

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.

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.

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.



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



ACKNOWLEDGEMENTS

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REFERENCES

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

https://www.lamaze.org/portals/0/docs/infographics/LI_316350-18_EarlyLabor_Infographic_FINAL.pdf

Positions & Movements to Use During Labor

Prelabor, non-progressing contractions (not getting stronger & closer together over time):

1. Maintain normal activities for time of day
2. Walking, slow dancing, distraction, relaxation
3. Shower
4. Pelvic rock on hands & knees
5. Birth Ball/swaying
6. If back pain, use open-knee chest*



Progressing Contractions: can't walk or talk through them without pausing at the peak:

1. Use planned ritual during contractions -- relax, breathe, focus
2. Rhythmic breathing (slow or light)
3. Slow dance with rhythmic breathing
4. Walk/climb stairs
5. Rest on side, semi-reclining, semi-prone
6. Squatting, with or without support
7. Hand/foot massage
8. Criss-cross massage
9. Stroking w/massager

