

BÖLÜM 11

Seçim, süreklilik ve kontrol: kadınları bakımlarının merkezine koymaya ve normal doğumu desteklemeye yönelik açık bir çağrı

Sally Tracy and Lesley Page

Çeviren: Serap Ejder Apay

Giriş

Bu bölümde Birleşik Krallık, Avustralya ve Yeni Zelanda'daki seçim, süreklilik ve kontrol kavramlarını ele almıştır. Seçim, süreklilik ve kontrol (aynı zamanda “Üç C” olarak da adlandırılır) şeklindeki net çağrı, 1993 yılında Birleşik Krallığın *Changing Childbirth (Doğumu Değiştirme)* belgesinde bahsedilen köklü bir değişikliği yakalamak için örgütleyici kavram ve slogan olarak hizmet etmiştir. Bu slogan önemlidir. Üç C kavramı, kadınlara seçenek sunma; bebeklerinin nerede doğacağı, bakımının nerede yapılacağı ve ne tür bir tedaviye razı olacakları ile ilgili seçimler sunar. Seçim, kadınların hakları ve refahı için temel olan kişisel özerkliği barındırmaktadır. Bu seçme hakkı, bilinen ve güvenilir ebeler ile bilgi ve tartışmaları içeren, kendi bedeniniz ve bakım planınız üzerinde kontrol sahibi olmanızla yakından ilişkilidir. Süreklilik ise seçim ve kontrolü bir arada tutan temel yapı taşıdır. Ancak sağlık sistemi, kültür ve bakım değerleri dönüştürülmediği sürece, bu gibi yapıcı girişimler anlamsız olabilir. Aslında sloganlar değişimin karmaşıklığını yalanlar. *Changing Childbirth*, kadın merkezli, uygun ve erişilebilir bakımı ayrıntılı bir şekilde tanımlar. Bu, önceden belirlenmiş bir menüden seçilecek sınırlı ve kısıtlı bir seçenek olarak neoliberal tüketimci seçim kavramlarının tam tersidir. Ancak, *Changing Childbirth* gündeminin çığır açan içgörülerine rağmen, kültürün bütüncül bakım yerine tıbbi müdahaleye, terapötik ilişkiye, ağrı için su gibi ebelik odaklı müdahaleler yerine daha fazla değer verdiği hizmetlerde gerçek bir seçim yapmanın zorluğu, ciddi derecede hafife

lemeyi içerebilir.⁸⁴ Bunlar, ilişkiyel süreklilięi iyileştirilmiř sonuřlar ve deneyimle ilişkilendirebilecek önemli süreçlerdir. Süreklilik modellerinin güvenlięi artırmada, erken doğumu azaltmada ve kadınlara daha iyi bir deneyim sağlamada etkisi vardır.⁸ Ayrıca, gebelik ve doğum sırasında tanımlanmıř risk faktörleri olan kadınların, ebe liderlięindeki bir ebelik bakımı modeli kapsamında ebelik, uzman ve obstetrik hizmetler arasında gerektięi gibi koordine edildiklerinde, risk ne olursa olsun, daha iyi sonuřlar elde ettiklerine dair güçlü kanıtlar vardır.¹⁰ Gerçekten de bakımın ilişkiye dayalı süreklilięinin faydalarına ilişkin kanıtlar o kadar ikna edicidir ki çocuk doğurana kadınlara otantik seçim ve kontrol sunan ve sürdürülebilir olan kadın merkezli ve ebe dostu bakımın süreklilięi modellerini etkinleřtirerek bu yaklařıma geçmemek giderek daha fazla etik dıřı hale gelmektedir.

Dikkate alınması gereken önemli noktalar

- Bakım modeli, kadınların ve ebelerin birbirlerini tanıyıp güvenebilmeleri için zaman içinde kurulan bir ilişkinin oluřmasına izin vermelidir.
- Bakıcının ilişkiye dayalı süreklilięini saęlayan ebelerin yönetimi, kontrolcü deęil, bakım esnek ve kadın merkezli ve ebe dostu olmalıdır.
- Bakımının çoęunu eř veya arkadař ebeler tarafından desteklenen ve 6-8 kiřilik gruplar halinde alıřan, koordine eden ve saęlayan her kadın için tayin edilmiř bir ebe olmalıdır.
- Ebeler kendi listelerini oluřturmalı ve nöbet taahhütlerini de içerecek řekilde yıllık maař almalıdır.
- Kadının, kendinin ve bebeęinin saęlıęı, deęerleri, kiřisel kořulları ve tercihleri ışığında yüksek kaliteli bilgileri dikkate alması konusunda desteklendięi terapötik bir ilişki aracılıęıyla ebe/ebeleri ile birlikte alıřarak kendi kararlarını ve tercihlerini vermeleri desteklenmelidir.

Kaynaklar

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