2. BÖLÜM

İDEAL DOĞUM ÜNİTESİ

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GİRİŞ

Doğum, kadının hayatındaki en önemli dönüm noktalarından biridir ve kadın annelik rolünü kazanmaktadır. Doğum, yalnızca fiziksel bir süreç olarak algılanmakta ancak zihinsel ve emosyonel boyutları da bulunmaktadır. Doğum deneyiminin, kadının edindiği annelik rolü, ruhsal sağlığı ve aile dinamikleri üzerine etkisi bulunmaktadır (1-3). Doğum deneyimi, dış faktörlerden olumlu veya olumsuz yönde etkilenmektedir. Dış faktörlerden biri olan doğum ünitesi ise kadının intrapartum süreç boyunca zaman geçirdiği mekândır (4). Doğum ünitesi sağlık personeli açısından, riskleri saptamak, saptanan riskleri azaltmak, doğum süreci boyunca doğumu yönetmek için dizayn edilmiş odalar olarak tanımlanmaktadır. Bu nedenle, oda içerisinde medikal ekipmanlar, acil durumda hızlı müdahale etmek için açık kapı, tavanda güçlü ışık veren floresan lamba bulunmaktadır. Doğum ünitesi, hasta odası dizaynına sahip odalar olarak tasarlanmıştır (2,4). Ayrıca kadının doğum boyunca yalnız ve cihazlara bağlı kalması, hareket kısıtlaması, medikalize edilmiş doğum ortamını oluşturmaktadır (2). Bu durumda anne adayının olumlu bir doğum deneyimi yaşaması zorlaşmaktadır. Çünkü tıbbileştirilmiş bir ortamda kadının kaygı, korku ve stres seviyeleri yükselmektedir (4).

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SONUÇ

Doğum, kadının hayatı boyunca hatırlayacağı ve çevresine anlatacağı önemli bir deneyimdir. Kadının fizyolojik, müdahalesiz ve sakin bir doğum süreci yaşaması, olumsuz doğum deneyimlerinin önüne geçecektir. Bu sayede tercihe bağlı sezaryen oranları azalacaktır. Doğum deneyimi, yalnızca kadını değil, ailesini de yakından ilgilendiren bir süreçtir. Olumlu bir doğum deneyimi yaşayan kadın, annelik rolünü daha sağlıklı bir şekilde benimserken, doğumda babanın refakatiyle aile bağları güçlenecektir. İdeal doğum üniteleri, ebeleri de olumlu şekilde etkilemektedir. Kaliteli ve etkin bakım sunan ebelerin fiziksel, duygusal ve emosyonel ihtiyaçları desteklenmektedir. Pozitif doğum deneyiminin sağlanması için, ideal doğum ünitelerinin ülkemizde ve dünya çapında daha fazla yaygınlaştırılması gerekmektedir.

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