

## Child Birth: Normal Physiological Process or an Illness



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### Introduction

Child birth is a natural process, existed from the time human being originated in this world. In the past, the childbirth happened at home. The family members and the traditional birth attenders conducted the delivery. In 20th century the childbirth moved to the hospital setting.

In the hospital, the medical procedures and routines are given more importance. Of course, these procedures are essential for the reduction of maternal and perinatal morbidity & mortality. *The issue is that in many occasions, those procedures are not done for the needs of the patients but done for the sake of Institution Policy.* Ultimately, the pregnant women are made to feel as a patient and not as a client undergoing normal physiological process.

Modern medical facilities are essential for the safe delivery and welfare of the mother and newborn, but not for making the childbirth into a disease. Invention in technology, should be useful, simple, economic and efficient.

### Challenges to Nurses:

- ✚ Create awareness among the public & health professionals that childbirth is a natural physiological process
- ✚ Caution them about possible complications without threatening them
- ✚ Midwife run clinics have proved efficient and economic. This approach of MCH care needs to be supported & strengthened
- ✚ Fear of labour & delivery needs to be eliminated and mothers should be prepared to face it with confidence.
- ✚ Implementation of birth companion in all public care facilities
- ✚ Treating the mother in labour with Dignity
- ✚ Conducting researches to find *economic and efficient ways* of managing normal delivery

***Women have a right to Safe Motherhood: And that is our duty!***