



Evidence-based Care for Normal Labour and Birth: A guide for midwives

Denis Walsh

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Evidence-based care is a well established principle in contemporary healthcare and a world wide health care movement. However, despite the emphasis on promoting evidence-based or effective care without the unnecessary use of technologies and drugs, intervention rates in childbirth are rising rapidly.

Evidence-based Care for Normal Labour and Birth brings to light much of the evidence around what works best for normal birth which has, until now, remained largely hidden and ignored by maternity care professionals. Beginning with the decision about where to have a baby, through all the phases of labour to the immediate post-birth period, it systematically details research and other evidence sources that endorse a low intervention approach. The book:

- highlights where the evidence is compelling
- discusses its application where women question its relevance to them and where the practitioner's expertise leads them to challenge it
- gives background and context before discussing the research to date
- includes questions for reflection and practice recommendations generated from the evidence.

Using research data, *Evidence-based Care for Normal Labour and Birth* critiques institutionalised, scientifically managed birth and endorses a more humane midwifery-led model. Packed with up-to-date and relevant information, this controversial book will help all students, practising midwives and doulas keep abreast of the evidence surrounding normal birth and ensure their practice takes full advantage of it.

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