The positive effect of Hynobirthing in the Coombe

A Presentation by Kathy Cleere, RM
About me

- Qualified as a Cuidiu Antenatal Teacher in 2000
- Infant Massage Instructor 2001
- Pregnancy Yoga Instructor 2004
- Midwife 2010
Background

- There is increasing interest in alternative methods of pain-relief for labour and birth.
- These include pregnancy yoga, hypnobirth, hydrotherapy and water birth.
- There is some evidence hypnobirth can reduce intervention and lead to positive birth outcomes (Smith et al, 2006)
Background

- In 2014, the first Irish Hypnobirth training for midwives was held in Dublin, arranged by the Centre for Midwifery Education.
- Funding from NMPD Dublin-Mid Leinster enabled midwives from 3 Dublin maternity hospitals to undertake this training.
Hypnosis: Definition

- An artificially induced trance state, resembling sleep, characterized by heightened susceptibility to suggestion.
- Can be induced by someone else or self-induced.
An altered state of awareness
History

- James Braid
- The ‘father of modern hypnotism’
- 1795-1860
- Proposed hypnosis theory rather than controlling someone
- Eye focus/concentration
History

- Dr. Grantly Dick-Read
- Pioneer of natural childbirth
- Made the link between fear/tension/pain
- Childbirth without Fear
Hypnotherapy

- Uses the power of the unconscious mind to make changes to thoughts and/or behaviours

- Traditionally has been used for smoking cessation and weight loss
The mind
So why hypnobirth?

- **FEAR**
  - ‘not getting to hospital in time’
  - ‘afraid of serious complications’
  - ‘me or the baby dying during delivery’
  - ‘afraid of ending up with a c’section’
  - ‘terrified of the pain’ (it wasn’t as bad as I expected)

- Source: www.babycenter.com
Hypnobirthing

- Hypnobirthing is the use of hypnosis and positive thinking techniques to promote childbirth as a natural bodily function.

- This enables birthing women and those around them to have a positive experience ... no matter what the circumstances.
To facilitate hypnosis, focus the attention using the senses.
So a class would include

- Information on labour and birth
- Relaxation and breathing techniques
- Hypnosis/deep relaxation in each session to give positive messages
Fear-tension-pain cycle

- **FEAR**
  - Fight or Flight (automatic adrenaline release)
  - Decreased oxytocin/endorphins
  - Decreased blood flow to uterine muscles
- Tension
- Pain
Confidence, Calmness, Control

- Relaxation reflex
- Increased oxytocin and endorphins
- Decreased adrenaline
- Energy to uterus
- Muscle fibres relax and move
- Easy and gentle birth
What do women need to do?

- Practice
- Practice
- Practice!

- Partners included – script reading, massage, positive affirmations
Language

- ‘Contraction’
- Hard word
- Medical jargon
- Tight, associated with PAIN
Hypnobirthing uses the power of positive language

- Surges
- ... positive energy
- You may feel ...
- You may wish to ...
- Your body is strong and powerful
- Childbirth is normal
How can midwives help a hypnobirthing couple?

- Watch your language
- Don’t fill the room with ‘chatter’
- Quiet peaceful environment
- Close the door
- Turn down the lighting
- Facilitate movement/birth balls etc.
- Quietly observe
Outcomes

- Women are very positive after using hypnobirth in labour/birth
- No significant reduction in epidural rate
- High satisfaction amongst women postnatally, even after caesarean birth.
Case study

- First time mother, low risk
- T + 7 Spontaneous labour, wanted waterbirth
- Non reassuring auscultation - CTG commenced on admission (3 cms)
- Non-reassuring CTG – ARM – Mec II
- Epidural at 5cms
- SVD 4kg girl
How did hypnobirth help?

“Even though my labour didn't go as I wanted it to or had planned, I still managed to use some of the tools from my hypnobirthing sessions to give me comfort through my labour.

Hypnobirthing helped to make me feel calm & remain focused throughout.”
Current classes

- Classes commenced in Coombe March 2015
- Rotunda - 4 week course
- National Maternity hospital - no separate hypnobirth classes but incorporated into antenatal classes
Further training

- Second training was held in February 2015
- November 2015 training fully booked
The future

- Further trainings to include midwives on a national level
- Promote birth as a normal life event
Thank you

- With thanks to Centre for Midwifery Education & NMPD Dublin-Mid Leinster
- Next midwives training 2016
- For information please email kcleere@tcd.ie