

Use of water immersion during labour and birth in a shared-care hospital setting – an organisational change project and prospective preference cohort study.

Water Immersion Study 'WIS'



Suitability?

Healthy, term women with uncomplicated singleton pregnancies: Pregnant women, presenting at term (between 37-42 weeks of pregnancy) with no medical, surgical or obstetrical risk factors or complications.

Eligibility criteria:

- Must be over 18 years of age
- Have a spontaneous onset of labour
- Have normal blood pressure, maternal heart rate and temperature reading.
- Body mass index (BMI) of 29.9 or less at booking
- Demonstrates mobility
- Where there are no concerns regarding the fetal heart
- If the woman's has a spontaneous rupture of membranes (waters have ruptured), it must not be prolonged ie: greater than 18 hours and liquor must be clear
- The woman chooses to use the pool and has read the information sheet 'Birthing Pool Information Booklet' which includes information regarding the Pool Research Study, and has completed a written consent at least 24 hours prior to presenting in labour.

Exclusion criteria:

- Informed written consent not received from the woman (at least 24 hours prior to presentation to the assessment unit/labour ward)
- Less than 37 or more than 42 weeks gestation
- Any fetal heart rate abnormalities
- Abnormal blood pressure, maternal heart rate and/or temperature reading
- If meconium stained liquor is reported or noted

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- Ante partum haemorrhage (vaginal bleeding) (excluding show)
- Previous caesarean section
- Previous third or fourth degree tear
- Induction of labour
- Current GBS or a history of invasive GBS in a previous pregnancy
- Serology positive status (includes Hepatitis B and C, Human Immunodeficiency Virus and Syphilis).
- Current sexually transmitted diseases (including chlamydia, gonorrhoea) and /or genital warts, genital herpes.
- Prolonged rupture of membranes (waters have ruptured), of 18 hours or more.
- Systemic sedation i.e.: Pethidine injection within the previous 8 hours.
- BMI of greater than 29.9 at booking
- Inability to provide the labouring woman with 1:1 midwifery care whilst using the pool.
This situation may change some hours after pool use has commenced and so any change in this availability must be communicated to the woman so that alternative options are available to the woman for comfort if she has to exit the pool for this reason.

These inclusion and exclusion lists are not exhaustive. Women interested in participating in the study are encouraged to discuss with their Midwife/Doctor during the antenatal period. Alternatively, contact Paula Barry (Research Midwife) pbarry@coombe.ie /Ann Fergus (Clinical Midwife Manager 3 of the Labour Ward) afergus@coombe.ie, for further information or advice.