

Enhancing Childbirth Satisfaction through a Brief, Targeted Educational Intervention

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Positive Childbirth Satisfaction/Experience



Negative Childbirth Satisfaction/Experience



Background

- Large body of literature reports maternal dissatisfaction with labor and childbirth experiences
- Promoting maternal childbirth satisfaction
 - linked with women accessing relevant information
 - make informed choices
 - gain confidence
 - address fears around childbirth

(Brown & Lumley, 1994; Fisher, Fenwick, & Hauk, 2006; Gibbins & Thompson, 2001; Green & Baston, 2003; Hodnett, 2002; Slade, MacPherson, Hume, & Maresh, 1993; Wadenstrom, 1999)



Background Continued (Lothian & DeVries, 2010)

- Benefits of Childbirth Education
 - Gain confidence
 - Address and overcome fears around childbirth
 - Greater understanding of options
 - Better able to communicate with caregivers

Fear and lack of confidence surrounding childbirth has been associated with longer labor duration (Adams, Eberhard-Gran, & Eskild, 2012)



Childbirth Class Attendance

(Declercq , Sakala, Corry, & Applebuam, 2006)

- 56% of women expecting 1st baby took childbirth education classes
- 9% of experienced mothers took classes prior to most recent birth



*New ways to educate women for
childbirth need to be explored*



Purpose

The purpose of this descriptive, comparative study is to explore the effects of a brief, targeted educational intervention on childbirth satisfaction.



Specific Aims

- Test the feasibility of implementing a brief (1/2 hour), targeted educational intervention with women in their 3rd trimester of pregnancy as an added service to routinely scheduled office visits
- Compare postpartum childbirth satisfaction (two weeks postpartum) of obstetrical patients who receive the brief, targeted education session in their 3rd trimester of care to a group of similar patients who receive routine obstetrical care

Methods

Participants

– Intervention Group (n=>10)

- Received an additional, brief, targeted educational session in their 3rd trimester of pregnancy and completed a childbirth satisfaction survey at two weeks postpartum

– Comparison Group (n=10)

- Usual care only. Completed a childbirth satisfaction survey at two weeks postpartum

Inclusion Criteria for Participants

- Third trimester of pregnancy
- Have not taken a childbirth preparation class during this pregnancy
- Not receiving additional specialty care because of high risk
- 18-34 years old
- First time or previous pregnancy
- Able to understand and read English



Setting

- A large, multi-site family practice in the Northern Colorado area. Three clinics will be used for this study.



Intervention

- A ½ hour targeted prenatal educational session during the third trimester of care
- Session followed a regularly scheduled prenatal visit
- Tailored to participant's needs from a list of educational topics
- Standardized evidence based informational pamphlets given to the patient



Educational Material

- Designed to provide direct benefit to the participant
 - Provides access to relevant information to make informed choices, gain confidence, and address fears around childbirth
 - Provides information about evidence based maternity care practices, pain relief, decision making during labor, infant and postnatal care, and breastfeeding

Childbirth Satisfaction Survey

- Survey data was collected over a 2-3 month period at two-week postpartum visit
 - **Intervention Group:** *21 question survey using a 5-level Likert scale
 - **Comparison Group:** 17 question survey using a 5-level Likert scale

**Additional 4 questions in the intervention survey focused on the feasibility of the intervention*

Patient Characteristics

Participant Characteristics	Intervention Group	Comparative Group
Age	Mean = 26.1 years	Mean = 27.4 years
Education	Some College	Some College
Ethnicity	Hispanic 28.6% White 71.4%	Hispanic 10% Asian 10% White 80%
First Delivery	Yes = 71.4%	Yes = 90%
Previous Childbirth Class	No = 86%	No = 10%

ANOVA

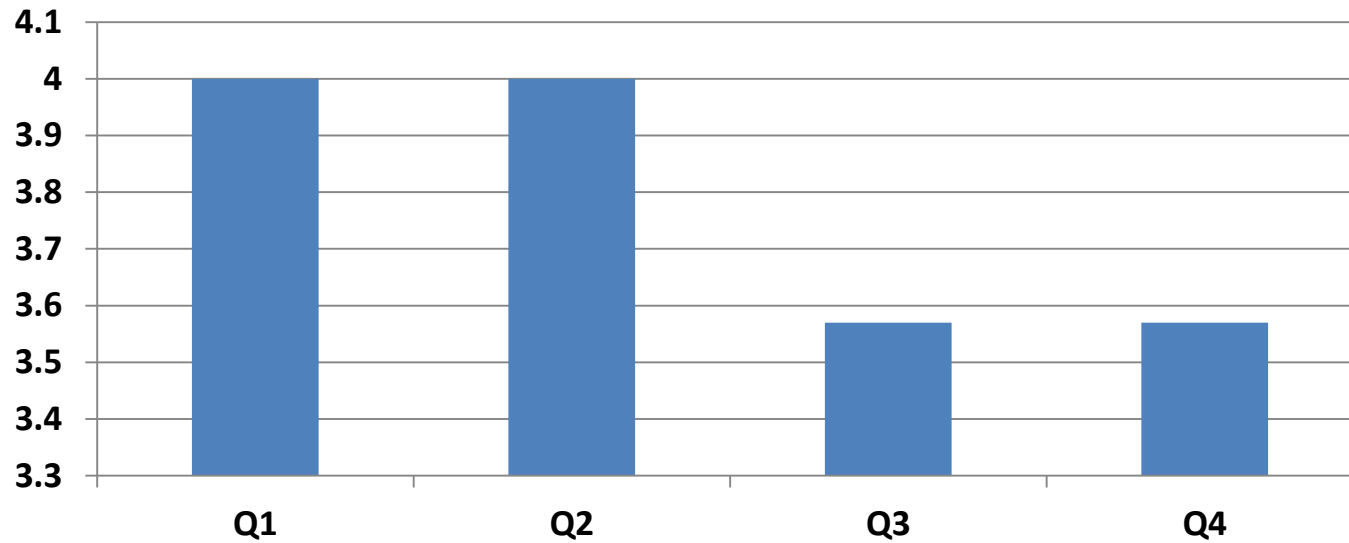
Satisfaction with Childbirth Experience

Group	Mean (SD)	F	P
Intervention Group (n=7)	60.57 (0.98)	1.94	.18
Comparison Group (n=10)	57.40 (5.91)		
Total (n=17)	58.71 (4.75)		

Feasibility Survey Questions

- Q1 A ½ hour educational session fit my schedule
- Q2 A ½ hour educational session was adequate for my educational needs
- Q3 The information given at the educational session was beneficial to my overall childbirth experience
- Q4 I would recommend the additional education session to family or friend

Mean Scores for Feasibility Questions



Strongly Agree	4
Agree	3
Disagree	2
Strongly Disagree	1

Lessons Learned

- Some patients were eliminated from the intervention group of this study.
 - Placed in childbirth classes
 - Developed high risk criteria after intervention was given
 - Delivered before intervention was done
- Certain participants were identified by the OB provider as needing extra support. This may be a target population to identify and provide extra services.

Limitations

- Small sample size
- Convenience sample
- Comparison group only
- Not randomized
- Potential bias to survey results due to participants completing survey in doctors office



Conclusion

- A brief, targeted educational session provided to women in their third trimester of care shows promising effectiveness in enhancing childbirth satisfaction
- The added service of providing a brief, targeted educational session to a routinely scheduled office visit shows potential as being feasible in a family care setting
- Further research is needed on this important topic
 - Use a larger, random, more diverse sample
 - Establish alternative way to collect survey data to avoid bias



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