

Annual Congress on

MIDWIFERY NURSING AND GYNAECOLOGY

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Physiological and healthy approach in childbirth care

Labor, childbirth and newborn care in a natural and minimal intervention gives undeniable benefits for the mother and her newborn in relationships with a successful vaginal birth and perinatal results. The easier and faster mothers recovery, the physiological transition of the newborn to his extra uterine life, the successfully breastfeeding as well as mothers empowerment and a high satisfaction level in she and her couple.

The utility in using a tub with warm water is significant in relationships with a strong painful sensation relieve, an easier and faster cervix dilatation and presentation descent, as well us, a significant less vaginal and perineum tears rate and adverse results of the medicament interference.

The delayed umbilical cord cut, after its finish beats and a strong respect with the first sacred two hours of the mother-child skin to skin contact bond, assure us a successfully transition phase in the mother and her newborn. The baby has a transition with less stress, better temperature and metabolic regulation thanks the crucial roll of the of the umbilical cord blood circulation. It is a gentle newborn transition. In addition the placental blood emptying reduce its volume and produces a gentle and secure placental expulsion without the necessity to do external or vaginal maneuvering.

We have been giving this approach during the last 10 years in Panama, using Water/Home births, in low risk pregnant women with a very significant positive result with a low obstetrical intervention rate.

Biography

Rodrigo Aybar 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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