

BÖLÜM 5

Sağlıklı kadınlar ve bebekler için fizyolojik doğum eylemi ve doğumu teşvik etmek için ne işe yarar?

Doğum fizyolojisine ilişkin yeni kanıtlara pratik yanıtlar ve bunun sonucunda ortaya çıkan sonuçlar

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Giriş

Müdahalelerin doğum sırasındaki patolojik durumların olumsuz etkilerini nasıl azaltabileceğini anlamak önemli olmakla birlikte, doğum eylemi ve doğumun normal fizyolojisini anlamaktan ve bunun nasıl kolaylaştırılabileceğinden çok şey öğrenilebilir (DSÖ, 2013; Mc Dougall, Campbell ve Graham, 2016). Bu ilkeler, hamilelik kesinlikle ‘normal’ olarak kabul edilmediğinde bile daha yaygın olarak uygulanabilir. Kadınlara uygun destek, saygı ve uzmanlık sağlanırsa çoğu kadın fizyolojik olarak doğum yapabilir.

Bu bölüm de az ya da çok komplike olmayan gebelikleri olan kadınlar için fizyolojik doğum eylemi ve doğumu kolaylaştırmada neyin işe yaradığına ve bunun anne ve yenidoğan sağlığı, emzirme, ebeveyn kapasitesi ve öz-yeterlik gibi sonuçlar üzerindeki potansiyel etkisine ilişkin mevcut kanıtları özetlenecektir. Doğuma yardımcı olan fizyolojik faktörleri vurgulayacak ve bakım verenler, bakım modelleri ve doğum bakım ortamları dahil olmak üzere fizyolojik doğum sonuçlarını etkileyen ve değiştiren çok sayıda dış faktöre dikkat çekilecektir.

Normal doğum eylemi ve doğum fizyolojisine genel bir bakış

Normal doğum eylemi ve doğum fizyolojisine dair sağlam bir anlayışa sahip olmak, annelere ve bakım verenlere olumlu sonuçlar elde etmek için gelişmiş fırsatlar sağlar.

içerir. Doğum sonrası depresyonu doğum eyleminde sentetik oksitosin kullanımına bağlayan yeni kanıtlar da mevcuttur (Kroll-Desroisers, 2017), bu da yine spontan doğum eylemi ve doğumda üretilen maternal oksitosinin koruyucu bir etkisi olduğunu düşündürür. Bu etki için olası yollardan bazıları 2. Bölüm’de incelenmiştir.

Sonuç

Normal doğum fizyolojisini desteklemenin önemi göz ardı edilemez. Mevcut kanıtlar, bu bölümde tartışılan stratejiler aracılığıyla ve rutin müdahalelerin kullanımını sınırlayarak, maternal hormonların en iyi şekilde çalışabileceği bir ortamda intrapartum bakımın sağlanmasından en iyi şekilde yararlandığını göstermektedir. Bu, dünya çapında annelerin ve bebeklerin büyük çoğunluğu için uygulanabilir, mümkün ve kolayca elde edilebilir olmalıdır.

Hem kısa hem uzun vadede anne ve bebek üzerindeki olumlu etkileri nedeniyle, tüm disiplinleri benimseyen bakımverenlerin, bakım ortamından ve yetenekli veya bunu yapmak için yeteneklerinden emin olmalarından bağımsız olarak, elde etmek istedikleri şey bu olduğunda, komplikasyonsuz gebelikleri olan sağlıklı kadınlar için güvenli fizyolojik doğumu kolaylaştırma görevi bulunur. Bu, doğumu normal, fizyolojik bir süreç olarak kabul eden ortak bir bakım felsefesini benimseyerek başarılabilir. Böyle bir felsefe, ebelikle ilgili en son *Lancet* serisinde ebelik bakım felsefesi olarak tanımlanmıştır (Renfrew vd. 2014). Bu felsefenin özünde iyilik ve zarar vermeme ilkeleri yattığından, böyle bir felsefe, doğum bakımı sağlayan tüm profesyoneller için varsayılan ilk durum olmalıdır.

Dikkate alınması gereken önemli noktalar

- Doğum yapan bir kadınla birlikte olduğunuzda, ihtiyaçlarını dinleyin, duygularına saygı gösterin, saatinize değil gözlerinin içine bakın.
- “Yakın izlem”in önemini hatırlayın.
- Hassas ve ilgili bir ortam yaratın.
- Kullandığınız dille dikkat edin.
- Doğum fizyolojisine saygı gösterin.

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