Alternative and Complementary Therapies in Childbirth

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Objectives

• State rationale for inclusion of alternative and complementary therapy during childbirth.
• List alternative and complementary therapies for childbirth, with review of evidenced-based data.
• Discuss challenges and strategies in communicating with patients regarding alternative and complementary therapy use in childbirth.
Evidenced-Based Resources for Pregnancy and Childbirth Information

• Cochrane Database (www.cochrane.org)
• Evidence Based Birth.com
• Childbirth Connection—formerly Maternity Center Association, founded in 1918 (www.childbirthconnection.org)
• Science and Sensibility Research Blog from Lamaze International
• Evidence-Based Complementary and Alternative Medicine journal
She Wants To Do What????????????

- GBS Prevention/Treatment
- Spinning Babies
- Webster Technique
- Moxibustion /AcuPs for Malpresentation
- Silent Birth
- Orgasmic Birth
- Herbs/Acupuncture/Acupressure for Cervical Ripening/Labor Induction
- Hypobirthing
- Sterile Water Papules
- Waterbirth
- Lotus Birth
- Placenta Encapsulation/Placentophagy
GBS and Anecdotal Treatments

- **Garlic**: Insert garlic clove per vagina q hs
- **Tampon** soaked in Tea Tree oil solution (Tea Tree Oil + Olive Oil):
  Insert and leave in 4 hours/day x 6 days
- **Vitamin C**: 500 mg po q 4 hours while awake
- **Fermented Foods**: Kefir, kombucha, homemade sauerkraut, tempeh
- **Probiotics**: Mega doses orally or vaginally
- **Colloidal Silver**: 3 tsp po per day prenatally,
  3 tsp po q 6 hours in labor
GBS Prevention/Treatment

• Garlic
• Probiotics
• Chlorhexadine lavages (a component of Hibiclens)
• Colloidal Silver

While probiotics, chlorhexadine, and garlic have the potential to reduce vaginal and newborn colonization with GBS, we do not have evidence yet to show that these strategies can prevent early GBS infections, since GBS infection usually occurs when GBS gains access to the amniotic fluid and gets into the fetus’ lungs during labor.
Turning The Malpresenting Baby

- Maternal Exercises
- Rebozo
- Spinning Babies (www.spinningbabies.com)
- Webster Technique
- Moxibustion
- Acupuncture
Rebozo Use For Pregnancy/Labor

Open Knee-Chest—Breech/Jammed In

Walcher’s for Engagement
Webster Technique

• Chiropractic technique developed 1976
• Assesses sacral alignment and reduces effects of SI joint dysfunction and/or subluxation (may address several issues in dystocia—inadequate uterine function, pelvic contraction, fetal malpresentation)
• One study: 82% success rate of babies turning to vtx with Webster technique—start at 32 weeks if breech
Webster Technique
Moxibustion

• Form of traditional Chinese medicine
• Burning herb (Artemesia vulgaris) held close to the outer edge of the little toe
• Regimen: Perform BID x 2 weeks from 33-35 weeks.
Acupuncture/Acupressure

• Stimulation of points that have electrical properties, altering the level of neurotransmitters
• May also increase release of endorphins
• May alter natural electrical currents
• Can include use of heat, pressure, burning of herbs, electrical or needle stimulation
Spleen 6—Obstructed labor

Kidney 1—2\textsuperscript{nd} stage, panic/stress

Liver 4—2\textsuperscript{nd} stage, improves pushing

Gallbladder 21—Stimulate labor, fetal descent, milk supply

Bladder 32—Cx lip, SROM with no labor

Hand Point--Pain
Silent Birth Vs. Orgasmic Birth

Silent birth, sometimes known as quiet birth, is a birthing procedure advised by L. Ron Hubbard and advocated by Scientologists in which "everyone attending the birth should refrain from spoken words as much as possible" and where "... chatty doctors and nurses, shouts to 'PUSH, PUSH' and loud or laughing remarks to 'encourage' are avoided". According to Scientology doctrine, this is because "any words spoken are recorded in the reactive mind and can have an aberrative effect on the mother and the child." There have been no attempts to prove this medically or scientifically.

VS.

"When the baby's coming down the birth canal, remember, it's going through the exact same positions as something going in, the penis going into the vagina, to cause an orgasm," Christiane Northrup, MD, said. "And labor itself is associated with a huge hormonal change in the body, way more prolactin, way more oxytocin, way more beta-endorphins -- these are the molecules of ecstasy."
Silent Birth Advocates
Orgasmic Birth
Cervical Ripening/Labor Induction

- Foods:
  - Pineapple, Eggplant Parmigiana
- Herbs
- Acupuncture-pressure
- Membrane Sweeping
"This is taking too long — we’ll have to induce hatching."
Herbal Use in Cervical Ripening, Etc

Blue Cohosh
Black Cohosh
Red Raspberry Leaf
Evening Primrose Oil
Castor Oil
Nipple Stim
It’s Not That Kind of Herbal Therapy!

• Evening Primrose Oil: Capsule for oral intake or vaginal application
• Red Raspberry Leaf: Tea or Tablets
• Black Cohosh: Tincture
• Blue Cohosh: Tincture or enema
• Caulophyllum: Tablets
• Castor Oil: Orally or applied to belly
POST-PARTUM OPPRESSION.
What About The Pain??????

Silent Birth  Hypnobirthing  Lamaze Techniques  Orgasmic Birth

“How far apart are the contractions? Well, she had one in the den and one in the kitchen, so I guess they’re about 15 feet apart.”
Coping with Childbirth Pain
Non-Pharmacologic Interventions for Pain

Sterile Water Papules

Hydrotherapy for Labor/Birth
Hypnobirthing

Have a powerful, positive, and peaceful birth experience. You deserve it. Every woman does.
As of 10/31/14: Over 200 patients have brought tubs to hospital. 90% have used the tub for some component of labor and/or birth.

- 7% C/S rate
- 1.7% NICU admission rate
What are you talking about?! Just lay eggs!

No! I want an epidural ...
Lotus Birth

• Lotus Birth: Leaving the umbilical cord uncut, so that the baby remains attached to the placenta until the cord naturally separates at the navel, exactly as a cut cord does 3-10 days after birth.
Placentophagy:
Ingestion Of The Placenta In Any Form

Maternity top: $60
Maternity pants: $80
The look on people's faces when you tell them you're going to eat your placenta: Priceless!

You Want Fries With That?
Encapsulation and/or Eating
Proposed Benefits of Consumption of the Placenta

• Prevention and/or treatment of postpartum depression due to high level of estrogen and Vit B6
• Support of recovery from birth (treatment of anemia) due to rich stores of iron and protein
• Increase production of breast milk

“Knowledgeable midwives in this country have their birth mothers take bites of raw placenta to help stop hemorrhaging, due to its beneficial oxytocin content.”

--placentabenefits.info
And The Evidence Is...

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Evidence</th>
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<tbody>
<tr>
<td>GBS prophylaxis with chlorhexidrine</td>
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<tr>
<td>GBS prophylaxis with probiotics</td>
<td>Some evidence</td>
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<tr>
<td>GBS prophylaxis with garlic</td>
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<tr>
<td>Placental encapsulation/ingestion</td>
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<tr>
<td>Moxibustion</td>
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<td>Herb for Cervical Ripening</td>
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No Evidence Vs. Not Yet Evidence?

Is it harmful?
Has there been a discussion of R&B?
Why is it important to the patient?
What About A Birth Plan?

Birth “Plan” vs. Birth “Goal”
REMEMBER:
At any given time, most women are involved in one of the following activities:

- Preventing birth
- Hoping to achieve birth
- Preparing for birth
- Experiencing birth
- Recovering from birth
- Dealing with the “fruits” of birth
- Planning/avoiding another birth
- Experiencing birth among family or friends
What Is Motivating Your Patient?
No! What are you doing?!
Don’t cut her! Support her perineum!
Where’s the warm compress?!

Wait! Wait! The cord isn’t finished pulsing yet! The baby is fine! Oh, good grief!

Student midwives watch birth shows like men watch football.
OVER THE HEDGE

WHAT ARE YOU HOPING FOR?
A HUMAN.

I GUESS THEY'RE NOT UP ON THE LATEST OPTIONS.

ALWAYS A HUMAN,
NEVER A SQUIRREL.
The Truth About Birth

Sometimes, the smallest things take up the most space in our hearts.

--Anonymous
R-E-S-P-E-C-T!

I'm having a natural childbirth in that it's natural to take drugs that lessen excruciating pain.

somewhatcards
PEACE—it is not being in a place where there is no noise, trouble, or hard work. It means to be in the midst of these things and still be calm in your heart.

--Anonymous
So—What Is Our Function?

“Giving birth is like crossing a narrow bridge. You can walk to the bridge with someone, or meet someone on the other side. But you have to cross that bridge alone.”

MAKE THE @#!? BRIDGE WIDER!

(Imagery of a wide bridge spanning a body of water)

(Imagery of a narrow bridge spanning a body of water, under a night sky with stars)