A close-up photograph of a woman with blonde hair looking at a sleeping newborn baby. The woman is on the left, and the baby is on the right. The baby is wearing a white long-sleeved shirt. The image is framed by a white dotted circle. A pink horizontal line is positioned above and below the text box on the right.

Module 12

How Do You Want To Give Birth? It's Your Decision.



Most Mothers Don't Have Enough Information About VBAC

- Most mothers tend to choose a repeat cesarean or a VBAC based on their provider's preference.¹
- A recent U.S. survey of expectant mothers with a prior cesarean found that in prenatal discussions with their care provider about their birth options, 88% of the providers expressed an opinion in favor of a repeat cesarean.²

1. Bernstein, S.N., Matalon-Grazi, S. & Rosen, B. N. (2012). Trial of labor versus repeat cesarean: are patients making an informed decision? *American Journal of Obstetrics & Gynecology*, 207(3), 204.e1-204.e Retrieved from <http://www.ajog.org/article/S0002-9378%2812%2900711-9/fulltext>

2. Declercq, E.R., Sakala, C., Corry, M.P., Applebaum, S. & Herrlich, A. (2013). *Listening to mothers III: Pregnancy and birth*. New York ,NY: Childbirth Connection. Retrieved from <http://www.childbirthconnection.org/article.asp?ClickedLink=334&ck=10068&area=27>





U.S. healthcare directives protect your right to make **your own decision.**



NATIONAL QUALITY STRATEGY

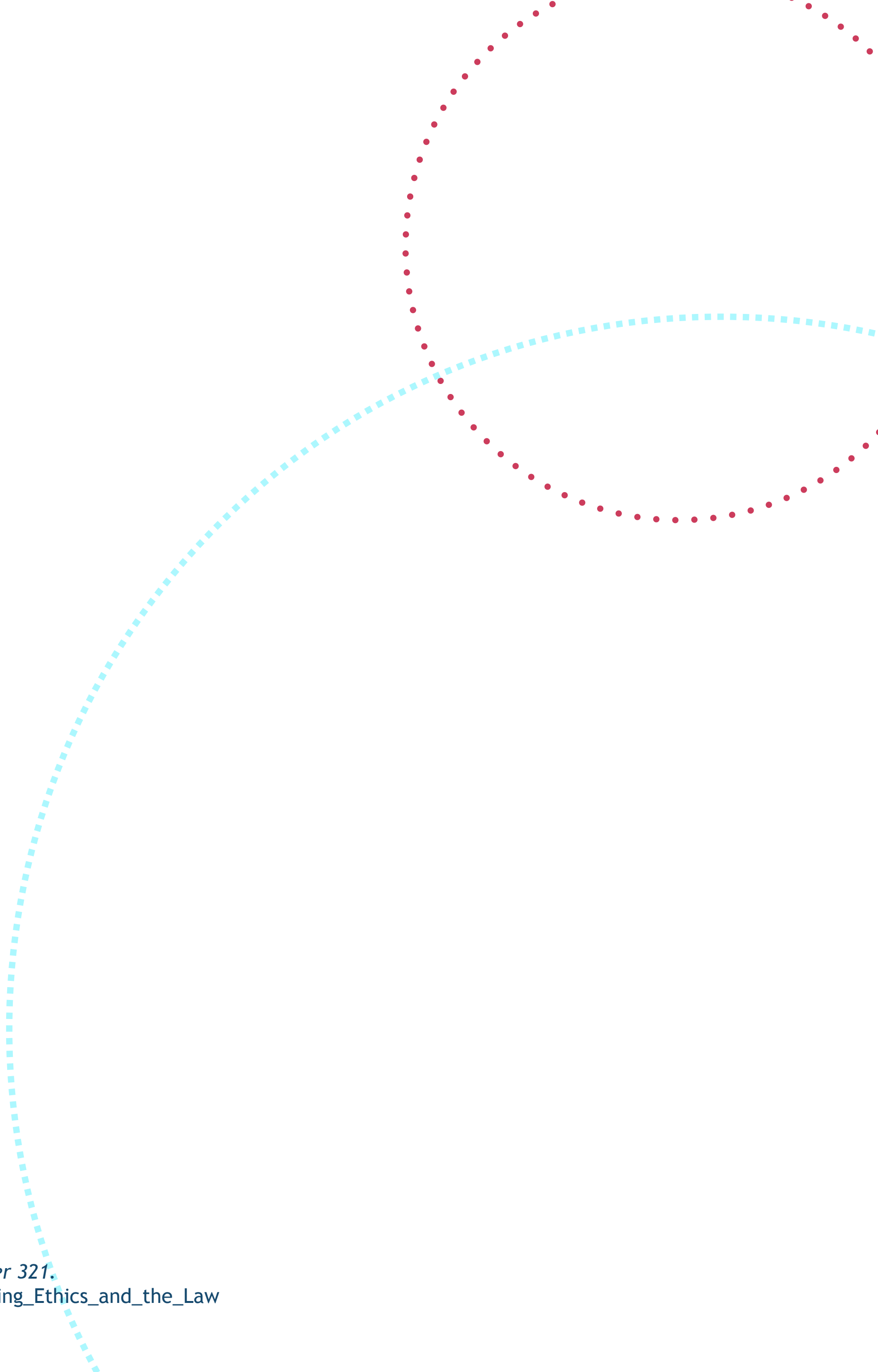
Better Care. Affordable Care.
Healthy People/Healthy Communities.

A national
healthcare priority
is to ensure that
each person and
family members are
engaged as partners
in their care.

U.S. Department of Health and Human Services, National Quality Strategy.
Retrieved from, <http://www.ahrq.gov/workingforquality/index.html>



It's Your Decision

- Discuss your birth options with your care provider. Listen to his/her recommendations then, with your partner, make the decision that is best for you.
 - The decision to have a repeat cesarean or labor for a VBAC is yours and should be respected.
 - No provider should frighten or coerce you into having a repeat cesarean.
- 



Learn all you can to make
an **informed decision.**



What You Should Expect from Your Care Provider

- During your pregnancy you should have several discussions about the benefits and risks of VBAC and repeat cesarean.
- Ask your caregiver about his/her VBAC rate, repeat cesarean rate, and VBAC success rate.
- Discuss your personal medical condition with regard to VBAC and repeat cesarean. You may need to review your operative record (the surgery).
- You should have time enough to express what you want for your birth and time to ask all the questions you need.
- You should have time to discuss what hospital preparations are in place to respond to an obstetric emergency including a uterine rupture.

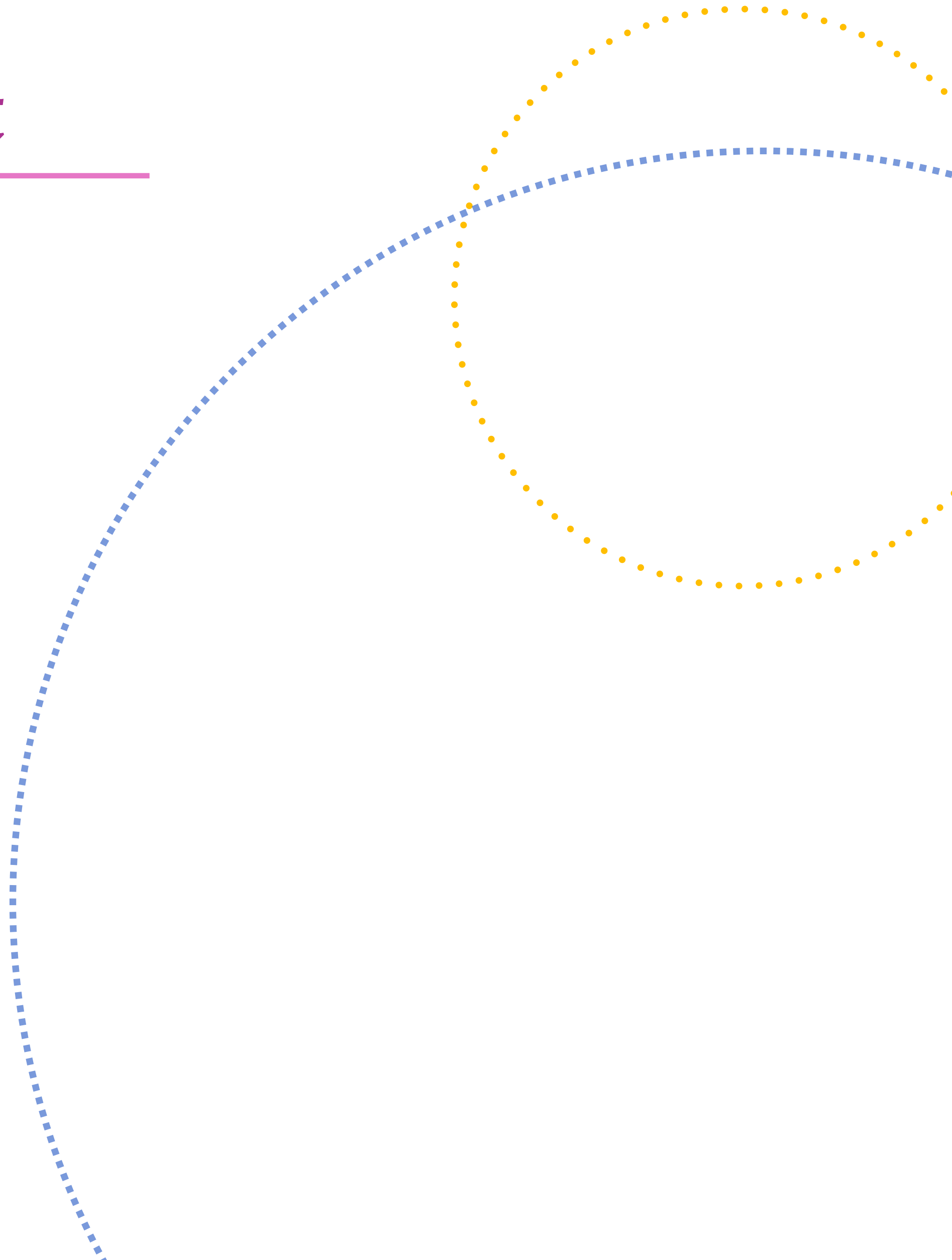
Care providers have an **obligation to share information with you about your care.**





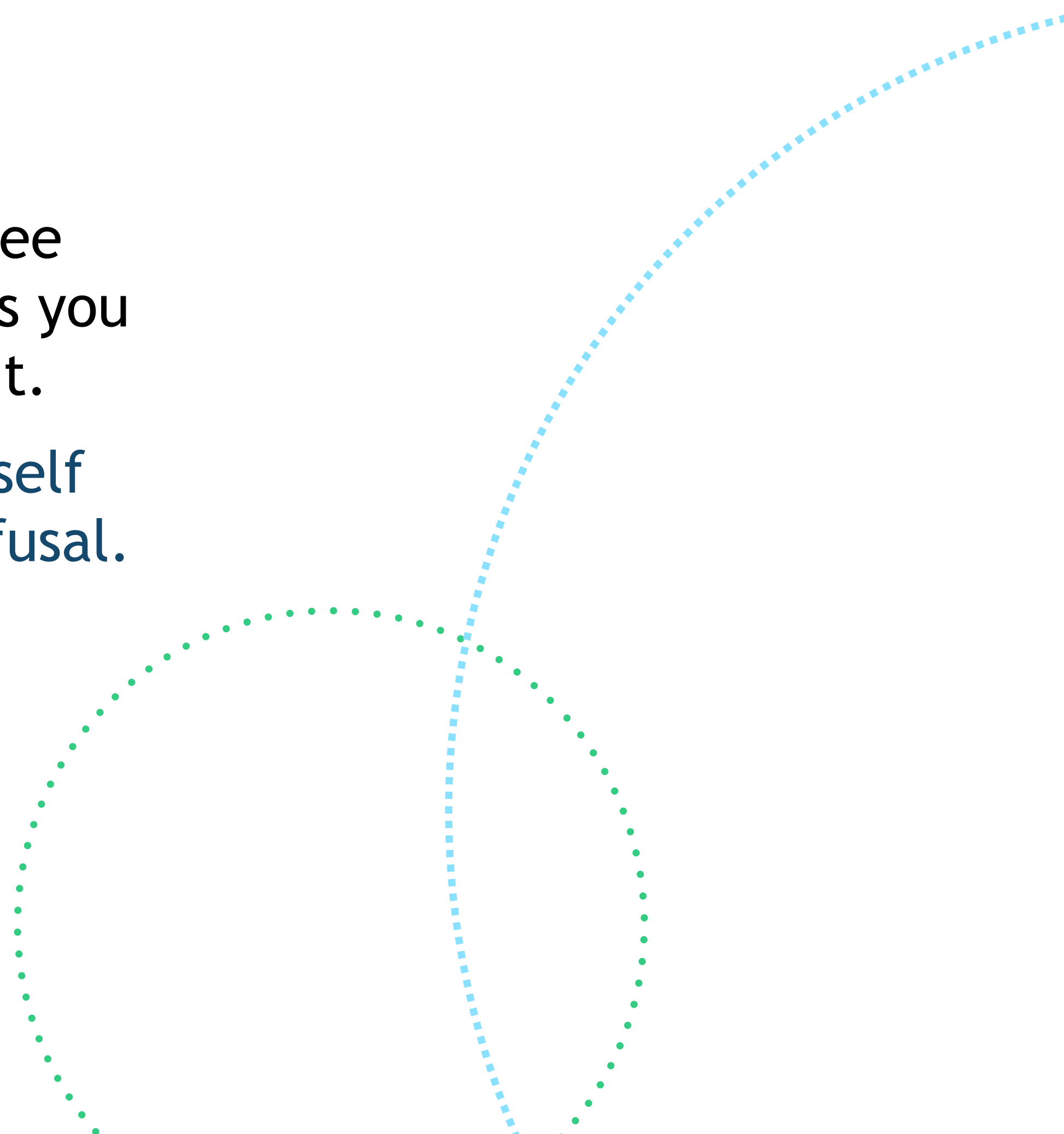
Obtaining Your Informed Consent is a Legal and Ethical Requirement

It is your right to participate in all decisions regarding your health and the health of your baby.



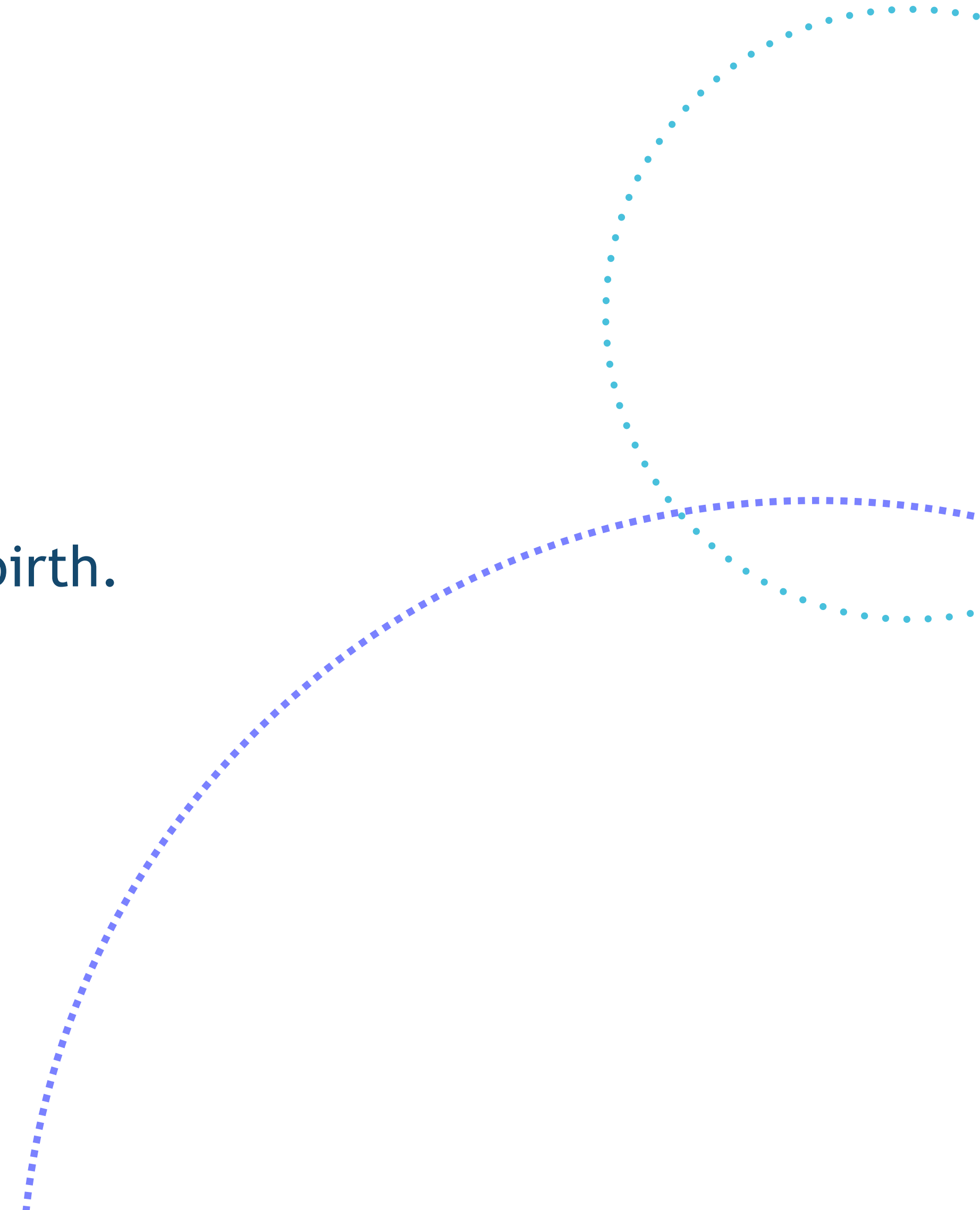



Informed Consent and Informed Refusal

- You are the one who decides what is acceptable to you and what is not.
 - If after receiving the information you need, you agree with your care provider's recommendation, it means you consent. If you don't agree, then you do not consent.
 - You have the right to refuse any treatment for yourself or your baby. This is called the right of informed refusal.
- 



Your Rights

- You have the right to accept or refuse any drug, or procedure recommended for you or your baby.
 - You have the right to move freely and change positions during labor and birth.
 - You have the right to have family, friends, and professional emotional support (doula) for labor and birth.
- 



The American College of
Obstetricians and
Gynecologists (ACOG)
respects patient autonomy.



The American College of Obstetricians and Gynecologists (ACOG) Respects Patient Autonomy

- ACOG hospital guidelines recommend that an emergency cesarean be “immediately available” when women labor for a VBAC.
- When an emergency cesarean is not “immediately available” at the hospital covered by your health plan, ACOG recommends that your care provider discuss with you the resources and the availability of an obstetrician, anesthesia, operating room staff and pediatrician.

The American College of Obstetricians and Gynecologists (ACOG) Respects Patient Autonomy

- When you have that information, it is your responsibility and your right to assume those risks if you want to labor for a VBAC at a hospital that does not meet current guidelines.
- Some hospitals will ask the mother to sign a form (Refusal of Repeat Cesarean) acknowledging that she is aware of these limitations before being admitted to the labor and delivery unit.



American College of Obstetrics and Gynecology. (August 2010). *Vaginal birth after previous cesarean delivery. Practice Bulletin Number 115.*
Retrieved from <http://www.acog.org/Search?Keyword=Vginal+birth+after+previous+cesarean>

Photo- Shutterstock



The American College of Obstetricians and Gynecologists (ACOG) **Respects Patient Autonomy**

ACOG recommends that if your caregiver or hospital choose not to provide you **care for a VBAC** they should refer you to a facility that does, not just limit you to having a non-medically necessary repeat cesarean.



ACOG's Controversial Guidelines

The National Institutes of Health is concerned that ACOG's recommendation that an emergency cesarean be "immediately available" for VBAC is based on fear of malpractice rather than evidence and the current guidelines discourage hospitals from caring for women who want to labor after a prior cesarean.

Making a Decision May Be Difficult

- Mothers want what is safest for the baby.
- For some, it means scheduling a repeat cesarean, for many it's laboring for a VBAC.
- Given the same information about benefits and risks, mothers can make totally different choices.



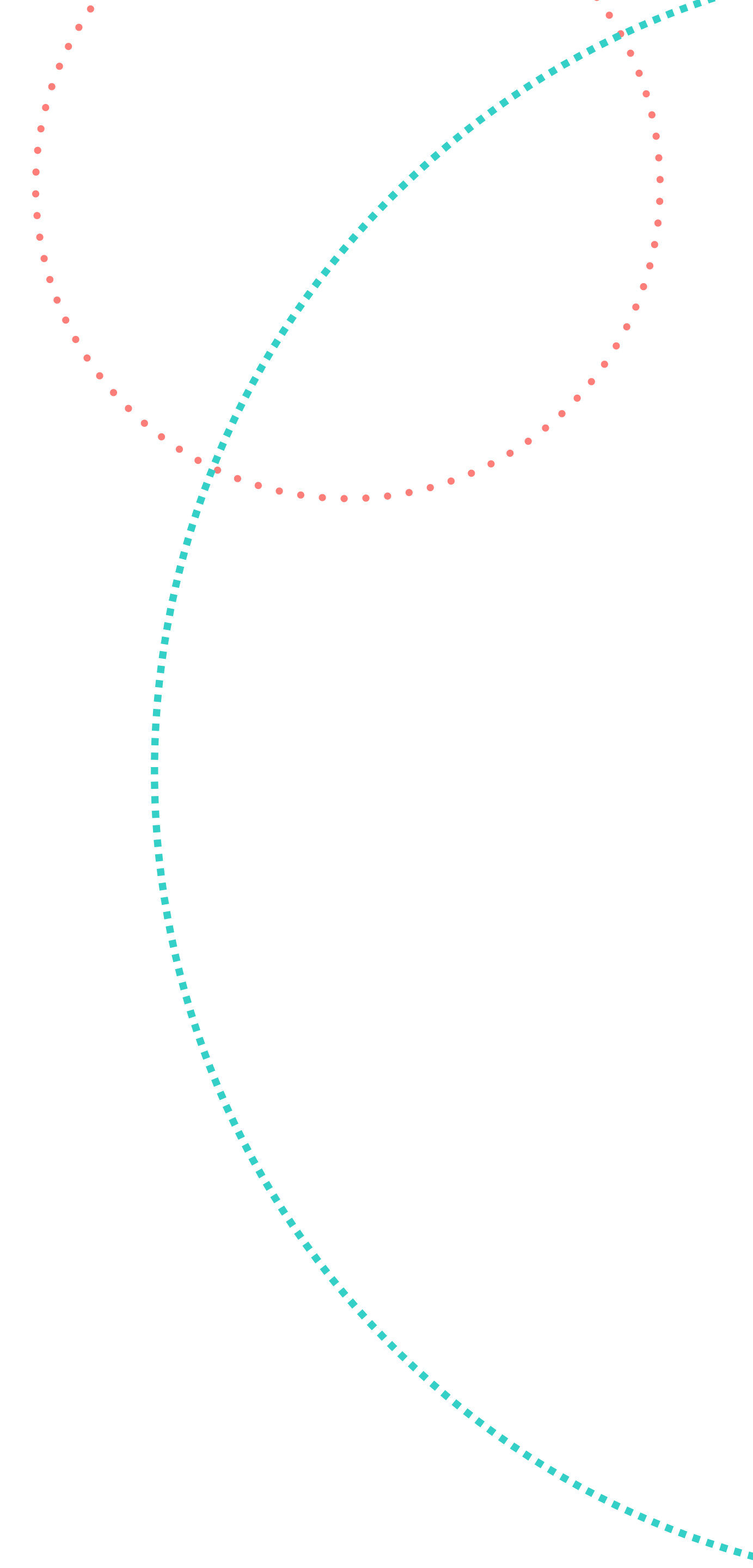
A VBAC or a Repeat Cesarean? **It's Your Decision**

Each woman is unique and has a **right to decide for herself** how she wants to give birth based on the best evidence, her prior birth experience, the medical care and support available to her, and what is best for her and her family.





Key Points to Review

- Being pregnant does not change your basic legal rights.
 - Mothers are the key decision makers during pregnancy and birth. The mother decides what she wants for herself and her baby.
 - A mother can accept or refuse any advice, drug, treatment or medical procedure offered to her, even if it may endanger the health of her baby.
 - All caregivers are required by law to give mothers the benefits and risks of drugs, treatments, and medical procedures so they can make their own informed decision.
- 

Checklist for Parents

- Prenatal visits give you the opportunity to have a frank discussion with your caregiver about your concerns and how you will be cared for.
- Ask your caregiver about your rights to informed consent and informed refusal.



Start a **conversation** with your caregiver and ask questions to get the information you need.





Resources for Parents

- ◎ **American Hospital Association**
Patient Care Partnership
 - ◎ **Birthrights**
Protecting Human Rights in
Childbirth
 - ◎ **Birth Rights Bar Association**
 - ◎ **Childbirth Connection**
The Rights of Childbearing Women
 - ◎ **Choices in Childbirth**
Know Your Legal Rights
 - ◎ **Human Rights in Childbirth**
Universal Rights
 - ◎ **Informed Medical
Decisions Foundation**
Making a Shared Decision
With Your Provider
 - ◎ **Lamaze International**
Legal Rights and Protection
for VBAC: Issues from the
NIH Consensus Conference
 - ◎ **Medline Plus**
Patient Rights
- 