

EDUCATE FOR BIRTH

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ABSTRACT

Introduction: The information provided to pregnant women in the preparation for delivery sessions allows them to face birth in a serene and confident way, and to assume a more appropriate behaviour when going to and staying at the maternity.

Methods: This research, of quantitative nature and exploratory quality, aims to determine the influence of the Psychoprophylactic Method on women's behaviour in the delivery room and during labour (delay of the active phase of labour, analgesic usage, type of delivery). In order to examine the devised hypotheses, we used parametric tests (Student's t-Test) and the nonparametric chi-square test.

Results: We gathered that the highest percentage of women who'd already exhibited signs of labour before checking-in to the maternity, had performed Psychoprophylactic Preparation for Birth, and therefore, that the majority of pregnant women whose birth had to be induced, hadn't. The results show highly significant differences in analgesic usage, delay of the active phase of labour, and type of delivery, between the groups that did and did not perform Psychoprophylactic Preparation for Birth.

Conclusions: This study thus points to the existence of several advantages / benefits in Preparing for Labour, using the Psychoprophylactic Method

Keywords – Education; Psychoprophylactic Method; Birth

Supplementary Information to Provide:

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