MIDWIFERY PRACTICE

Intrapartum Care
A research-based approach

Edited by

Jo Alexander, Valerie Levy
and *Sarah Roch*

© Series: Jo Alexander, Valerie Levy & Sarah Roch 1990

© This volume: The place of birth, Rona Campbell;
Midwifery care in the first stage of labour, Sheila Drayton;
Artificial rupture of the membranes, Christine Henderson;
Nutrition and hydration in labour, Judith Grant; Pain relief
in midwifery, Alison M. Heywood & Elaine Ho; Spontaneous
delivery, Jennifer Sleep; The midwife's management of the
third stage of labour, Valerie Levy; HIV infection – a
midwifery perspective, Carolyn Roth & Jeanette Brierley 1990

All rights reserved. No reproduction, copy or transmission of
this publication may be made without written permission.

No paragraph of this publication may be reproduced, copied or
transmitted save with written permission or in accordance with
the provisions of the Copyright, Designs and Patents Act 1988,
or under the terms of any licence permitting limited copying
issued by the Copyright Licensing Agency, 90 Tottenham Court
Road, London W1P 9HE.

Any person who does any unauthorised act in relation to this
publication may be liable to criminal prosecution and civil
claims for damages.

First published 1990 by
THE MACMILLAN PRESS LTD
Houndmills, Basingstoke, Hampshire RG21 2XS
and London
Companies and representatives
throughout the world

ISBN 978-0-333-51370-5 ISBN 978-1-349-20981-1 (eBook)
DOI 10.1007/978-1-349-20981-1

A catalogue record for this book is available
from the British Library.

Reprinted 1991 (twice), 1992, 1993, 1994

Contents

<i>Other volumes in the Midwifery Practice series</i>	iv
<i>Contributors to this volume</i>	v
<i>Foreword</i>	vii
<i>Preface</i>	viii
1. <i>Rona Campbell: The place of birth</i>	1
2. <i>Sheila Drayton: Midwifery care in the first stage of labour</i>	24
3. <i>Christine Henderson: Artificial rupture of the membranes</i>	42
4. <i>Judith Grant: Nutrition and hydration in labour</i>	58
5. <i>Alison M. Heywood and Elaine Ho: Pain relief in labour</i>	70
6. <i>Jennifer Sleep: Spontaneous delivery</i>	122
7. <i>Valerie Levy: The midwife's management of the third stage of labour</i>	137
8. <i>Carolyn Roth and Janette Brierley: HIV infection – a midwifery perspective</i>	154
<i>Index to all three volumes in the series</i>	173

Other volumes in the Midwifery Practice series

■ **Antenatal Care** ISBN 978-0-333-51369-9 (paperback)
ISBN 978-0-333-53861-6 (hardcover)

1. *Joyce Shorney*: Preconception care: the embryo of health promotion
2. *Rosemary Currell*: The organisation of midwifery care
3. *Rosemary C. Methven*: The antenatal booking interview
4. *Jo Alexander*: Antenatal preparation of the breasts for breastfeeding
5. *Moiria Plant*: Maternal alcohol and tobacco use during pregnancy
6. *Tricia Murphy-Black*: Antenatal education
7. *Jean Proud*: Ultrasound: the midwife's role
8. *Joyce Prince and Margaret Adams*: The psychology of pregnancy
9. *Jane Spillman*: Multiple births – parents' anxieties and the realities

■ **Postnatal care** ISBN 978-0-333-51371-2 (paperback)
ISBN 978-0-333-53863-0 (hardcover)

1. *Jennifer Sleep*: Postnatal perineal care
2. *Sally Inch*: Postnatal care relating to breastfeeding
3. *Jenifer M. Holden*: Emotional problems associated with childbirth
4. *Ellena Salariya*: Parental-infant attachment
5. *Janet Rush*: Care of the umbilical cord
6. *Chris Whitby*: Transitional care
7. *Margaret Adams and Joyce Prince*: Care of the grieving parent, with special reference to stillbirth
8. *Rowan Nunnerley*: Quality assurance in postnatal care
9. *Marianne J. G. Mills*: Teenage mothers

Contributors to this volume

Janette Brierley RGN RM ADM MTD PGCEA

School of Midwifery, St Mary's Hospital, London.

Janette Brierley, a midwife teacher, won a scholarship in 1986 which enabled a visit to New York to observe midwifery practice in a high HIV-prevalence area. This led to an increasing involvement with HIV antibody positive women. While remaining clinically very active, she speaks at many major conferences and is on the management committee of Positively Women.

Rona Campbell BSc MSc PhD

University of Ulster at Jordanstown.

While a doctoral student, Rona Campbell completed a national survey of home births and, together with medical statistician Alison Macfarlane, has undertaken an extensive review of the evidence and debate on place of birth. She is now a lecturer in social research methods.

Sheila Drayton RGN RM MTD MSc

Nursing Officer, Welsh Office, Cardiff.

Sheila Drayton has practised as a midwife and nurse in the UK and in Malawi. Her former post as Director of Midwifery allowed her to combine her research interests, including clinical practice in midwifery and client satisfaction, with the development of midwifery care wards, offering continuity of care to women. She is a member of the Welsh National Board.

Judith Grant BEDHons MTD RM RGN

Worcester and District School of Midwifery.

Judith Grant qualified as a midwife from Queen Mothers' Hospital Glasgow and as a midwife teacher from Surrey University. She has taught midwifery in Hastings and Cornwall prior to becoming senior tutor in Worcester. She is at present studying for an MEd degree.

Christine Henderson MA SRN SCM DipN(Lond) MTD

Birmingham & Solihull College of Midwifery.

Apart from undertaking research relating to rupture of the membranes,

Christine Henderson has helped a group of midwives to develop a framework for midwifery practice. She is interested in the professional development of midwives and in teaching in clinical practice, and is about to conduct a research study evaluating the ENB 997 course. She is vice-principal and head of midwifery and related studies, with a special responsibility for continuing education.

Alison M Heywood BSc RGN RM Diploma in Social Research
Chase Farm Hospital, Enfield, Middlesex.

Having worked in a variety of maternity units in Southern England, Alison Heywood is currently a senior midwife/team leader. Previous research posts include studies of TENS, provision of epidural services, and community antenatal clinics.

Elaine Ho RGN RM ADM MTD PGCEA MSc in Social Research BA
Dorset and Salisbury College of Midwifery and Nursing.

Elaine Ho is head of midwifery education with a main interest in the carrying out of sociological research in the midwifery field.

Valerie Levy MPhil RM RGN MTD
Southwest College of Health Studies/University of Plymouth.

Valerie Levy is a Series Editor and details about her are given on the back cover of this book.

Carolyn Roth BA SRN SCM MTD PGCEA
Department of Community Health and Nursing Studies, Southbank Polytechnic, London.

Carolyn Roth has been a midwife teacher since 1983. Her interest in HIV in pregnancy is part of a more general concern to help promote a practice of midwifery which places women and their varied needs at the centre of decisions about care.

Jennifer Sleep SRN SCM MTD BA
Royal Berkshire Hospital, Reading.

Jennifer Sleep is co-ordinator of nursing and midwifery research within the West Berkshire Health Authority. She has conducted a series of clinical trials designed to evaluate aspects of midwifery care largely related to perineal management both during delivery and following childbirth.

Foreword

I am pleased and privileged to be able to welcome this important and timely book. At a time when midwives and students are clamouring for sound information about good research which relates to their day-to-day practice, this book provides an excellent resource.

Until recently, midwives who wanted to know more about their practice had two options. They could use textbooks which were based mainly on clinical experience (important, but of limited use in helping to decide between fact and opinion), or they could tackle the huge and often inaccessible range of research literature in journals (also important, but time-consuming and often hard to relate to day-to-day practice).

The editors and authors of this volume and its two companion volumes provide us with a third option. They have aimed to bring together the best of published research with the best of clinical wisdom. To this end, authors who are experts in their own clinical fields describe and interpret the evidence, and give clear guidelines (not rules) for practice. We are approaching a time when we will no longer be able to carry out a practice 'because we have always done it this way', or 'because I was told to do it'. We will be expected to give care based on sound information: this volume provides us with some of that information.

You can use this book in different ways. It can be used as a text for teaching senior students, or for midwives to bring themselves up to date with recent developments. Or it could be used as a first step into a more in-depth study of the literature: the extensive reference lists will be very valuable.

The most encouraging aspect of this book for me is the lack of didactic rules. Instead, the very varied wishes and needs of the women and families we care for are put first by every author. Our care should be based on awareness of those needs and wishes, then it should be shaped by the information arising from existing research evidence. The result is an adult approach to midwifery, where we take the best of all worlds: caring, science and experience.

This book makes a great contribution to that adult approach. I welcome its publication, and I congratulate the editors and authors on their skill and vision.

Mary J Renfrew
Bsc RGN SCM PhD
Oxford, June 1990

Preface

There is no doubt that the theory underpinning midwifery practice cannot be carved in tablets of stone but must be dynamic and change as new information becomes available. Despite this, it is really only in the last 30 years that research has begun to have any impact on midwifery practice and even now relevant information is not always easily available to practitioners. The Midwives Information and Resource Service (MIDIRS) and the 'Research and the Midwife' conferences have made an outstanding contribution, but standard textbooks are often sparsely referenced and full length research papers are time consuming to read.

This three volume series is intended to help to fill the vacuum which exists between the current state of research and the literature readily available and accessible to practitioners. The series offers midwives and senior student midwives a broad-ranging survey and analysis of the research literature relating to the major areas of clinical practice. We hope that it will also prove stimulating to childbearing women, their families and others involved with the maternity care services. The books do not pretend to give the comprehensive coverage of a definitive textbook and indeed their strength derives from the in-depth treatment of a selection of topics. The topic areas were chosen with great care and authors were approached who have a particular research interest and expertise. On the basis of their critical appraisal of the literature the authors make recommendations for clinical practice, and thus the predominant feature of these books is the link made between research and key areas of practice.

The chapters have a common structure which is described below. It is hoped that this will be attractive to readers and assist those reviewing existing policies or wishing to study a topic in still greater depth. Some knowledge of basic research terminology will prove useful, but its lack should not discourage readers.

We owe a debt of gratitude to many people: most of all to our authors who have worked so painstakingly to produce their contributions and many of whom have helped us in numerous other ways; to Sarah Robinson for her early encouragement and to our publishers during the development of the

series; and, not least, to all those practitioners and students who made valuable comments on draft material.

We hope that many practitioners will use the books to increase their knowledge, stimulate their interest in research and improve and extend their own practice of the art and science of midwifery.

JA
VL
SR

■ Common structure of chapters

In fulfilment of the aims of the series, each chapter follows a common structure:

1. The introduction offers a digest of the contents;
2. '*It is assumed that you are already aware of the following . . .*' establishes the prerequisite knowledge and experience assumed of the reader;
3. The main body of the chapter reviews and analyses the most appropriate and important research literature currently available;
4. The '*Recommendations for clinical practice*' offer suggestions for sound clinical practice based on the author's interpretation of the literature;
5. The '*Practice check*' enables professionals to examine their own practice and the principles and policies influencing their work;
6. Bibliographic sources are covered under *References* (to research) and *Suggestions for further reading*.

■ Further reading on research

The titles listed below are suggested for those who wish to further their knowledge and understanding of research principles.

Cormack D F S (ed) 1984 *The Research Process in Nursing*. Blackwell Scientific Publications, Oxford

Hockey L 1985 *Nursing Research – Mistakes and Misconceptions*. Churchill Livingstone, Edinburgh

Tornquist E M 1986 *From proposal to publication: an informal guide to writing about nursing research*. Addison Wesley, Reading (Massachusetts)