

Centering Births Childbirth Education

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What?

Centering Births Childbirth Education was created with the intention to share accessible childbirth education to underserved populations.

Brief 25-minute sessions on essential topics:

- 1. Medical Terminology and Stages of Labor
- 2. Comfort Measures: Moving Beyond Medicine
- 3. Emotional Readiness

Weekly opportunity to receive education.

Providing community-based resource lists: local lactation consultants, local pelvic floor therapists, and online based support groups.



ACKNOWLEDGEMENTS

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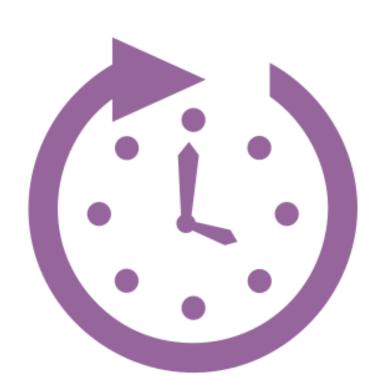
So What?

Childbirth education engagement is overall low but especially for women of color where only 53% Hispanic, 58% Black, and 61% White nulliparous women will take a childbirth education class.

Currently there is only 1 public offering of childbirth education in Greenville, North Carolina and it is via ECU Health Main Hospital at a cost of \$75.

Childbirth education can support ACOG recommendations.

ACOG Recommendation: Admission to labor and delivery being delayed in the latent phase.
Childbirth Education: Provide comfort measures that can be used in a variety of settings.



The average length of early labor is **6-12 hours** for first-time parents (early labor is usually shorter for experienced moms).²

It may even last 24 hours or more, which can be perfectly normal



REFERENCES

https://evidencebasedbirth.com/racial-disparities-child-birth/

https://www.lamaze.org/portals/0/docs/infographics/LI 316350-18 EarlyLabor Infographic FINAL.pdf

Now What?

The childbirth education sessions would be 25 minutes with an interactive activity completed in the clinical space.

Location: A patient centered location; stationed in the Family Medicine conference room that birthing persons and partners can attend.

Goals:

- 1. Provide fundamental knowledge to promote readiness and confidence.
- 2. Bridging the gaps between conversations with health care workers and birthing persons by providing tools of learning.
- 3. Minimize barriers to access of childbirth education specifically targeting cost and transportation.

Assessed by a satisfaction and review survey and receiving handouts that further support their education.

