

Annual Congress on

MIDWIFERY NURSING AND GYNAECOLOGY

December 04-05, 2019 | Dubai, UAE



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Home birth/water birth: Ten years' experience in Panama republic: Main achievements and challenges

Since 10 years and after 20 years working like Ob/Gyn in public and private hospitals and maternity units in Panama, we began attending home births and water births with women who demanded us these kinds of childbirth. That issue represented for us the necessity to do a complete reengineering mental process, unlearn a lot of different bad learnt procedures and habits and retake the women world, the birthing physiology, the human being mammal nature; to practice a pregnant, delivery and attachment healthy and minimal intervention maternity care. With this new view finally to understand that pregnancy and childbirth represent a lovely, happy and beautiful family experience. We had received a huge women and social support as well us a strong support through different social networks. It has been a strong rejection and disapproval from our Ob/ Gyn, paediatrician fellows, private hospitals and different national medical associations. However we achieve a tremendous advance: the strong necessity to change and adopt new ways in maternity care during pregnancy and delivery are issues in the everyday women and family demand in social networks activities. Now our colleagues are obligated to answer and explain the reason about the different kinds of dangerous and unnecessary medical interventions. We learnt a lot and learn more and more in our daily professional work: have attend more than 350 home and water births. In our experience in home births we included 42 VBACs, 2 twins and 3 breaches. The majority have been water births and our cesarean section rate is 5%. We watch excellent perinatal outcomes and a high mother satisfaction level rate.

Biography

Aybar Rodrigo, Ob/Gyn from Panamá, has a huge expertise attending more than 10000 births in the Social Security Hospital, home and water birth in his country and with his wife, also Ob/Gyn are pioneers in this field. He is known in his passion and dedication in improving perinatal and delivery care in his country. He participates teaching residents Ob/Gyn and teaching a new approach in Perinatal and Delivery care centered in a deep respect of women and child rights.

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