

BÖLÜM 22

Karmaşık ihtiyaçları olan kadınlar ve bebekler için fizyolojik doğumu optimize etme

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GİRİŞ

Doğum her zaman basit değildir ancak her zaman bir kadının ve ailesinin hayatında büyük öneme sahip bir olaydır ve hepsinin geleceğini etkiler. Tıbbi ve/veya obstetrik kaygılar söz konusu olduğunda, doğum yapan kadının dönüştürücü bir deneyim yaşayan bir birey olarak farkındalığını sürdürmek önemlidir. Olabildiğince normallik anlayışını korumak, zorlukların hem kadın hem bakım verenler için ezici odak noktası haline gelmesini önlemeye yardımcı olabilir. Bu bölüm *komplike normalliği*; yani komplike ihtiyaçları olan kadınlar için fizyolojik doğum süreçlerini optimize etmenin yollarını araştırmaktadır ve böylece doğum, -doğum yapan kadının da tanımladığı gibi- mümkün olduğunca normal kalmaktadır. Bölüm, vajinal makat doğum için destek arayan kadınları savunduğum kişisel deneyimimle başlamaktadır. Bunu takiben, daha komplike durumlara rağmen diğer bakım verenlerin kadın merkezli bakımı nasıl sağladığına dair bazı yol gösterici ilkeleri ve birçok örneği tartışacağım. Bu bölüm, özellikle obstetrik bakımın katı ve hafifletici olmaktan ziyade nasıl esnek ve güçlendirici olabileceğini göstermektedir.

Öz geçmişim

Komplike durumların normalliğine olan ilgim, makat prezentasyonu olan gebe kadınlarla yaptığım çalışmadan köken almıştır. Bağımsız bir ebe olarak çalıştığım 2010 yılından başlayarak, önemli sayıda kadının, özellikle de vajinal makat doğum istediklerinde, İngiltere Ulusal Sağlık Hizmetinde ihtiyaçlarının karşılanmadığı hissine kapıldıklarını fark ettim. Sonuç olarak, ben ve yöneticilerim entegre bir bakım yolu ve

belirli bir eylem planı için ‘koz kartları’ değildir - yaygınlık oranları, öngörücülere, semptomları ve belirtileri vardır ve ortaya çıkarlarsa önceden planlama ile iyileştirilebilirler.

- Profesyonelliğiniz konusunda net olun. Siz gebe kadının arkadaşı değilsiniz. Hoşa gitmeyen ilgili bilgileri sıralamakla yükümlüsünüz ancak şefkatli, kibar ve tamamen tehditkâr olmayacak şekilde kalmalısınız. Onu terk etmemelisiniz.
- İlerleme yolunun net olmadığı durumlarda, zaman tanıyın, konuşmaları tekrarlayın ve bir planı yönlendirmek için ikinci fikirleri kullanın.
- Tavsiyenizi belgeleyin: ‘güvenlik’ parametreleriyle ve kimin neyi, ne zaman ve neden yapması gerektiği ile ileriye dönük planlar yapın.

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