

Childbirth Experiences Affect Mother's and Infant's Health

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Childbirth is one of the most important events in women's lives and has a unique impact on mother's and infant's health. A positive birth experience is associated with long - lasting benefits for mothers, neonates and derives to profound feelings of empowerment and achievement to the women. Informed choice was hailed as a determining factor for the women to experience childbirth as a positive experience.

Growing body of evidence consistently highlight that many women have feelings of anger, guilt, violation and depression due to their childbirth experience. Experience of childbirth described complex and multidimensional. Many dimensions affect women's experiences, but it seems that the most important are the fear of childbirth, mode of birth, and birth place. Fear of childbirth has impact on mode of birth and it is related with negative birth experience. Birth place influence both the fear of childbirth and the mode of birth and many health systems took this in consideration and reform perinatal care.

Health professionals and service providers must learn from countries where the philosophy of labour and birth supports women informed choices and offer what women really want, rather than what risk-averse, litigation-sensitive maternity organisations choose to provide. The idea to stay within human dimensions is to focus on practical results supported by scientific evidence and avoiding unnecessary interventions which leads to medicalization of childbirth and superstition. It is interesting to study Aristotle's view on human dimensions demanding practical results and virtue (Nicomachean Ethics B:13-14): It must then be premised that every virtue not only renders the thing to which it belongs itself good, but it also causes it to perform its function well.

Once this is achieved, women will have better perinatal care, complete information about outcomes of physiological vaginal birth, and a higher assurance of achieving it if that is what they want to aim for. Crucially, whatever interventions are needed and wanted, including elective caesarean section, it is essential to ensure that childbirth is a positive experience for all mothers, babies, and families, in both the short and longer term.

Conclusively, creation of an innovative evidence-based maternity care policy, considering women's needs and virtue, will be helpful to raise awareness among health professionals for maternity care improvement. Informed choice and virtue in perinatal care is a social and political necessity that enhances the existing health systems and health professionals to provide quality and holistic maternity care. Conducting more studies on maternity care will reinforce the aim for improving the mother's childbirth experience and the health of the women, neonates, and society.