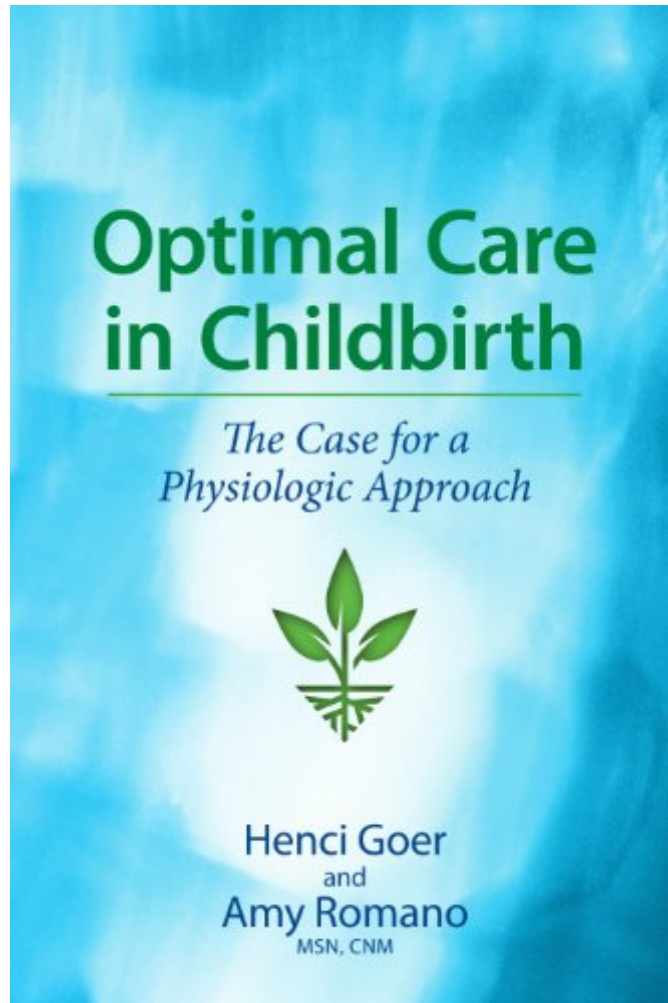


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# Optimal Care In Childbirth: The Case For A Physiologic Approach



## Synopsis

What practices and policies best promote safe, healthy, satisfying labor and birth? What harms do routine or frequent use of tests, procedures, and restrictions introduce? What nonmedical factors drive the current maternity care system? Meticulously documented, *Optimal Care in Childbirth: The Case for a Physiologic Approach* pulls back the curtain on medical-model management of childbirth. "This should be a text book for everyone in maternity care!" - Penny Simkin, Co-author of the *Labor Progress Handbook*. "This long awaited book is a marvel. It is a 'must have' resource not just for childbirth educators, nurses, obstetricians, and women, but for hospital administrators, insurance companies, and policy makers." - Judith Lothian, PhD, RN "Goer & Romano have given the maternity care community a gift in their robust examination and synthesis of the evidence supporting best ways to achieve optimal, physiologic birth for women and infants." - Holly Powell Kennedy, PhD, CNM, Varney Professor of Midwifery, Yale School of Nursing "Optimal Care in Childbirth is a long overdue and very important contribution that will lead to a more safe, sane, and satisfying pregnancy care system." - Steve Calvin, MD, MFM, Co-chair, Human Rights and Health Program, University of Minnesota School of Public Health

## Book Information

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## Customer Reviews

The authors of Optimal Care in Childbirth sent me this book as a gift, and they did not ask for me to write a review in return. However, after reading it, I feel compelled to share my thoughts on this exceptionally well-written book. The purpose of this book is to provide a solid evidence base for optimal childbirth. Optimal childbirth means achieving the best possible birth outcomes for moms and babies, while providing care that uses the least amount of medical intervention possible and also takes into consideration each woman's unique situation and values. This book is so well-written and meticulously referenced that it's like owning an encyclopedia on the evidence for normal childbirth. You can search through the whole internet (believe me, I have!) and you will not find another source about birth evidence that is more comprehensive than this book. The authors did an incredible amount of work to bring all of the evidence together, and the book is just chock-full of mind-blowing statistics. For bloggers and Facebook users (such as myself), this book would give you plenty of fodder for memes. The statistics and quotes in this book are just that good! One of the things that I noticed first about this book is that each chapter stands by itself. Whenever I pick up Optimal Care in Childbirth, I find myself skipping around from chapter to chapter--and in fact that is what the authors intended. Interested in the Cesarean epidemic? Vaginal Birth after Cesarean? Epidurals? Labor induction? Fetal monitoring? Cord clamping? It is very easy to find evidence on what you are interested in-- without having to go through the entire 583 page book from front to back. To be fair, I need to mention that the authors present a somewhat biased view of the birth evidence.

I have waited a long time for this book to be released and am so pleased with my copy now that it is in my hands! Henci Goer is a name that should ring bells for many parents for her "Thinking Woman's Guide to a Better Birth," and to Birth Professionals of most stripe who would recognize "Obstetric Myths vs. Research Realities." "Optimal Care..." is akin to an update, but also an upgrade to the "Obstetric Myths..." tome. Amy Romano has worked with the foremost Maternity Care research organizations, having had lots of previous clinical experience as a Certified Nurse Midwife. She is truly a pioneer in this field, helping to assess what best care should be and relating that information to the practitioners and the women who need it. This work will continue her work to bring information to the people who need it to work for improved outcomes for mothers and babies. I cannot say enough good about this book! The Mini-Studies are so helpful and the perfect length for reading in one sitting. I have not finished the entire book yet, but look forward to doing so. The breath of topics is excellent, and the discussions explain some of the more challenging/unexpected

concepts in enough detail to guide readers to understanding the complexities of specific issues. As a birth doula, childbirth educator and adjunct prof. at a state university, I expect to use this book extensively in all my professional capacities. A bunch of birth professionals in my area placed a bulk order for our copies of this book and we're looking forward to discussing it together. I think this will be a very effective way to work through the information in this book, due to the length. The writing is accessible and compelling, making it a great read.

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