

KNOW AND ACT

Midwife and public health nurse in maternity care

Childbirth and the postnatal period

The goal of delivery care is to secure the best possible health for the parturient and the newborn and to enable a holistic and empowering delivery experience to the family.

Good delivery care has been selected as one of the priority areas of the Action programme for the promotion of sexual and reproductive health 2014–2020.

Antenatal classes

- Use evidence-based and regionally up-to-date information, client-oriented and participatory approaches and peer support, for example delivery support person activities in antenatal classes.
- Guide and support the mother-to-be in breastfeeding and caring for the newborn as well as in early interaction already during pregnancy.
- You should particularly support the breastfeeding of young women with little education and single mothers.
- Develop cooperation with those providing peer support.
- Give instructions for self-care at the latent stage so that the parturients with no particular risk factors related to pregnancy or delivery can manage the latent stage with the help of a support person at home and the staff of the delivery ward by telephone.
- Take into account the distance between the client's home and the hospital when providing guidance related to going to hospital to give birth.

Birth plan

- Prepare the birth plan together with the pregnant mother in primary or specialised health care.
- Report this in order to secure continuity.

After birth

- Offer an opportunity for all families with a newborn to participate in a postnatal discussion.
- Give an opportunity for mothers with a traumatic delivery to participate in a new discussion 4–6 weeks after giving birth in the delivery hospital and offer additional support if needed.



Did you know that...

- The average age of parturients has increased.
- The share of immigrants among parturients has increased.
- More parturients are overweight.
- 16 per cent smoke during pregnancy.
- Long term illnesses of parturients have become increasingly common.
- Deliveries have been focused to increasingly large units and small delivery hospitals have been closed down.
- The number of unplanned deliveries outside hospitals has increased.
- Vacuum extraction has become more common.
- The use of epidural anaesthesia has become more common.
- The number of episiotomies has decreased.





Shorter inpatient care periods and early discharge

- Follow the recommendations for early postnatal discharge and home deliveries given by maternity care guidelines (2013).
- Offer an early home visit or a possibility for visiting the hospital for a midwife's or doctor's consultation for those discharged early. During postnatal visits, discuss the course of the delivery, the mother's birth experience, the condition and healing of the mother, the condition of the newborn, the social network of the family unit and possible need for breastfeeding support and additional help.
- Guide the family to monitoring and early recognition of the condition of the newborn and the risks related to postnatal recovery.

Postnatal examination and contraception

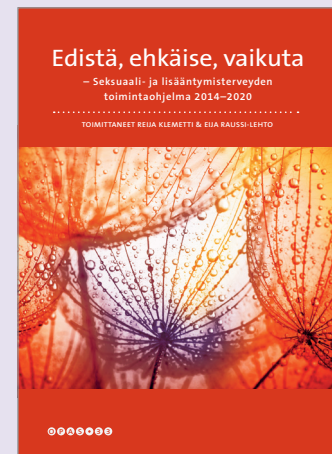
Use the postnatal examination to determine the overall situation of the mother and possible injuries caused by childbirth. Take into account:

- the physical condition of the mother
- the mental status of the mother
- the psychosocial situation of the family

When necessary, support the family by providing individual

- counselling promoting the coping of the family
- contraception counselling
- intimate relationships and sexual counselling.

Further information



Promote, prevent, influence – action programme for the promotion of sexual and reproductive health 2014–2020.

Reija Klemetti, Eija Raussi-Lehto (ed.). National Institute for Health and Welfare. Guide 33/2014

The priority areas of the action programme include children and adolescents, supporting the resources of parturients, multiculturalism and men's sexual and reproductive health.

www.thl.fi/kirjakauppa

Know and Act cards on many different topics have been prepared for professionals. Read more:

www.thl.fi/topics >
Sexual and reproductive health

www.thl.fi/seliverkostokirje

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