

The Reality of Giving Birth in The Netherlands

Ambulances in the street.....??





Group practice of midwives



10 – 12 checks during pregnancy



One midwife attends the birth



obstetrician = hospitalbirth



Verloskundige Indicatie Lijst

- o Agreement between midwives and obstetricians



Two Ultra Sounds



- 10 – 14 weeks
- 20 weeks

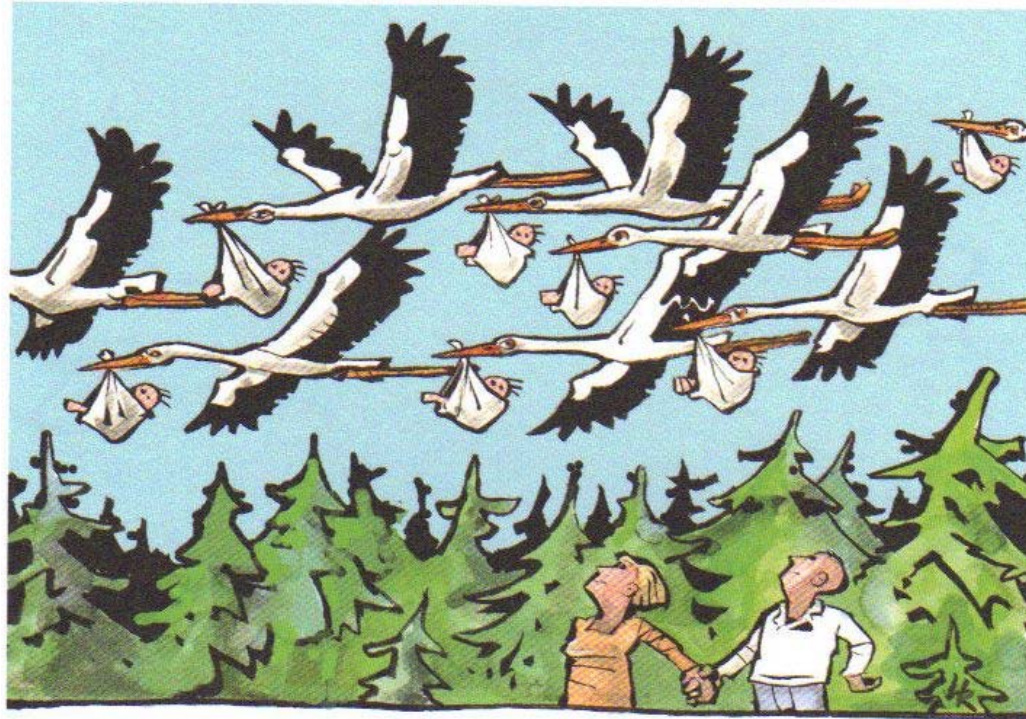




Choices for healthy mothers

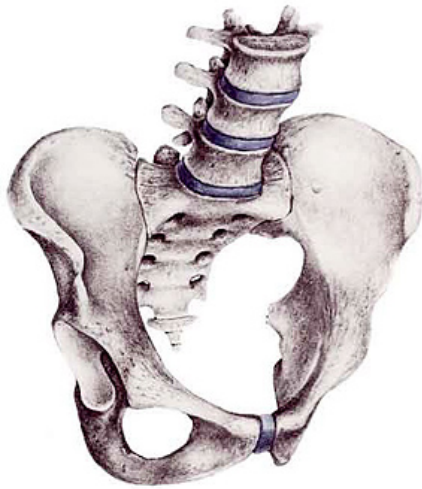
- Place to give birth
- Loved-ones nearby
- Painrelief (medical=hospital)
- Positions during labour
- Positions during second stage

No birds but birth



- 30% fly to bedrooms at home
- 70% fly to hospitalbeds

Dutch women are '*different*'??



o Perfect Pelvic by cycling ??



Ambulances stand by??



o Nonsense!!!



Traffic-jams in the Netherlands



Wonderspray ? ? ?



NONSENSE!!!

Transfer to Hospital:

- Together by own car
(midwife follows in her car)
- Midwife drives woman to hospital
(father follows in his car)
- Midwife calls for an ambulance
- Taxi ? NO!





Benefits of homebirth:

- No interventions (besides episotomie)
- No strange and hostiles micro-organisms
- Own bed and bathroom
- Own atmosphere

Homebirth safe = evidence based

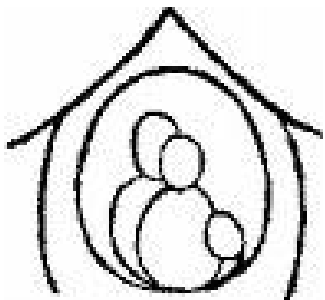
NRC  **HANDELSBLAD**

Thuis bevallen is net zo veilig

Blijkt uit onderzoek onder een half miljoen Nederlandse vrouwen

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**Thuis bevallen is even veilig als bevallen in het ziekenhuis,
blijkt uit een studie die vandaag verschijnt.
Maar de discussie over de verloskundige zorg blijft.**



Stop telling nonsense!!



REMEMBER!!!



High perinatal mortality rate reasons:

- High age of the women
(average 29)
- Many IVF (twins)
- Women of other ethnic minorities
- Many women smoke and drink
(lower class)

- **Homebirth is not a reason!!**



Multi disciplinair recomandations

- More information and support during pregnancy
- Better cooperation between doctors and midwives
- Extra support for low socials
- Continue support during labour
- 24 hours availability for medical care
- Care for 24-weeks premature

Homebirth is common in Holland

- Risk selection by midwives
- Distance to hospital not far
- Ambulance to hospital max. 15 min.
- Homenurse assists midwife
- Dutch tradition
- Natural event



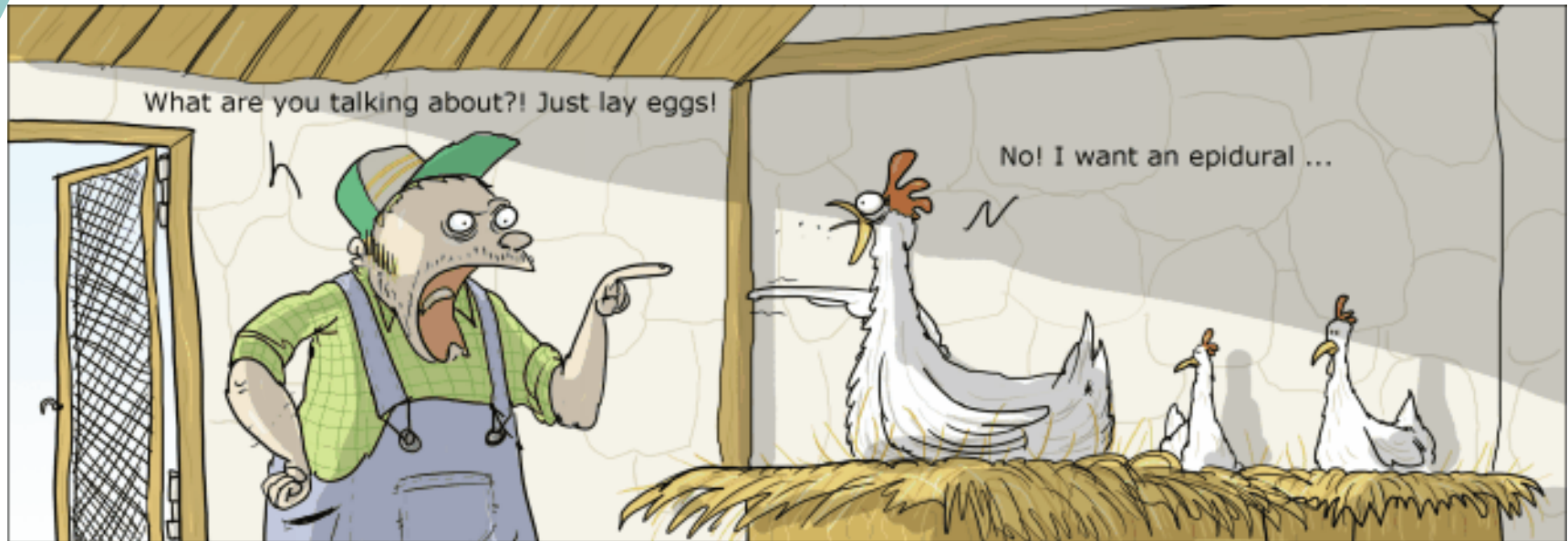
Replaced homebirth



Not at home in the Netherlands:



Epidural protocol since dec. 2008





Alternative pain relief

- Massage
- Encouraging
- Moving
- Relaxation
- Breathing
- Positions
- Visualisation
- Doula
- Partner
- Atmosphere
- Aromatherapie
- Hydrotherapie
- Warm and cold
- Bath-shower
- Etc!

Peacefull and Cozy



photo:
Alternatal
Koós Tamás

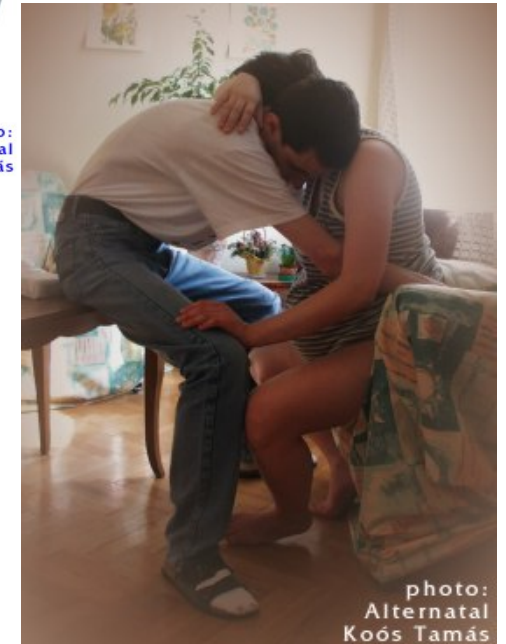


photo:
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Home Birth



Homebirth

We Keep It!

