



# Birth Planning



First baby - Over 37 weeks, baby's head down, spontaneous labour (Robson Group 1)

## PLANNED BIRTH IN BIRTH CENTRE (244 women)

Chance of transfer in labour = 34%



# 80% *Vaginal Birth*

16% FORCEPS/VENTOUSE

5% CAESAREAN

## PLANNED BIRTH AT HOME (16 women)

Chance of transfer in labour = 44%



# 75% *Vaginal Birth*

6% FORCEPS/VENTOUSE

19% CAESAREAN

## PLANNED BIRTH IN HOSPITAL (818 women)



# 52% *Vaginal Birth*

28% FORCEPS/VENTOUSE

20% CAESAREAN

**OVER 99% OF BABIES BORN IN THE BIRTH CENTRE, HOME OR IN HOSPITAL ARE BORN IN GOOD CONDITION**

## Birth choices: improving birth experience and achieving best outcomes

- Using a birth pool
- Position and mobility in labour
- Monitoring in labour
- Hypnobirthing
- Complementary therapies (aromatherapy, massage, acupuncture)
- Pain relief

### Minimising perineal trauma

- Antenatal perineal massage
- Warm perineal compress for 'pushing stage' of labour.

### Skin to skin contact at birth

**Please discuss your options with your midwife or doctor**

Further information available on our website:  
<https://www.mtw.nhs.uk/service/maternity>

Created by MTW Maternity Services 2024 for Kent and Medway Local Maternity Neonatal System





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### Place of birth – discussion points:

- 1** Data from the Birth Place Study \* (which studied 64,000 'low risk' women demonstrated good outcomes for babies in all birth settings. In a Birth Centre and hospital 99.5% of babies are born in good condition. For first time mothers having a homebirth 99.1% are born in good condition
- 2** Figures displayed on the infographic relate to MTW recent data. It is important to remember that the characteristics of women who birth in hospital are not quite the same as those who birth in the Birth Centre or home (for example they would include women who have meconium stained liquor or prolonged ruptured membranes, which would be not be recommended for a birth that is out of hospital).  
  
Data from the Birth Place Study\* (which studied 64,000 'low risk' women), controlled for these differences. It demonstrated that giving birth in a birth centre or at home is just as safe for the baby as being born in hospital. It also shows the chance of needing a caesarean or other medical intervention is much lower (Giving birth in a Birth Centre approximately halves the rate of a caesarean compared to hospital ). This applies even if the mother transfers from the Birth Centre to a hospital in labour.
- 3** If a problem occurs during labour, it may be necessary for a woman to be transferred to hospital by ambulance accompanied by a midwife. The most common reasons for transfer are slow progress in labour, or detection of meconium stained liquor. Approximately 34% of women in their first pregnancy who plan to give birth at the Birth Centre will require transfer in labour.

***We suggest that women go to visit one of the Birth Centres before making their decision where to give birth, so they can view the lovely facilities themselves, including birth pools, facilities for partners to stay and opportunity to use various complementary therapies.***

- 4** Please make sure there is a discussion around coping strategies and choices about pain relief that may improve the birth experience or clinical outcomes. See Section 2 for evidence-based information.

Ensure women planning to give birth in the Birth Centre (or at home) understand that an epidural that an epidural is only available in hospital.

- 5** This QR code can be scanned to give first time Mums the relevant Birth Choices Infographic.



\*Hollowell J et al. The Birthplace national prospective cohort study: perinatal and maternal outcomes planned place of birth. Birthplace in England research programme. Final report part 4. NIHR Service Delivery and Organisation programme; 2011.

