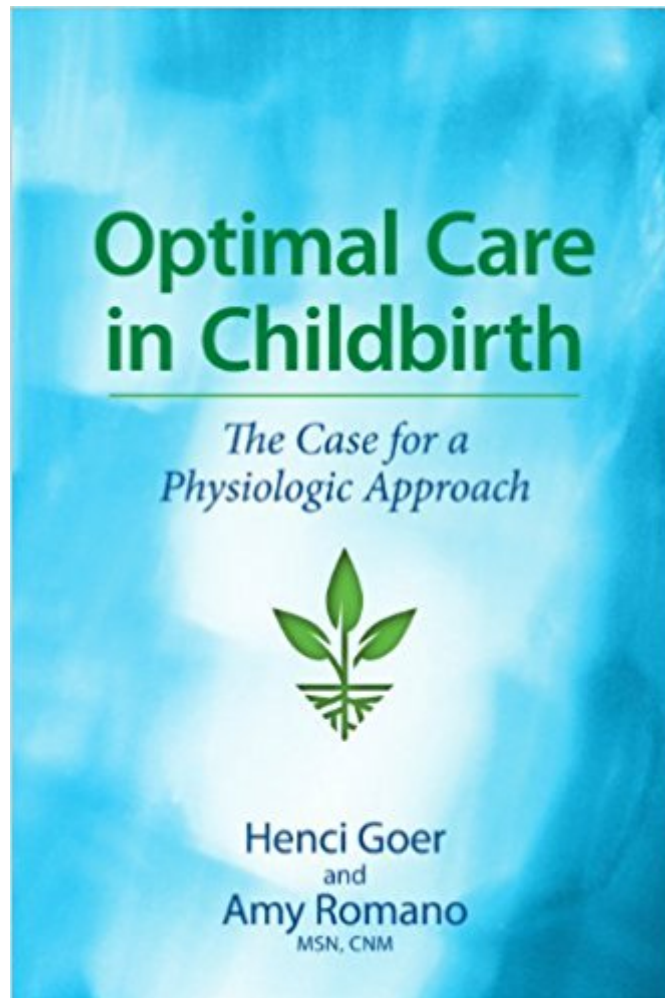




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# Optimal Care In Childbirth The Case For A Physiologic Approach



## Synopsis

What practices and policies best promote safe, healthy, satisfying labor and birth? What harms do routine or frequent use of tests, procedures, and restrictions introduce? What nonmedical factors drive the current maternity care system? Meticulously documented, *Optimal Care in Childbirth: The Case for a Physiologic Approach* pulls back the curtain on medical-model management of childbirth.

"This should be a text book for everyone in maternity care!" - Penny Simkin, Co-author of the *Labor Progress Handbook*. "This long awaited book is a marvel. It is a 'must have' resource not just for childbirth educators, nurses, obstetricians, and women, but for hospital administrators, insurance companies, and policy makers." - Judith Lothian, PhD, RN "Goer & Romano have given the maternity care community a gift in their robust examination and synthesis of the evidence supporting best ways to achieve optimal, physiologic birth for women and infants." - Holly Powell Kennedy, PhD, CNM, Varney Professor of Midwifery, Yale School of Nursing "Optimal Care in Childbirth is a long overdue and very important contribution that will lead to a more safe, sane, and satisfying pregnancy care system." - Steve Calvin, MD, MFM, Co-chair, Human Rights and Health Program, University of Minnesota School of Public Health

## Book Information

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## Customer Reviews

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Labor Progress Handbook. "This long awaited book is a marvel. It is a 'must have' resource not just for childbirth educators, nurses, obstetricians, and women, but for hospital administrators, insurance companies, and policy makers." - Judith Lothian, PhD, RN "Goer & Romano have given the maternity care community a gift in their robust examination and synthesis of the evidence supporting best ways to achieve optimal, physiologic birth for women and infants." - Holly Powell Kennedy, PhD, CNM, Varney Professor of Midwifery, Yale School of Nursing "Optimal Care in Childbirth is a long overdue and very important contribution that will lead to a more safe, sane, and satisfying pregnancy care system." - Steve Calvin, MD, MFM, Co-chair, Human Rights and Health Program, University of Minnesota School of Public Health

Henci Goer is wonderful at putting the scientific evidence into perspective. Love this book.

Textbook for next term starting in 6 weeks, I started reading it and cannot put it down! I am highlighting away! I am very excited for my class and to keep reading this book! Great read!

I appreciate that the authors did all of the footwork for us to provide a lot of current information that is "evidence-based" & backed up by reputable resources for us to share with "families in formation"! It is definitely time for people to take a good, long look at the physiologic approach to birth that this book emphasizes! I wish it could be required reading for all who work with birthing families! Kathy Noble

fast delivery...very interesting book

Brilliant - easy to find relevant topics and follow through in chunks or simply read the parts you want! Well done to 2 experienced authors with widespread knowledge of physiological birth. This is as good or better than Enkin! Will be another birthing bible for me...

I've waited a long time for this book. I promote and support best-evidence maternity and post partum care, and access to evidence and analysis is hugely important. I have seen both authors speak, profited from every word, and my clients got the benefit. Now that "Optimal Care in Childbirth" is available, I urge both caregivers of all stripes and mothers-to-be to get a copy. It's a plain joy to read, in that the writing is crystalline, energetic and is imbued with an obvious pleasure the writers had with this project, a pleasure that communicates itself to the reader. The book has a

humanity in its tone that is difficult to describe. The information is beautifully organized; each and every chapter addresses an area critical to the health and safety of mothers and their babies, and progresses to useful conclusions. Maternal mortality is still on the rise in the US and that tells us that we aren't doing enough things right. Read this book and understand why and how to improve maternity care. It's just great!

Great

The authors of Optimal Care in Childbirth sent me this book as a gift, and they did not ask for me to write a review in return. However, after reading it, I feel compelled to share my thoughts on this exceptionally well-written book. The purpose of this book is to provide a solid evidence base for optimal childbirth. Optimal childbirth means achieving the best possible birth outcomes for moms and babies, while providing care that uses the least amount of medical intervention possible and also takes into consideration each woman's unique situation and values. This book is so well-written and meticulously referenced that it's like owning an encyclopedia on the evidence for normal childbirth. You can search through the whole internet (believe me, I have!) and you will not find another source about birth evidence that is more comprehensive than this book. The authors did an incredible amount of work to bring all of the evidence together, and the book is just chock-full of mind-blowing statistics. For bloggers and Facebook users (such as myself), this book would give you plenty of fodder for memes. The statistics and quotes in this book are just that good! One of the things that I noticed first about this book is that each chapter stands by itself. Whenever I pick up Optimal Care in Childbirth, I find myself skipping around from chapter to chapter--and in fact that is what the authors intended. Interested in the Cesarean epidemic? Vaginal Birth after Cesarean? Epidurals? Labor induction? Fetal monitoring? Cord clamping? It is very easy to find evidence on what you are interested in-- without having to go through the entire 583 page book from front to back. To be fair, I need to mention that the authors present a somewhat biased view of the birth evidence. They tend to pick apart the research studies that they disagree with, while they don't always do the same with the studies that they agree with. Still, the authors admit this bias openly in the first chapter, and I believe they fulfill their intent to be both rigorous and transparent. Despite this flaw of bias (which is probably unavoidable with most books on birth), I still believe this is a fabulous book. From now on, Optimal Care in Childbirth will be sitting at my right hand every time I sit down to write an article about evidence based birth. In summary, I strongly recommend this book for anyone who is interested in the evidence base for care during childbirth. Optimal Care in Childbirth

would be an incredible resource for midwives, family medicine doctors, obstetricians, students, residents, researchers, attorneys, consumers, doulas, childbirth educators, and birth bloggers. In fact, I believe that you could make a case that everyone who is interested in childbirth should either read this book or have access to it!

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