

Powerful Mamas® Natural Birth Course

****Focus Guide Series****

Lesson 1: Why Study Normal, Natural Birth?

Natural birth can mean...

- A. A vaginal birth with pain medications.
- B. An induced birth with no pain medications.
- C. A spontaneous vaginal delivery with no pain medications.
- D. Any of the above, depending on who you ask!

Why is the cultural perception that childbirth is dangerous so pervasive?

What is evidence-based information?

Describe the role of “consensus and expert opinion” in setting maternity care policy.

- A. Consensus and expert opinion is always evidence-based.
- B. Consensus and expert opinion is sometimes used to set policy recommendations within professional organizations instead of using good quality studies.
- C. Consensus and expert opinion is the best source when determining evidence-based care.

List below two high quality sources for evidence-based pregnancy and birth-related information.

Explain the relationship between method of birth and fees charged.

Name a few of the reasons for the overuse of high-tech and invasive interventions in healthy, low-risk pregnant women.

- A. Profit, liability, and convenience for providers, hospitals and staff.
- B. Birth is dangerous for the majority of women and using these interventions will “save” them.