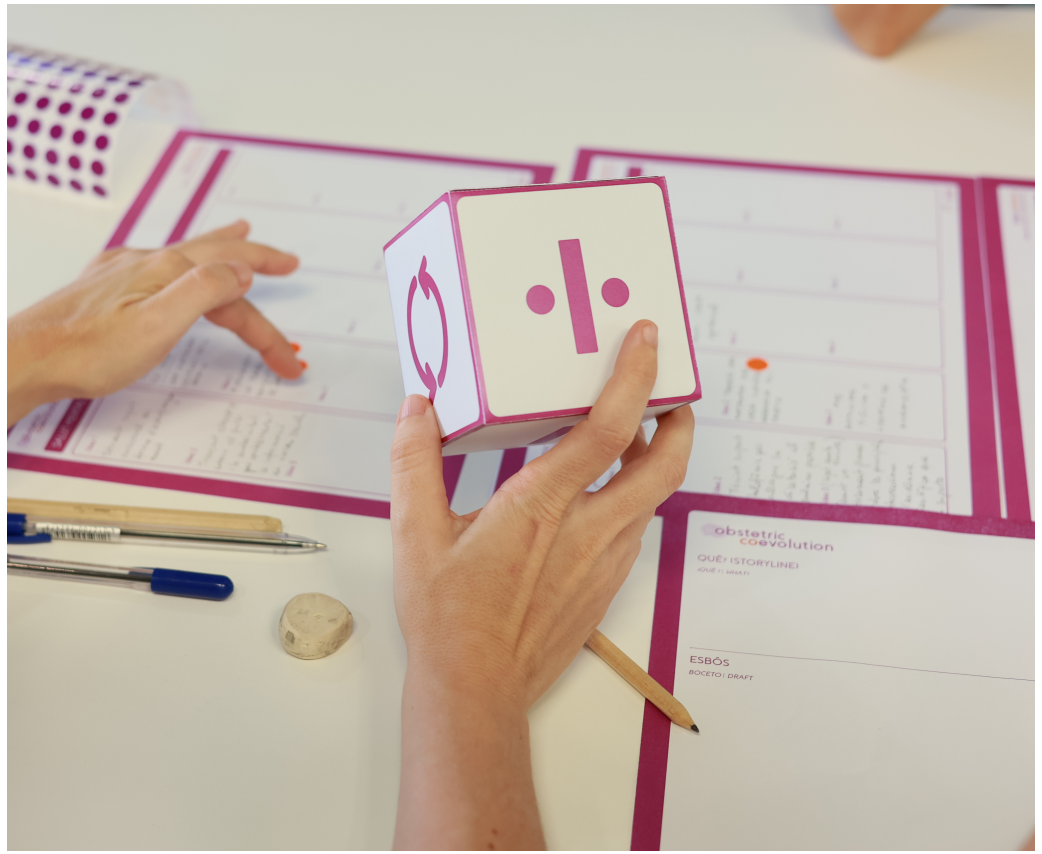
mandarina newton

Ideation workshop with mothers and professionals

Proposed solutions

1. POSTPARTUM AND FEAR: Women's Circle (transversal). Spaces **outside health centres** where to **give value to experience** and co-learning women and professionals.

2. COMMUNICATION: **Feedback sessions** with the professionals who attended your labour. (Including women's voices in their clinical report).

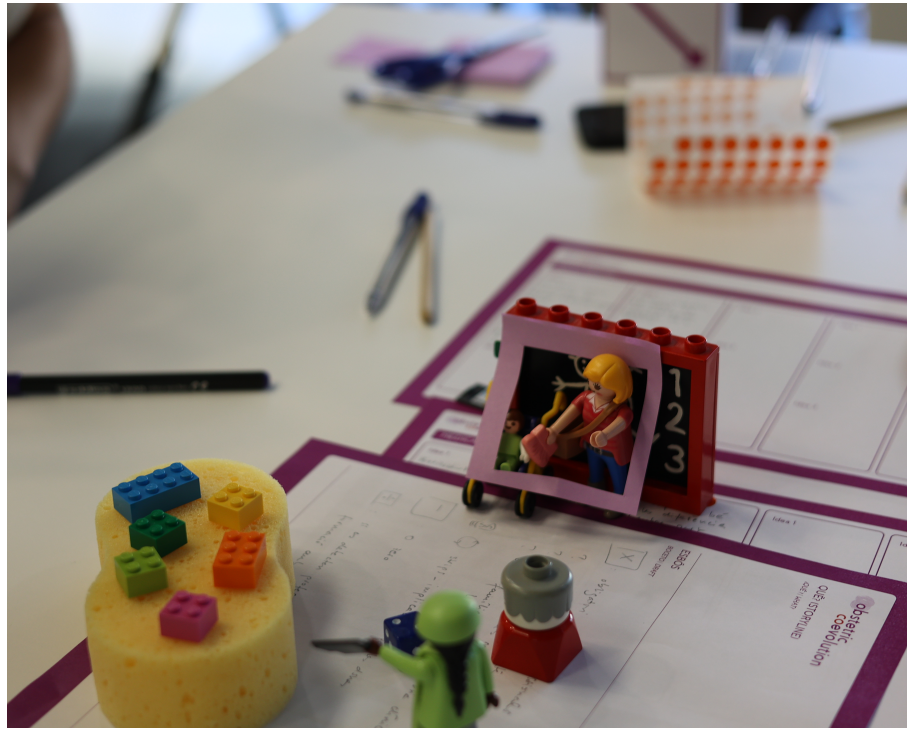


Ideation workshop with mothers and professionals

Proposed solutions

3. FEAR: Make information about pregnancy. birth and postpartum. part of the **educational process**. Make it not a taboo topic. Raise awareness among teachers and families.

4. MENTAL HEALTH: Improve mental health of mothers with reassuring activities outside medical centers. Normalizing needs during postpartum.



Validation and testing workshop with mothers and professionals

Key concepts

- Small-scale proposals are more realistic. but **large-scale proposals are needed to make real change**. It must be ensured that actions can become a reality.
- Making **concrete actions** will have a positive effect to start the change.
- Explain the physiological part to all audiences through educational centers or advertising actions.

Validation and testing workshop with mothers and professionals

Key concepts

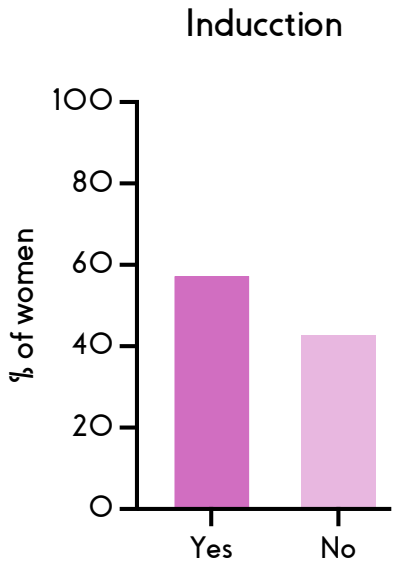
- Establish the **postpartum visit to the hospital**. and give continuity of professionals between pregnancy. birth and postpartum.
- The **lack of time for professionals** to be involved in the proposals.
- Cultural diversities cannot be a barrier. Ensure **inclusive and free of charge** of the actions.

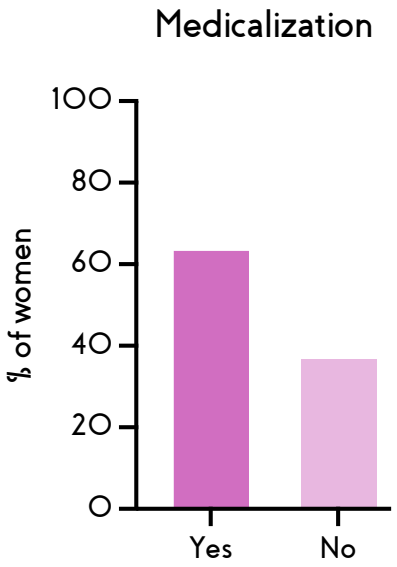
Co-created survey

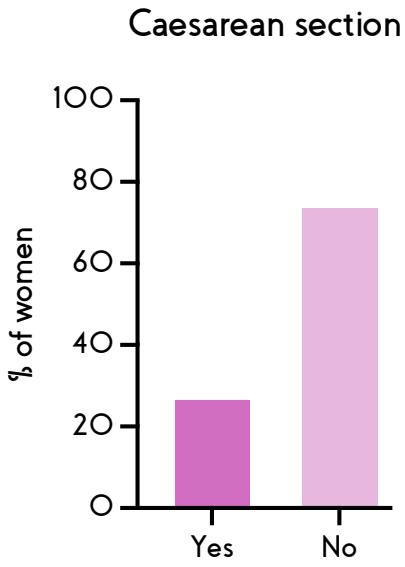
Co-created survey

- Co-created survey during the ideation workshop.
- 85 questions.
- Survey validated during the validation and testing workshop with 12 mothers and professionals.
- In Catalan and Spanish.
- More than 400 responses.
- Quantitative data to answer the scientific question of the project.

The medicalization of childbirth is higher than recommended by WHO

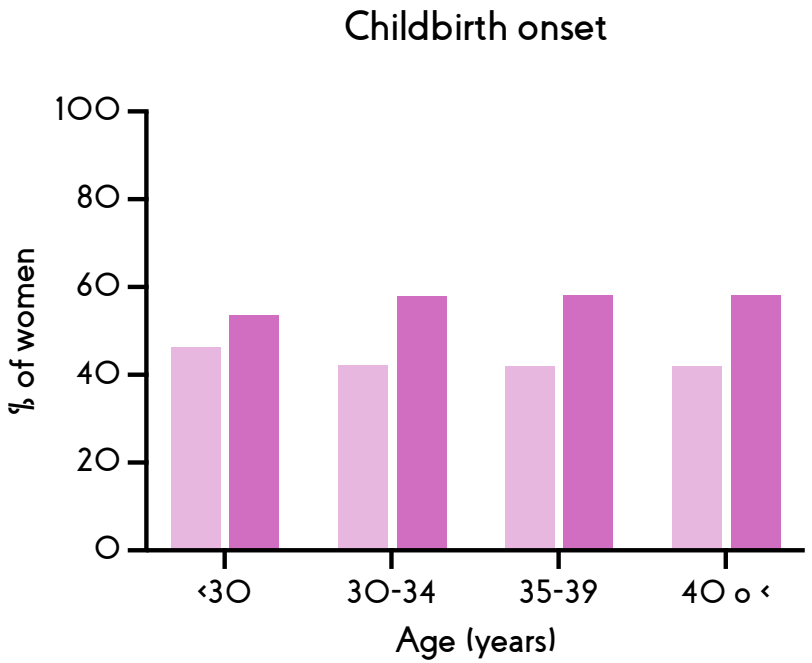


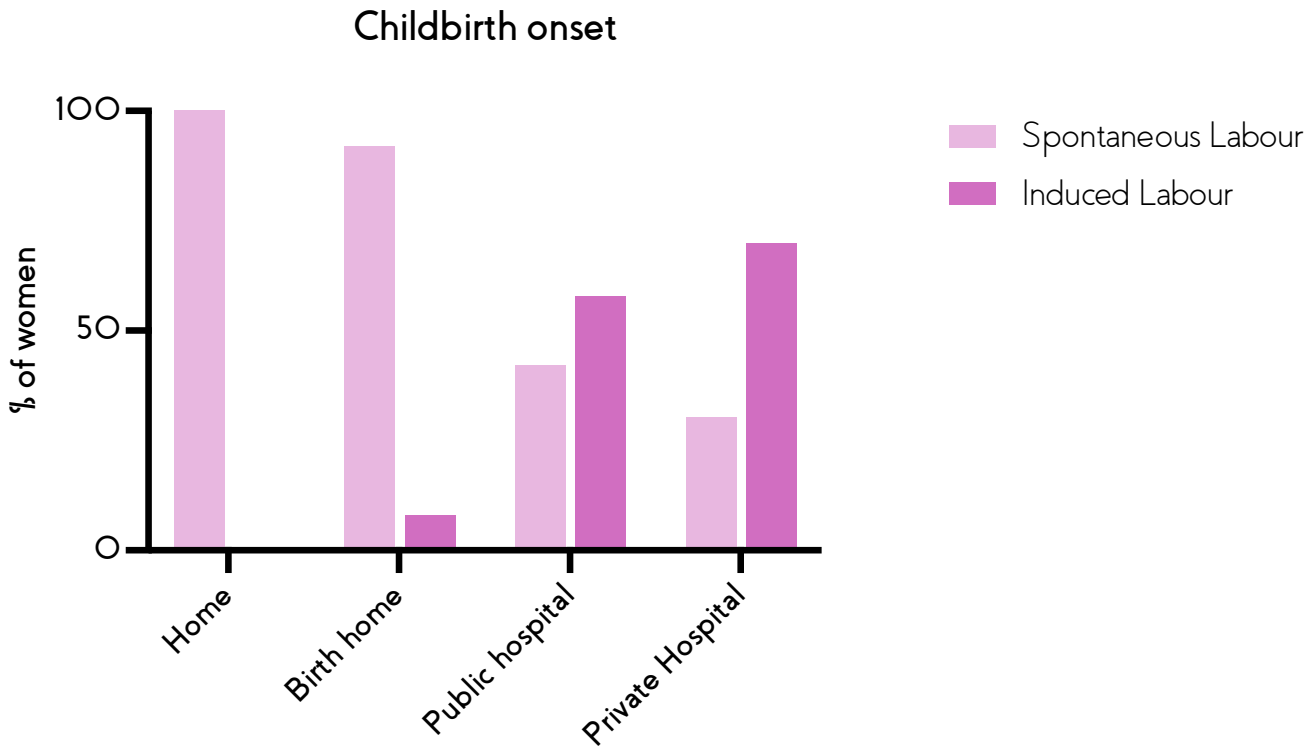




*Analitzada amb 373 respostes

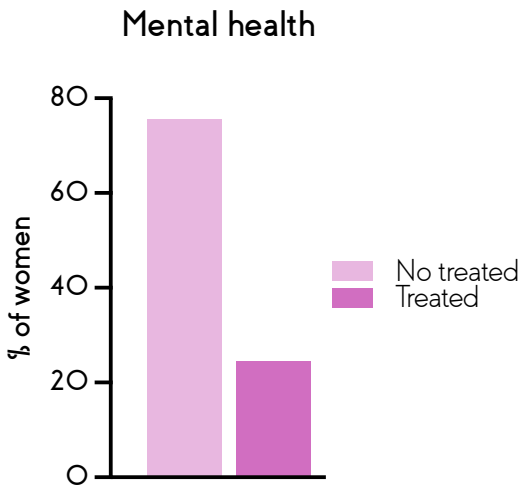
Age does not have as much influence as the place of birth at the time of induction

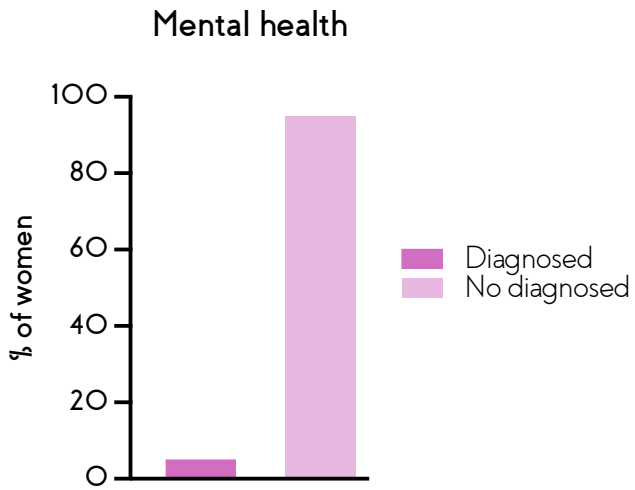


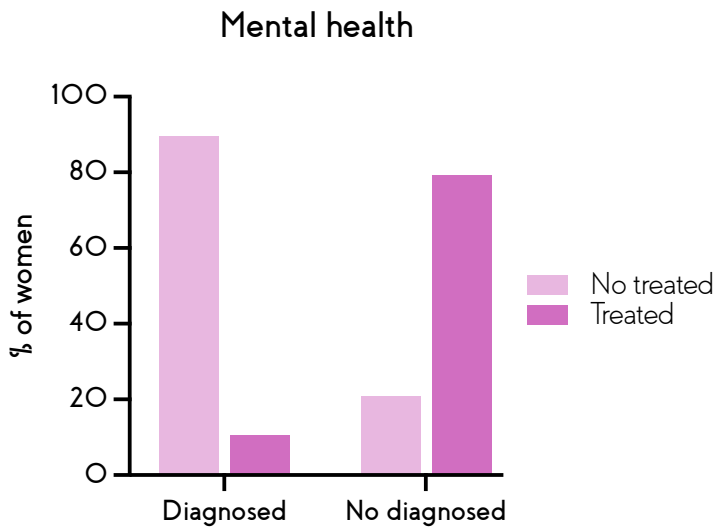


*Analitzada amb 373 respostes

1 in 4 women have needed mental health treatment

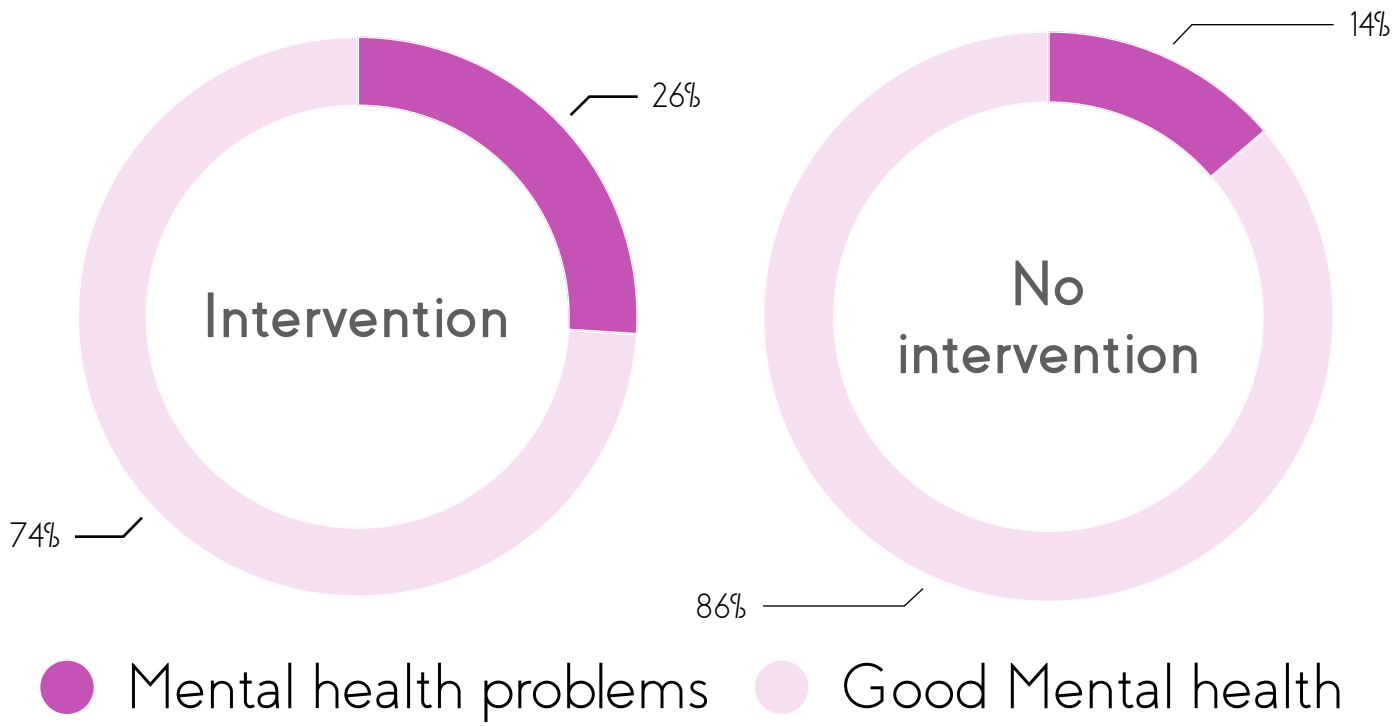






obstetric coevolution

Mental health problems are more present after medicalized parts

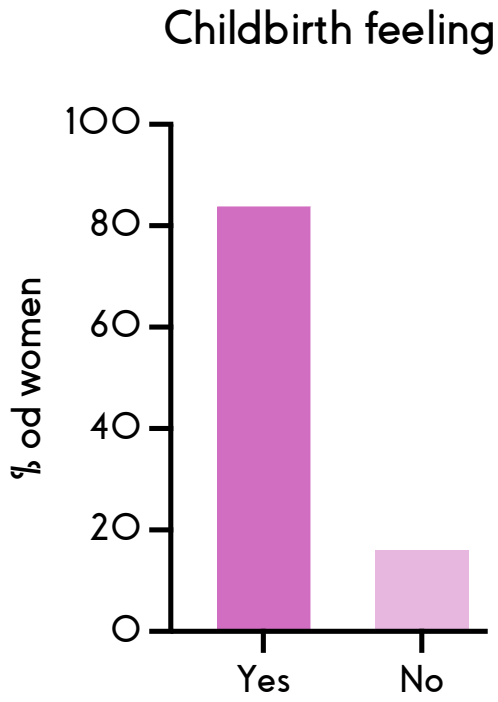


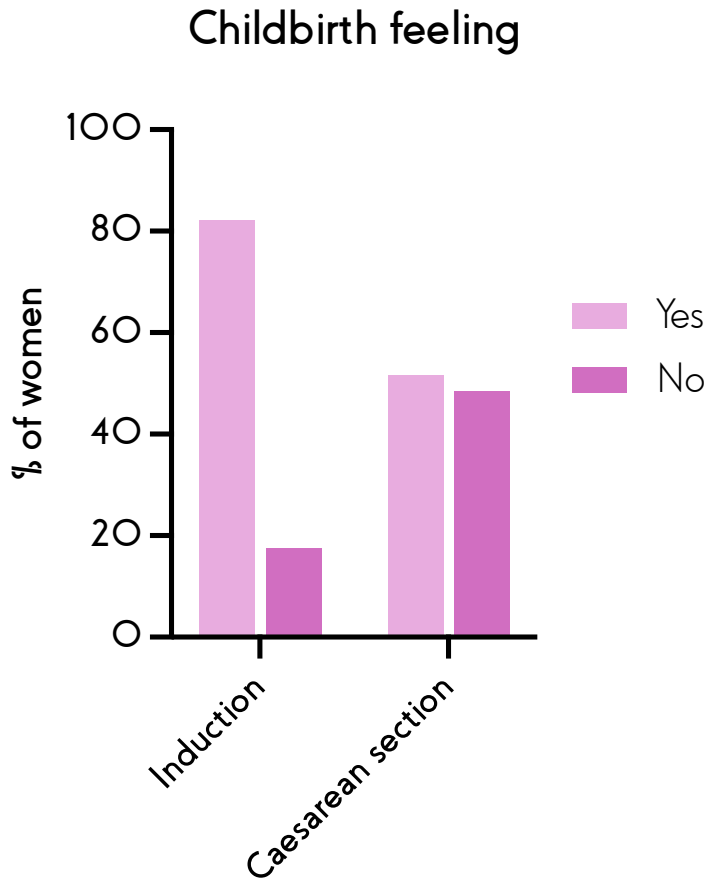
IMPETUS

mandarina newton

obstetric coevolution

After a caesarean, half of the women do not have the feel of having given birth

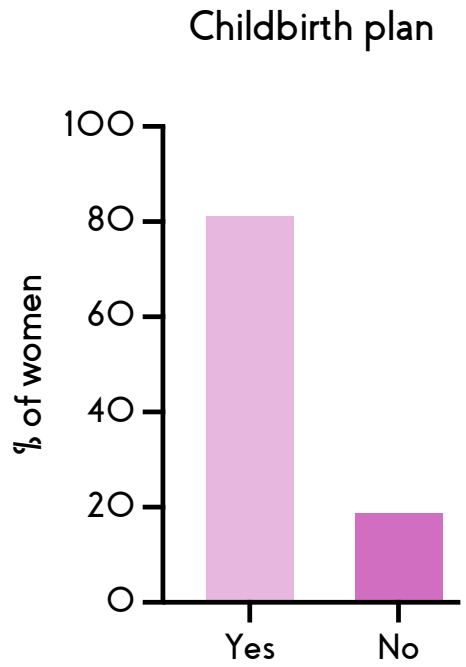


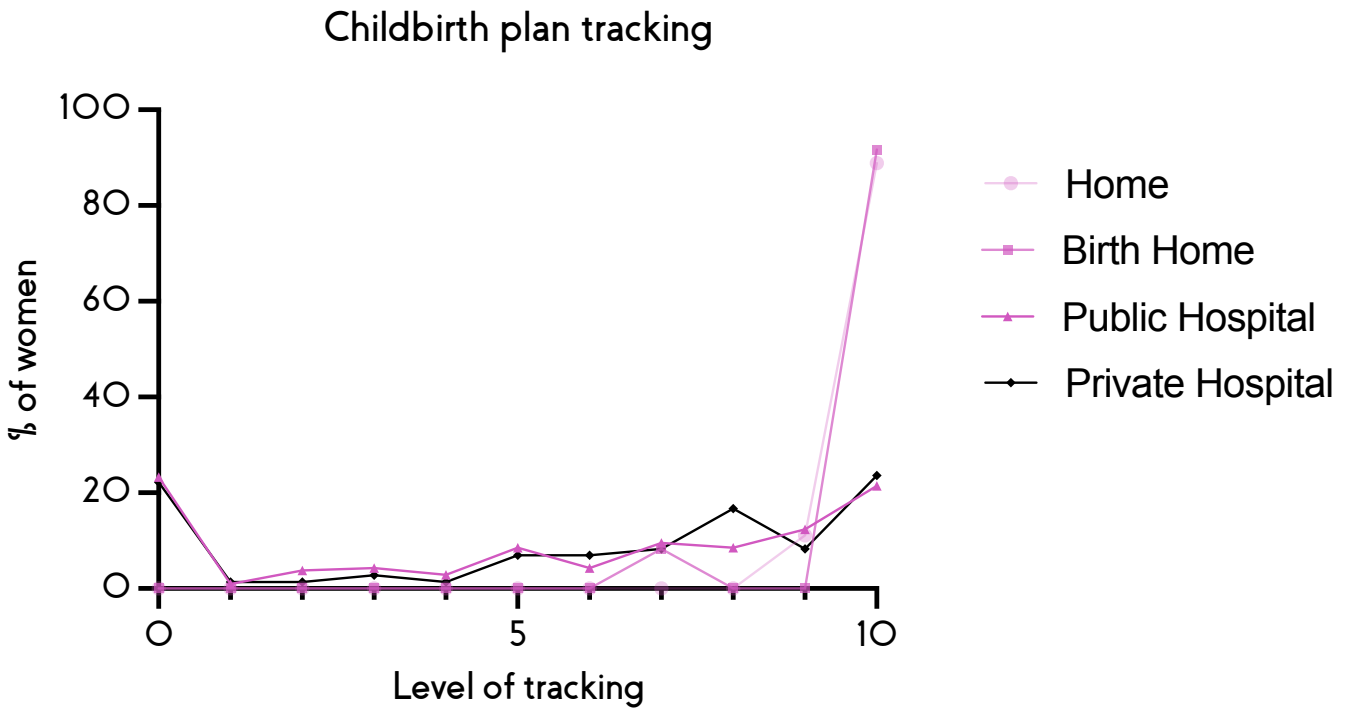


IMPETUS

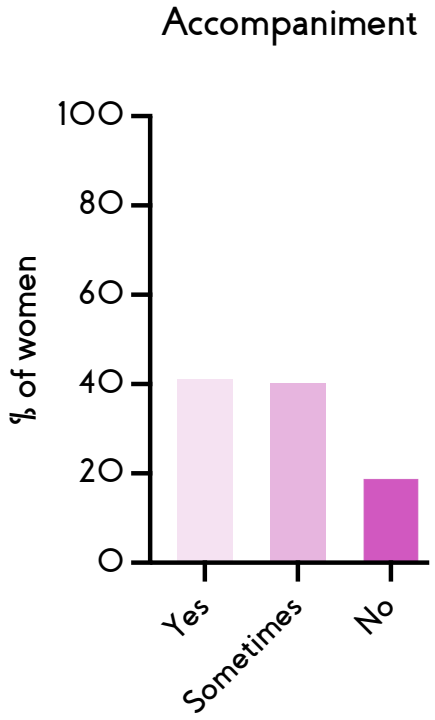
mandarina newton

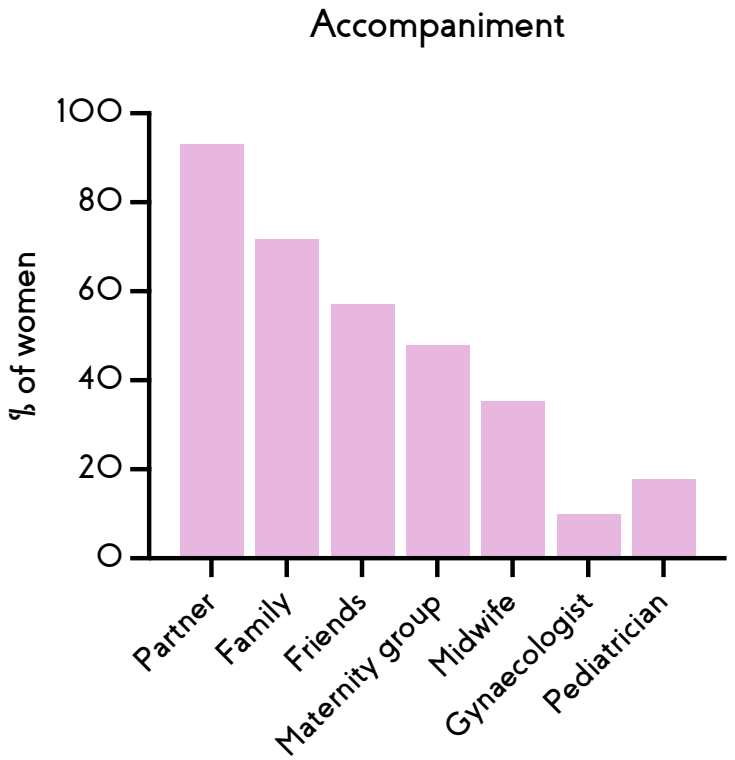
Childbirth-plan tracking is highly polarized



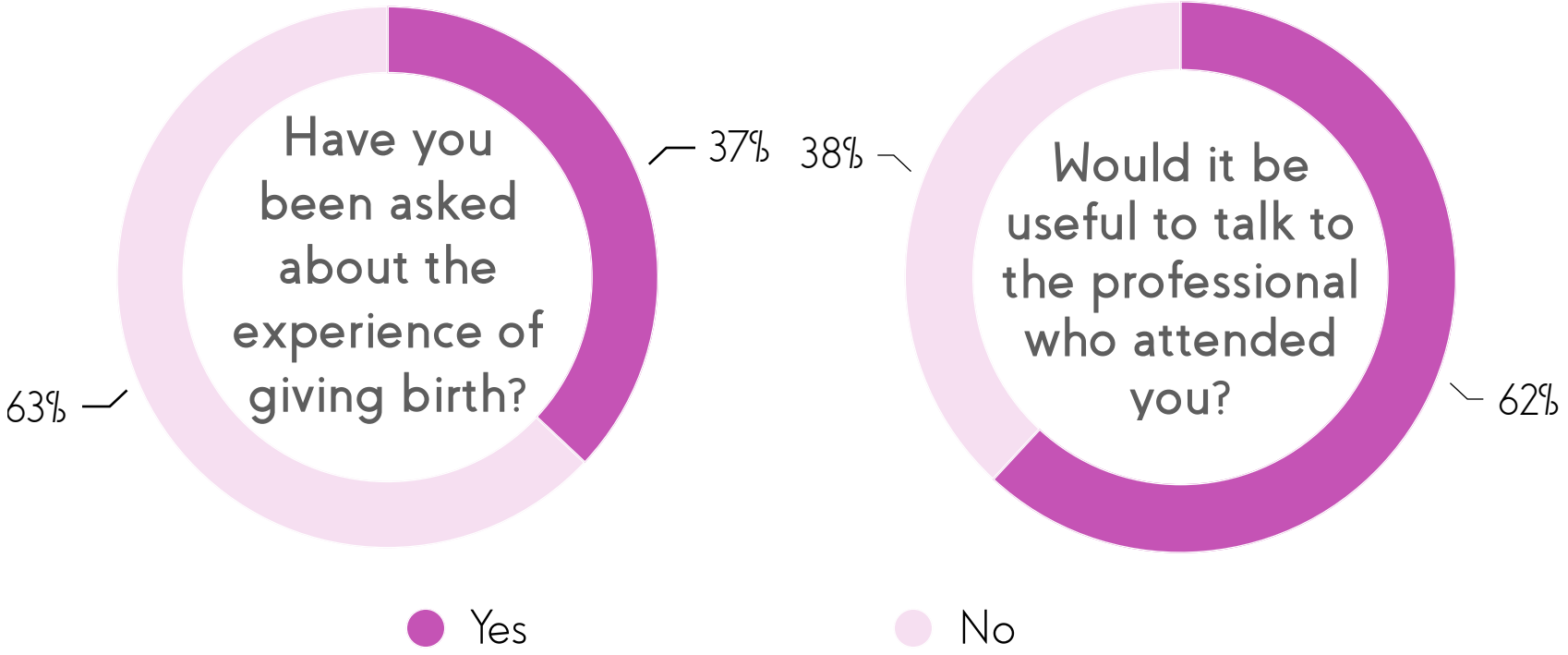


Women do not feel accompanied by the health system during postpartum

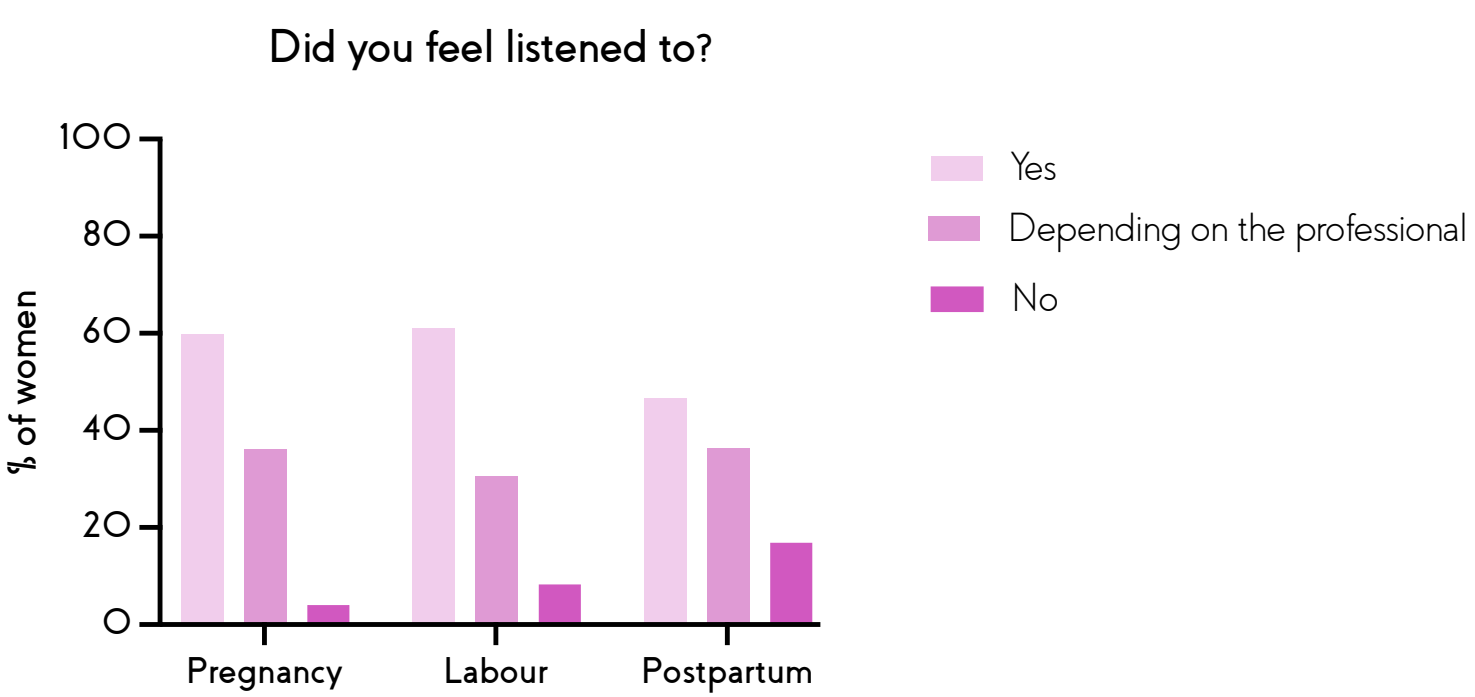


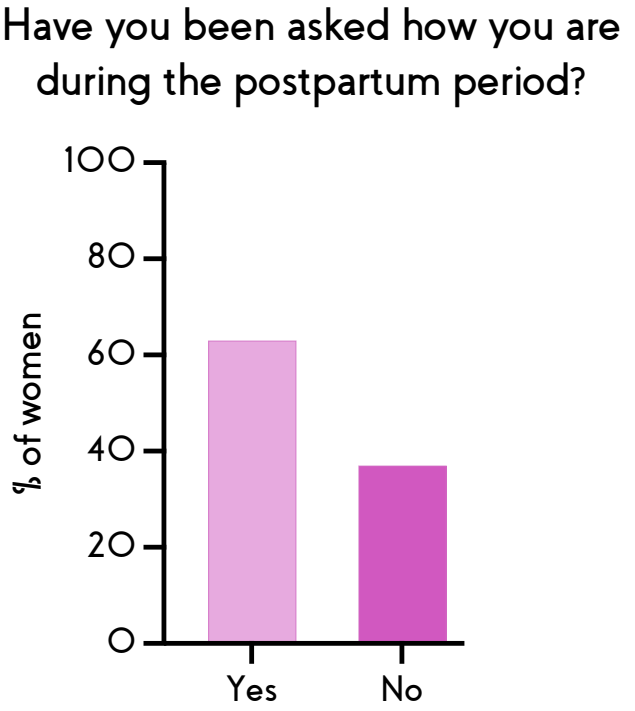


Talking to the professional who attended the birth could be useful for 3 out of 5 women



In postpartum women feel less listened





obstetric coevolution

To ...

- Scientific impact
- Social impact
- Political impact

IMPETUS

mandarina newton

Thanks!

www.lamandarinadenewton.com
obstetriccoevolution.eu

@lamandarinanewton

@mandarinadenewton
@coevolutionLMDN

irene@lamandarinadenewton.com