

# DOĞUMUN SESSİZ ÇIĞLIKLARI

Doğumda Saygı, Şefkat ve Nezaketin Önemi

# İhtiyacım Var

*Nezakete ihtiyacım var çünkü bebeğimi her gün övüyorum, ama kendimi azarlıyorum.*

*Çünkü buruşuk küçük yüz özellikleri çok güzel,  
ama gerilmiş, karanlık, cildim çirkin.*

*Çünkü ağlıyor çünkü bir şeye ihtiyacı var,  
ama ağlıyorum çünkü yeterince iyi değilim.*

*Bir tümsek değil, bir insan olduğum için şefkat istiyorum.*

*Çünkü hayatımın tam ortasındayım, sadece 36. haftanın değil.*

*Çünkü benim umutlarım ve korkularım, sadece kan şekeri seviyem değil.*

*Saygıya ihtiyacım var çünkü... İçimde bir bebek büyütüyorum!*

*Çünkü şu anda birden fazla insanım ama henüz iki kişi değil.*

*Çünkü ben bir anne oluyorum, çünkü içimdeki hayat  
dünyamızın yeni bir üyesi haline geliyor,  
çünkü biz hareket halindeki kökleriz.*

Catherine Grosvenor

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# İÇİNDEKİLER

<b>İhtiyacım Var</b> <i>Catherine Grosvenor</i>	2
<b>Önsöz:</b> Doğumun Sessiz Çığlıklarını Duymak <i>Frances Day-Stirk ve Sir Sabaratnam Arulkumaran</i>	7
<b>Önsöz</b> <i>Toyin Saraki</i>	8
<b>Giriş:</b> Doğum Bakımında Neler Oluyor? <i>Sheena Byrom and Soo Downe</i>	9
<b>1. Bölüm: Doğum Bakımı Hakkında Görüşler ve Hikâyeler</b>	13
1 İlişkileri Doğum Bakımının Merkezine Koymak <i>Penny Campling</i>	15
2 Hastane Bakım Personelinde Şefkat: Ne Olduğunu Düşündükleri, Nasıl Elde Edileceği ve Nasıl Geliştirileceği <i>Michael Clift and Senga Steele</i>	21
3 Doğumda İnsan Onuru: Doğum Yapan Kadınlara Yönelik Bakımı İyileştirmek için İnsan Haklarının Gücü <i>Elizabeth Prochaska</i>	27
4 Sadece Yürekli Olanlar İçin <i>Olivia Armshaw</i>	31
5 Sessizlik Haykırdığında: Finley'nin Ölü Doğumu <i>Mel Scott</i>	38
6 Macaristan'dan Doğum Hikayesi: Sonsuz Şükran <i>Anna Ternovszky</i>	44
7 Babaları da unutmayın! Kadın Merkezli Bakımda Babalara Nasıl Şefkatle Yaklaşalım? <i>Dean Beaumont</i>	48
8 Doğum Destekçisi Gözünden <i>Kicki Hansard</i>	53
9 Normal Doğumu Teşvik Etmek: Şefkatle Gelen Cesaret <i>Tracey Cooper</i>	57
10 Kadın Doğum Uzmanı <i>Alison Barrett</i>	62
11 Sevecen Olmayı Öğrenebiliriz <i>Robin Youngson</i>	67
<b>2. Bölüm İlkeler ve Teoriler</b>	77
12 Anne Sağlığında İnsan Hakları İlkeleri <i>Diana Bowser, Mande Limbu</i>	79
13 Nezaket, Sıcaklık, Empati ve Destek Doğum Sürecini Nasıl Etkiler: Fizyolojik Bakış Açısı <i>Kerstin Uvnäs Moberg</i>	86
14 Maneviyat, Şefkat ve Doğum Bakımı <i>Jenny Hall</i>	94
15 Korkmayın! Doğumu Kucaklayın <i>Hannah Dahlen, Kathryn Gutteridge</i>	98
16 Çevre ve Şartlar Nezaket Kapasitesini Nasıl Etkiler <i>Mavis Kirkham</i>	105
17 Kendimize Bakmak Dayanıklılığın Anahtarıdır <i>Billie Hunter, Lucie Warren</i>	111

<b>3. Bölüm Gerçekleştirmek: Dünyanın Farklı Yerlerinden Gelen Çözümler</b>	117
18 Klinik Rehberler: Saygın Şefkatli Bakım İçin Engel veya Yardım? <i>Julie Frohlich, Rineke Schram</i>	119
19 Gerçekleştirme: Çin Ngai Fen Cheung	127
20 Gerçekleştirme: Brezilya Maria Helena Bastos	132
21 Gerçekleştirme: Katalonya, İspanya Roberto Ortíz	140
22 Güzelliğin Nerede İtalya? <i>Laura Iannuzzi, Sandra Morano</i>	147
23 Hollanda'da İyi bir Doğum Örneği <i>Raymond De Vries, Marijke Hendrix, Tamar van Haaren</i>	152
24 İrlanda'nın Gözünden: Açık Konuşma <i>Deirdre Munro</i>	157
25 Neyi Bilmediklerini, Bilmiyorlar <i>Amali Lokugamage, Theresa Bourne</i>	162
26 Kadın ve Öğrenci: Kadın ve Aile Merkezli Ebelik İşe Alım Stratejisi ve Bakım Müfredatı Geliştirmek <i>Anna Byrom, Shelagh Heneghan, Mercedes Perez-Bottella</i>	168
27 Bakım ve Şefkat: Öğrenci Ebeleri Desteklemek <i>Carmel McCalmont, Sue Lees</i>	177
28 Şefkatli Bakım, Ebeler, Kadınlar ve Forum Tiyatrosu: İki Uygulama Hikayesi <i>Adele Stanley, Gemma Boyd, Anna Byrom, Kirsten Baker</i>	181
29 Pozitif Doğuma Geçiş <i>Milli Hill</i>	189
30 Başkasının Ayakkabıları İle Yürümek <i>Gill Phillips</i>	196
31 Sosyal Çağda Şefkat <i>Teresa Chinn</i>	201
32 Nezaket, Uygun Maliyetli Bir Çözümdür <i>Robin Youngson</i>	208
<b>Sonsöz: Doğumun Sessiz Çığlıkları</b> <i>Soo Downe And Sheena Byrom</i>	219
<b>Katkıda bulunanların biyografileri</b>	222
<b>Referanslar</b>	227
<b>İndeks</b>	251

# ÖNSÖZ:

## DOĞUMUN SESSİZ ÇIĞLIKLARINI DUYSK

Frances Day-Stirk ve Sir Sabaratnam Arulkumaran

*“Çok fazla sessiz acı çeken var. Ulaşmak istemedikleri için değil, denedikleri ve umursayan kimseyi bulamadıkları için.”* Richelle E. Goodrich

Sessizlik, farklı zamanlarda farklı insanlar için farklı şeyler ifade edebilir. İyi olabilir; günlük hayatlarının koşuşturmacasında olan başka insanlar tarafından arzulanan ve pek çok kişi tarafından beğenilen. İsteğe bağlı sessizliğin yanı sıra istenmeyen sessizlik de vardır. Sessizlik, insanları düşünmeye ve harekete geçirme gücüne sahip aktif bir enerji olabilir, sessizlik düşünme için zihni yavaşlatmaya yardımcı olabilir. Önemi, The Sounds of Silence gibi şarkılarda da kendini gösteriyor.

‘Sessiz acı çekenler’ kimlerdir? Neden varlar? Suskunluktan muzdarip olanlara hitap eden sessizlik kelimesinin tüm tanımları arasında, “ses yokluğu” ya da “konuşmayı reddetme ya da konuşmama” değil, “hareketsiz ve sessiz kalmanın durumu ya da kalitesi” dir. Dünyada “sessizlik içinde acı çeken” birçok insan var. Bu grupta, doğum hizmeti alanların yanında hizmet verenler de yer almaktadır.

Bu, farkındalığı arttırmak, doğum hizmetlerindeki sıkıntıların nedenlerini ve bu sorunları nasıl çözebileceğimizi keşfetmek “ne” ve “nasıl” sorularının cevaplarını bulmak Doğumun Sessiz Çığlıkları’nın konusudur. Bu kitabı yazmak isabetli bir karar oldu. Çünkü ilişkiler, şefkat, onur, nezaket, esneklik ve öğrenme gibi tüm önemli kelimeler ve kavramlar bu kitapta yer almaktadır. Özellikle de ebeler, kadın doğum uzmanları ve tüm hizmet veren ekibe özel önem verilerek bu kavramlar işlenmiştir.

Sessizlik aynı zamanda güçlü bir terapötik ve stratejik araç olabilir. Mark Twain’in dediği gibi, “doğru kelime etkili olabilir, ancak hiçbir kelime doğru zamanlanmış bir duraklama kadar etkili değildir”. Doğumun Sessiz Çığlıkları, hepimizin içinde olduğumuza dair bir mesaj gönderir. Ve birlikte sıkıntıları hafifletebiliriz. Bizim mücadelemiz birlikte -hizmet kullanıcıları ve hizmet sağlayıcıları olarak çalışmak- ve bu dengeyi “doğrular” için oluşturmaktır.

Giriş kısmındaki alıntının aksine, umursayan birçok kişi var. Bu seslerden bazıları, sessizliğin arkasındaki doğru zamanlanmış haykırıyla yüksek sesle ve net bir şekilde duyulabilir. Hoş geldin çok ihtiyaç duyulan haykırış. Okuyucuları bu haykırışa sesler



ekleyerek şampiyon olmaya çağırıyoruz. Dalai Lama'nın bu sözleri tarafından yönlendirilmek iyi olur "sevgi ve şefkat ihtiyaçları, lüks değil. Onlar olmadan insanlık hayatta kalamaz".

## ÖNSÖZ

Toyin Saraki

Uluslararası Ebeler Konfederasyonu ve kendi kuruluşum olan Wellbeing Foundation da Afrikalı ebeler ile yakın çalışmalarım esnasında, hikayelerini dinlemekten ve deneyimlerinden öğrenmekten onur duydum. Ebeler ile yakın çalışırken , ebelerin anne ölümlerini azaltmada ki çözümün ayrılmaz bir parçası olduğuna olan inancımda güçlendi. Ebelerin ve bebeklerin güvenli doğumuyla ilgilenenlerin gücü ve azmi, el ile dokunulabilen bir enerji yaratır. Bu kitap bu enerjiyi yazılı kelimelere çevirmektedir.

Bir anne ve ebe arasındaki temel ilişki, karşılıklı anlayış ve nezakete dayalıdır. Özenli, saygılı ve iyi eğitilmiş ebelerin bakımı, kendine güvenen anneler, daha güvende bebekler ve daha iyi gelecekleri olan daha sağlıklı aileler ile sonuçlanır. Kadınları ve çocukları korumaya adanmışların seslerini bir araya getiren Downe ve Byrom, saygılı ve şefkatli bakım konusunda çok ihtiyaç duyulan bir tartışma ortamı yarattı. Ebelik kültürünü korkudan sevgiye dönüştürme hedefleri asil bir arayıştır. Sonuçta, aşk (anne ve çocuk arasındaki kalıcı sevgiyi yansıtan) doğum için çok daha uyumlu bir duygudur.

Yazarlar uluslararası, ulusal ve yerel sistemlerin ve bakım modellerinin, ebeleri ve kadınları sağlıklı ve şefkatli uygulamalarda bulunmalarını nasıl destekleyebileceğini ve güçlendirebileceğini araştırıyor. Bir Afrika atasözü der ki; "Hızlı gitmek istiyorsanız, yalnız gidin. Uzaklara gitmek istiyorsanız, birlikte gidin." Bu ruhla kadınlar, anneler, ebeler ve bakım verenler olarak seslerimizi bir araya getirmeliyiz. Bu toplu çağrı ile doğumda en iyi uygulamayı ve sonuçları ortaya çıkarabiliriz.

Soo Downe ve Sheena Byrom'a sözleri, araştırmaya zaman ayırdıkları ve her kadının ve her çocuğun hayatını iyileştirmek için dünyanın dört bir yanından uzmanları bir araya getirdikleri için teşekkür ederim.



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