



## KBRH Hospital Birth Intentions

Our goal is to support you to have a positive labour, birth, and post partum experience, while ensuring the health and safety of you and your baby. Being informed about the process and discussing this with your care provider can help you have the best possible experience. Parents all come to the delivery room with different sets of experiences and expectations. While they are all natural processes, labour, birth, and babies are not always predictable! With this in mind, please use this document to help us understand your hopes, intentions and preferences for your birthing experience. Please recognize that we strive to honour your wishes, but due to the unpredictable nature of the labour and delivery process, we must all remain flexible throughout. Your care team will collaborate with and include you in all decision making during your labour and delivery.

**Be sure to discuss all your wishes with your Primary Care Provider BEFORE you begin labour.**

### Getting To Know You

Your Name: \_\_\_\_\_ Partner: \_\_\_\_\_

Doctor/Midwife: \_\_\_\_\_ Due Date: \_\_\_\_\_

Support People: \_\_\_\_\_

What are your hopes and intentions for your labour and birth experience? (ie. would prefer minimal interventions, would like an epidural, etc)

Have you prepared yourself for labour in any specific way? (ie. Hypnotherapy, reading materials, specific coping strategies etc) Please explain

Is there anything you would like us to know about you (e.g. important issues, fears/ concerns, past experiences, religious/spiritual practices etc)?



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**Labour** (refer to *Baby's Best Chance* for more information)

At KBRH we are able to offer/ assist with the following comfort measures during your labour:

- Shower/Tub (for labour only)
- Walking/ Movement
- Hot/cold compress
- Listening to your own music
- Using a birth ball and/or peanut ball
- Sitting on a chair and/or birthing stool
- Wearing your own clothes/nightgown
- Using many pillows
- Massage and counter pressure
- Use your own focal point
- Breathing techniques
- Changing positions
- Relaxation techniques
- Dim lights
- Toning (use of voice to release tension)
- Rhythm and ritual

**Remember to bring nourishing foods and drinks for yourself and your partner.  
Please label any food that you put in the refrigerator on the unit**

**Medical Labour/Birth Interventions** (refer to *Baby's Best Chance* for more information)

Our goal is to support you through the natural process of labour and birth with as little intervention as possible or desired. However, sometimes medical interventions are necessary to ensure the health and safety of both mother and baby. It is helpful to have an understanding of possible interventions and their associated benefits/ risks prior to labour; this way, should any of them become necessary you will already be prepared. You will always be consulted and included in the decision to undertake any interventions and are encouraged to ask questions of medical staff at any time. Sometimes interventions need to happen quickly should a threat to mother or baby's health/wellbeing/life arise; in this case, you will always be informed of what is happening.

Interventions may include:

- Electronic fetal monitoring
- Internal fetal monitoring (scalp clip)
- Intravenous Fluids (IV)
- Pain Medications
- Entonox gas
- Epidural
- Antibiotics (for GBS positive status)
- Breaking your water
- Induction of labour (starting labour artificially)
- Oxytocin augmentation
- Forceps or vacuum delivery
- Episiotomy
- Caesarean Section

**Pain medications** are available as needed/ desired. Options will differ depending on the stage of your labour and will be reviewed by your doctor or nurse at that time. You will never be administered pain medications without giving consent for them. Please let us know your preference below:

- Please **offer pain medication** to me as the appropriate moments arise
- Please **Do Not** offer pain medications – I will ask for them if I desire



### Pushing

We will help you move into comfortable, effective labouring and birthing positions and support you to follow your body's own pushing style. A warm compress may be applied to your perineum to assist in gentle, healthy stretching.

### Birth of Baby

Immediate skin to skin contact and delayed cord clamping are routine practices at our facility whenever possible. We encourage your family to be involved in the birth of your baby as much as possible. Please check your wishes:

- I would like a mirror to see/ watch delivery of the baby
- Bring baby up onto my tummy, skin to skin right away
- Bring baby to me only after he/she has been dried and wrapped up
- Clamp the umbilical cord after it stops pulsating
- Have \_\_\_\_\_ cut the umbilical cord
- I would like to ring the hospital-wide chimes to announce the birth of our baby

### Birth of Placenta

An oxytocin injection is used routinely immediately following delivery to minimize excessive blood loss. Your placenta will be delivered in the hour following your baby.

- I would like to see my placenta and have it explained to me
- I would like to take my placenta home.

### Baby Care

The nursing staff will care for you and your baby in your room unless your baby requires extra medical attention (admission to the special care nursery). You will be supported to be as independent as possible with your baby's care. If your baby is admitted to the nursery, you are always welcome there. The tests and treatments mentioned below are considered standard of care for newborns; you will always be informed and asked before any are done.

- Erythromycin Eye Ointment (antibiotic)
- Vitamin K for blood clotting
- CCHD (heart defect) screening
- Blood Test for Newborn Screening (Metabolic Disorders) & Bilirubin (Jaundice)
- Hearing Testing

- I decline erythromycin eye ointment for baby and will sign a form indicating such



**KBRH Hospital Birth Intentions**

**Feeding Your Baby** *(refer to Baby's Best Chance for more information)*

Nursing staff will be available to assist and support you in feeding your baby. Your baby will not be given any formula, supplements, or pacifiers without the parent's expressed consent or request. Please let us know how you plan to feed your baby (check all that apply):

- I plan to breastfeed
- I plan to pump and bottle feed expressed breastmilk
- I plan to use breastmilk substitute (formula)

Describe your previous breastfeeding experience

Breastfeeding or other infant feeding questions or concerns

**More Ways We Can Support You**

Labour, delivery, breastfeeding and postpartum care may trigger flashbacks of abuse. If you have a history of abuse that you feel we should be aware of, please let us know so that we can support you the best we can (This information is kept absolutely confidential.)

Is there anything else you would like your hospital staff or doctor to know?



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After delivery, KBRH will provide you with sanitary pads, a pair of mesh panties, diapers and wipes. Please ensure you bring anything else you may need for you and your baby. We look forward to supporting you in the birth of your child!

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please give a copy of this Birth Intentions Document to your doctor or midwife