

THE BIRTH PLAN AS A TOOL OF INFORMED CHOICE FOR THE WOMAN GIVING BIRTH⁷

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Abstract: *The mass medicalization of childbirth, led to further advocates of natural childbirth publishing best practice procedures. The WHO, includes the importance of effective communication in recommendations for a positive birth experience published in 2018. It focuses on the experience of care as a critical aspect of ensuring high-quality birth and improved woman-centred outcomes. Recommendations include, antenatal education courses for parents, informed choice and a woman's right to manage her own body, use of a birth plan as an information and education tool. Attendance at antenatal childbirth education courses led by a midwife and the development of a birth plan are associated with more vaginal births. These findings suggest that patient education and preparation for childbirth can influence how childbirth will flow, providing them with informed choices. Education and birth plans can be used as quality improvement tools to potentially reduce cesarean sections. The aim of this report is to examine the effect of the development and implementation of birth plans, during the birth process and the satisfaction of women giving birth.*

Keywords: birth plan, informed choice, prenatal education, maternity.

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