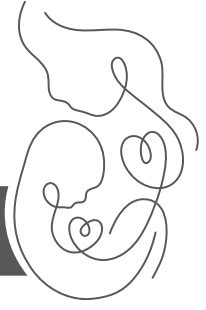


7. BÖLÜM



SUDA DOĞUM

Nükhet KAÇAR ¹

GİRİŞ

Suda doğum, doğum yapan kadının abdomen bölgesinin suyun altında olması ve doğum eyleminin üç evresinin herhangi bir aşamasının veya tamamının suyun içinde gerçekleşmesi ile yapılan doğum olarak tanımlanmaktadır. Doğum eylemini gerçekleştiren kadının, suyun altında kalmasını sağlamak için kullanılan düzenek ise, normal evde banyo amaçlı kullanılan küvet veya havuzdan daha büyük olmakta ve doğum havuzu veya doğum küveti olarak adlandırılmaktadır (1,2).

Suda doğumun tarihçesine bakıldığında, suyun terapötik etkisinin kullanımı yeni değildir. Suyun kullanımı, yaşamın temel kaynağı oluşunu vurgulayan Aristoteles zamanına kadar gitmektedir. Çinliler, Mısırlılar, Japonlar, Yunanlar ve Romalılar tarafından fiziksel ve psikolojik hastalıkların tedavisinde, suyun tedavi edici özelliğinin kullanımına dair kanıtlar mevcuttur (2-4). Doğum eyleminin takibinde ağrı yönetimi ve gevşeme için suyun kullanımı ve doğumun su içerisinde gerçekleşmesi uzun bir klinik geçmişe sahiptir. Su ile insanlar arasında doğal bir bağ oluşu inancı ve suda doğan yenidoğanların doğum stresinden daha hızlı kurtulduğu inancı suda doğumun tercih sebeplerinin temeline dayan-

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Doğumun üç evresinin de suda gerçekleştirilmesi ve yalnızca birinci evresinin suda gerçekleştirilmesi yönünde iki farklı yaklaşım bulunmaktadır. Bu iki farklı yaklaşımın ortak olarak sunduğu; suda doğum için uygunluk kriterleri, kesin ve sınırdaki kontrendikasyonlar, riskler ve olası komplikasyonlar bulunmaktadır. Suda doğumun her iki yaklaşımında da maternal ve fetal sağlık açısından aynı parametrelerde faydaları mevcuttur. Doğrudan suda doğumun anne ve bebek sağlığı açısından olumsuz etkisi olmamasına rağmen, dolaylı yoldan suda doğumun oluşturduğu birtakım risk ve olası komplikasyonlar her iki yaklaşımda da benzer bir biçimde bulunmaktadır.

Suda doğum ile ilgili fikir birliği saygılı annelik bakımı kapsamında, doğumda gebenin otonomisinin güçlendirildiği, doğum ağrısının yönetildiği, ebe tarafından birebir desteklendiği, intrapartum bakımın kalitesinin ve doğumdan memnuniyetin artırıldığı ideal doğum ortamının sunulmasıdır.

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