

GfG

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Free standing birth centres (FSBC)

- **Definition**
- FSBC are places where women can give birth relying on their own hormones, according to physiology.
- **What about the law?**
- „Each birth has to be assisted by a midwife, the professional for physiological birth“.

Free standing birth centres (FSBC)

- **Who is working there?**
- Only midwives.
- **Which criterias have to be met by a women in order to be accepted there?**
- The FSBC which are affiliated to the network of FSBC have adopted a list of criterias, there are also criterias of exclusion.
- **Woman and Midwife carefully chose together the best environment.**

The development of the FSBC

- 1987: the first house was launched in Berlin 
- 1993: the third one was launched in Frankfurt, 
- 2005: there were 100 houses,
- 2009: 120 houses are offering facilities to give birth throughout Germany

Whose wishes for birth?

- The wish of **women**: they always had a tendency to get out of their home to give birth. Their basic need was privacy.
- They were offered huge departments of obstetrics, among anonymous white coat **health professionals**.

Why a free standing birth center?

- The basic needs of women during parturition
- Meets the needs of modern midwives.
- With the support of grass roots activists
- They introduced the concept of Geburtshaus (FSBC).

QUAG e.V. statistics

- The QUAG was founded by midwives in 1999. The aim of the association is
- to register and to document all out-of-hospital-births in Germany,
- to research quality of care and antenatal health outcomes.
- Data reporting is optional. 90% of all out-of-hospital-births are reported (home and FSBC)

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Midwives as best professionals

- The midwife provides care for a physiological birth and can identify the first signs of complication.
- Midwives profession is endangered because of high insurance fee (more than 4000€/year) as of June 1st 2010.

Petition to the Parliament

- May 5th 2010 an electronic petition to the Parliament has been launched in order to protest against the high insurance fee.
- May 8th, within 3 days already more than 50 000 signatures had been gathered.
- May 27th, 96.200

Health of the mother after out-of-hospital-birth


- QUAG-Statistics on 85.000 births
- Over 85% of all first time mothers experience neither episiotomy nor severe tear.
- The majority of women (13%) transferred to an hospital could give birth there without other problems.
- Nearly 100% of women would choose a FSBC for the next birth (high satisfaction).

Health of the new born after out-of-hospital-birth

- Indice Apgar : 99% of the new born babies show an Apgar of 7 and more after 5 minutes.
- What cannot be expressed in number is the satisfaction of the baby!
- What cannot be expressed in number is the amount of love hormones circulating in mother and child for long term health (physical and psychological)

Out of hospital birth is proved to be a good option

- The statistics are convincing.
- After 20 years of work finally the health insurance covers the expenses for the birth center (550€/birth) which is 4 time less than it should pay for an hospital birth without any problems!

- ***Work of the GfG*** 
- ***All these steps have been introduced and initiated by “lay people”***
- ***1980 GfG started to work as a grass roots movement, part of the feminist women’s health approach***
- ***Re-empower women and give them confidence into their capacity to birth their baby was our main aim.***

Work of GfG

- Now GfG is 30 years old, an organisation of professionals that spreads the knowledge about the physiology of birth and put the woman in the focus.
- After campaigns for the presence of fathers as the closest person to protect the mother in hospital (1970...), research is being done to evaluate the effects of his behaviours and fears on the birth process.



Activities

- Training for Childbirth educators
- Training for Family-supporters
- Training for Doulas

- The trainers offer then:
 - Classes for parents to be
 - Classes for young parents



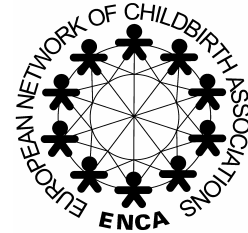
activities

- Work with the media and the specialised journals
- Meetings with midwives representatives and obstetricians
- Meetings with health insurance companies
- Participation at different levels with organisations committed to improve maternity care and motherhood conditions.



Activities of the GfG

- Conferences at national level
- Involvement into the launching of some of the FSBC (in the late 1980-90)
- Publication of books for the large public and articles in specialised journals. Publication of our Newsletter trimestrial
- GfG receives currently the support of the Ministry for Family affaires which co-finances the development of a new concept for family support introduced by GfG, with respect to the new evidences.



- GfG is the German partner of ENCA
- ENCA is represented throughout Europe from Portugal to Bulgaria.
- GfG/ENCA participates in spreading the knowledge on the relationships between birth and health,
- and thus the impact of birth on society as a whole.

New developments

- The so-called „midwives-lead-maternity ward“ inside the hospital. Up to now there are 10 such wards.
- A recent study shows that 17% of women in Germany would choose a birth out of hospital if they could find the right professional (midwife) in time.

German model / Bulgarian future

- We would like to inspire you
- We do not have THE solution
- We encourage by showing that the most utopian idea might get implemented
- You will find your way
- You need patience
- You will have strong opposition
- You will enjoy the smallest steps forward.

- Women need
your dedication

General data about 10,003 births originating out-of-hospital in 2005

- First time mothers 36.8%
- No particular problems in this pregnancy 89.9%
- Transfer during birth 13.7%

- Spontaneous birth 92.9%

- Preferred birthing position: Vertical
- Intact perineum after vaginal birth 54.2% of all first time mothers
- Third or fourth degree perineal tears 0.9%

General data about 10,003 births originating out-of-hospital in 2005

- C-section rate 5.0%
- No problem after birth 95.0% of all mothers
- Transfer after birth 1.6% of all mothers
- 5 minutes Apgar-score > 7, 99.4% of all live-births
- Morbidity (most frequently recorded):
Breathing problems 1,15% of all children
- Perinatal mortality 0.20% (= 2.0‰)