

# Use of Water in Support of Normal Birth

## Two Days Seminar

- Date:** October 20 and 21 2017
- Venue:** Hotel Green Garden, Fügnerovo náměstí 1865/4, Praha 2
- Aim group:** a. obstetric care providers (obstetricians, midwives, doulas)  
b. obstetric care users
- Lecturers:** **Dianne Garland**, midwife
- Official Languages:** Czech – English (interpretation)
- Summary:** Water is a life giving liquid. There is no life without water. People use it for internal and also external healing. It reliefs pain during the birth process, it contributes to relaxation of mind and body. It may help women to manage the demanding journey, which childbirth, especially for first time mums is. The lecturers will inspect the effects and benefits of use of water in childbirth up to tiny details.
- Women search for water during the birthing process intuitively. Some would find it a way to relaxation, some would wish to give birth in this relaxing environment.
- In the Czech Republic, and most probably Europe wide, still more and more hospitals offer a bath for women during the birth process. But there are many myths around waterbirth and safety of water environment, which limits many care providers in offering the use of water in any phase of the birthing process.
- The lecturers will present not only their practical experience and findings, but also reliable research evaluating the safety of water in childbirth for the mother and her baby. They will make us familiar with situations when water can be considerably helping, but also with situations when waterbirth is not appropriate.
- We will learn:** Why and how water facilitates movement.  
Why and how water helps bonding between the mother and the baby, and the mother and her surroundings.  
How water contributes to secretion of ecstatic hormones (Oxytocin, Endorphins, Epinephrine, Prolactin).  
How and why water provides continual support during the birth process.  
Why water is effective against infection.  
What are the contradiction of waterbirth.

### Time schedule of the day:

8,30 – 9,00	Registration
9,00 – 10,30	Lecture
10,30 – 11,00	Break
11,00 – 12,30	Lecture
12,30 – 14,00	Lunch
14,00 – 15,30	Lecture
15,30 – 16,00	Break
16,00 – 17,30	Lecture and evaluation of the day

The teaching day comprises 8 lessons (1 lesson = 45 min.)

### About the lecturers:



**Dianne Garland, SRN, RM, ADM, PGCEA, MSc**, has been working as midwife in UK since 1983. Since 1989 she has been lecturing about waterbirth. Her work took her to various places around the world: Australia, China, United States and India.

Dianne is a director for clinical practice of **Waterbirth International** and a consultant of the Oriental maternity hospital in Wenzhou in China. Since 2014 she has been holding a position of an expert advisor to midwifery lead unit in maternity hospital in Hyderabad in India. She is a court expert, she is teaching at university and part time working as a midwife in a midwifery lead unit in maternity hospital to remain in contact with practice.

She has written a number of articles and books about Waterbirth. A new version of this book *Revisiting waterbirth – an attitude – to care*, published in December 2011 by Palgrave publishing house, is a clear, structured guide for use of water in childbirth and belongs to basic texts for midwives. It provides students, but also experts from practice with evidence-based advice through the summaries of research and case studies. Dianna's latest book **Waterbirth – An Attitude to Care** has been published this year (2017).

Since 2005 she has been a freelancer to have more time to devote to her company **Midwife Expert** ([www.midwifeexpert.com](http://www.midwifeexpert.com)).

Her activities comprise:

- 2010 a member of supervisory board of APEC (Action on PreEclampsia)
- 2012 named expert advisor of CQC (Care Commission Control), she works in a commission for quality control in healthcare
- 2013 lecturer of Gentle birth guardian courses(<http://gentlebirthguardians.com>)
- 2014 engaged in NICE UK working group (National Institute for Clinical Excellence, UK)
- 2014 Expert advisor of quality control commission

### Participation of children

It is important to have in mind that **this seminar** is intended **mainly for professionals**, but as waterbirth theme may be of wide interest we have opened it also for the public. We would like to emphasize that **participation of small children** is inappropriate and we are not able to organize baby-sitting during the seminar.

The lectures and discussions will be interpreted and it is important that neither lecturers and interpreters, nor other the participants are disturbed.

So if you have to take your children with you from any unavoidable reason (like breastfeeding), please, be considerate to other participants of the seminar and choose such a place in the lecturing room, which you can easily leave without disturbing the others in case your baby would be noisy.

## Registration fee

Participation in two days program, refreshment during the breaks and buffet lunch are included in registration fee.

	Payment		
	till 31. 7. *)	till 10. 10. *)	after 10. 10. **)
<b>Gyn.-obs. doctors</b>	160 EUR	180 EUR	260 EUR
<b>Midwives, doulas, public</b>	150 EUR	160 EUR	260 EUR
<b>Students ***)</b>	60 EUR	70 EUR	260 EUR

\*) 70 EUR cancellation fee would be deducted from the refunded amount in case of late cancellation by the participant.

\*\*\*) 160 EUR cancellation fee would be deducted from the refunded amount in case of late cancellation by the participant.

\*\*\*) 30 cancellation fee would be deducted from the refunded amount in case of late cancellation by the student participant.

The date when the money is credited on the Birth House Stork account is decisive for the amount to be paid.

## Registration form

Please, fill in the on-line registration form [here](#).