The Educator’s Guide Update

THROUGHOUT THE GUIDE

In order to keep our publications current, we update content every one to two years. There is no planned obsolescence, but research and recommendations are constantly changing, as well as statistics, references, audiovisuals, and URLs.* We want our educators and parents to have the latest information available when we go to press. We understand that you will find some broken URLs, as they change with no notice. Fortunately, searching for the topic with “Google” will often turn up the desired link. Each time we publish a new edition, we go through the Guide page by page, making minor as well as major changes. We delete older references, add new ones, and update those that publish new editions. In the 2020 Guide, we added new practice recommendations from ACOG and AWHONN and new information and references about maternal mortality, respectful care during birth, induction of labor at 42+ weeks, “laboring-down,” and more. Instead of beginning on page one in each section, we numbered the pages in the 2020 Guide consecutively. With the new numbering system and additions to the Guide, the page numbers are different from previous editions. This flyer highlights some of the key updates that we made.

RECOMMENDED NEW RESEARCH/PUBLICATIONS

MATERNAL MORTALITY

The good news is that the World Health Organization estimates that maternal deaths decreased worldwide between 2000 and 2017. The bad news is that the United States is one of only two countries in the world that had an increase in maternal mortality.


MISTREATMENT DURING PREGNANCY AND BIRTH

Researchers surveyed childbearing women in diverse populations in the U.S. about their childbirth experiences. They found that one in six U.S. women reported experiencing one or more types of mistreatment as identified by the World Health Organization. Women of color, women giving birth in a hospital, and those with social, economic, or health challenges were more likely to be mistreated.


* Lamaze International launched a new website in 2019. All Lamaze URLs in previous editions of The Educator’s Guide are now broken. The URLs have been updated in the 2020 Guide.
ROLE OF OXYTOCIN IN PHYSIOLOGIC BIRTH

A new systematic review in *BMC Pregnancy and Childbirth* looks at the physiology of oxytocin during labor and birth and the risks associated with synthetic oxytocin. Long, but well worth reading.


UPDATED LITERATURE REVIEW OF THE NATURE OF LABOR PAIN

Building on Nancy Lowe’s classic 2002 review of the literature on the nature of labor pain, Australian researchers conducted a new review of the literature. They discuss the difference between pain and suffering, the importance of believing that the pain is purposeful (as described in our popular student handbook, *Prepared Childbirth – The Family Way*, and confirm the significance of good labor support in shaping women’s positive perceptions of labor pain and the birth experience.


NEW GUIDELINES FROM AWHONN FOR SECOND STAGE

Nurse researchers have summarized current research and provided clinical recommendations for care during second stage in this 57-page 2019 booklet. As in recent years, AWHONN promotes physiologic pushing with an emphasis on upright positions and women pushing according to what they feel. The authors discuss pros and cons of delayed pushing (including the Cahill delayed pushing study), and recommend shared, informed decision making.


REVISED COMMITTEE OPINION ON INTERVENTIONS REPLACES 2017 VERSION

ACOG Committee Opinion #766: Approaches to Limit Intervention During Labor and Birth

The major differences from the 2017 committee opinion are that ACOG now:

- Uses stronger language to promote the use of doulas,
- Specifies a time period of 12-24 hours for expectant management following SROM,
- **No longer supports** delayed pushing (also known as laboring-down), and
- Recommends adding policies to promote family-centered cesareans.

SAFE SLEEPING GUIDELINES FOR BED–SHARING FAMILIES


UPDATES BY SECTION INCLUDE

Section I: Getting Started
On page 27, we added an excellent new reference on cultural competence from the journal, Nursing for Women’s Health, and updated our references on teaching Gen X, Millennials, and Gen Z students.

Section III: Evidence Based Maternity Care/Childbirth Education
On pages 77 to 81, we updated the “Advocacy” section with information from the two publications listed on page 1 of this flyer.

Section IV: Topics
We updated the “Pain” section on pages 151-152 to include information on Nancy Lowe’s classic review of the literature on the nature of labor pain and the 2019 updated review of the literature on the same topic by Australian researchers. We know one childbirth educator trainer who requires the 2019 review of the literature as pre-seminar reading. (See second reference on page two of this flyer).

We updated the chart and references, The Bottom Line: Waterbirth, on pages 167 and 168.

We provided AWHONN’s new recommendations on nursing care during second stage on pages 191 and 192. (See the third reference on page two of this flyer.)

In October of 2018, the American College of Obstetricians and Gynecologists changed their position supporting the option of delayed pushing (also known as “laboring down”) based on a study by Cahill, et al, published in JAMA. Family Way co-author, Debby Amis, discussed the shortcomings of the Cahill study, in a keynote address at the 2019 Lamaze Live! Annual Conference. After her presentation, an audience member requested a “Talking Points” summary of the key points that she made on the Cahill study and also on the ARRIVE Trial. Both of the following “Talking Points” analyses were added to the 2020 Educator’s Guide:

   Talking Points: JAMA Laboring Down Study on pages 198-199
   Talking Points: The ARRIVE Trial on pages 223-224

On pages 221-222, we updated the chart showing the recommendations of the World Health Organization for the Lamaze Six Healthy Birth Practices based on the latest WHO guidelines.
We updated the chart, *The Bottom Line: When is Induction Appropriate?* on pages 225 to 226 by adding a new journal article from The Association for Improvement in the Maternity Services (AIMS) in the UK. The authors analyzed national birth statistics looking at the incidence of stillbirth by gestational age. They conclude that there is NOT a greater risk for stillbirth at 42+ weeks gestation.

On page 237 (the second page of the Cochrane Conclusion), we replaced the summary of the 2001 Cochrane Review about the role of sexual intercourse as a method of induction with a new Cochrane Review comparing mechanical methods of labour induction to drug methods.

For those educators with students in their class with a baby in the breech position, we added the references from the Society of Obstetricians and Gynaecologists of Canada (SOGC) and the American College of Obstetricians and Gynecologists (ACOG) regarding vaginal breech births on page 246.

We updated the handout, *Top Ten (Proven) Ways to Avoid Cesarean Surgery*, on page 247.

On page 267, we provided guidelines from La Leche League for illustrations of the size of an infant’s tummy at various time periods.

**Section VII: Resources**

We updated pricing and URLs throughout the section.

**RECOMMENDED NEW BOOKS (THROUGHOUT GUIDE)**


**Family Way Publications**

See Handouts on our Website

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