

Birth Case Study #12

DOB 10/13 - EDD 10/25

8 lbs. 8 oz. 20.75 in.

Apgars 10/10

Context: Third baby, previous two were over 9 lbs each. First two births were vaginal births with epidurals at a hospital. Her immediate postpartum experiences in the hospital were not great, and the main reason why she wanted a homebirth.

10/12

Light contractions all day before and that day. "We're gonna walk this baby out"

11:15 pm - Call from parents - Water broke; giving me a heads up.

10/13

1:00 am-ish - Call to check in. She's having some blood show. She sounds like she's in a good pattern that is progressing. They'd like me to come over.

2:30 am-ish - I arrive. arrive. Husband is filling up the tub, and contractions are getting longer and closer together. She's doing great working with the contractions. She had recently thrown up.

3:00 am - Throws up again.

3:30 am - Call from the midwife, she's on her way. Soon there after, a family friend who is going to be present arrives.

"Damn - we're having a baby!"

She comments on how this is already feeling much better than her son's birth.

4:00 am - She's going deeper into laborland, leaning on her back, and her lower belly seems to be bulging. She throws up again.

"We're having a baby!"

4:16am - She has some snacks. The midwife arrives shortly after. Listens to the baby who sounds great.

5:00 am - "Come on baby"

5:20 am - She seems to be transitioning into pushing, the baby appears to be quite low, and it's hard to get a heartbeat. Mom remembers they had to take their older kids to a wedding the next day, and asks her friend if she can take them.

5:35 am - Midwife assistant arrives. Mom gets out of tub to go to the bathroom and then walks around the house. Contractions have spaced out a bit.

5:50 am - Gets checked to be 5 to stretchy 7, baby -2. We are all a bit surprised by the check, but quickly get back to it. Mom walks a lot more around the house, and does some side lunges.

6:30 am - She's feeling exhausted, and does some sidelying with the peanut ball. This seems helpful, and she's able to fall asleep. We all get some rest.

7:00 am - A big contractios wakes her up, but then she continues to sleep.

8:00 am - The sun gets everyone up and moving. Dad walks the dog. We try different positions to create more space for baby and to try to get things moving again: "dip the hip" (doesn't seem to do much), "shake the apple tree" (it feels good), "lift & tucks" (hard pass, feels very painful on her back). Dad empties the pool.

9:05 pm - Does polar bear for around 20 minutes. Has one big pushy contraction, then a long birth break. We try to shift and lift the energy in the house. Diffuse some essential oils, fill the pool again, close the curtains to make it more cave like. She's feeling lots of wiggles from the baby, and feeling sort of pushy.

9:40 am - Get's checked again. She seems almost full, but baby is still up high and feels asynclitic, with head and body aligned toward the right hip, and the head turned sideways and up. We try doing a more inclined inversion, but this doesn't feel comfortable. She goes back to side-lying with the peanut ball, which feels too big right now, so we switch it out with a pillow. Her friend takes the kids to wedding.

10:28 am - Gets up to eat some soup.

11:00 am - Try acupressure points. She then takes a longer nap (we all do). She's not really contracting anymore. She tries another inversion, but that seems to hurt in her back.

We talk about the possibility of a transfer to the hospital for augmentation and/or getting rest. She cries about not wanting to go. I ask why she doesn't want to go, and she replies that she really doesn't want to have the disrespectful postpartum experiences that she had last time. That she wants to be able to be with her baby, in her bed, with her family, eating and moving as she wants without all the interruptions and protocols.

2:27 pm - Checked to be the same.

4:06 pm - Mom throws up. The midwife assesses the baby's position with leopolds again, and tries to see if she can get the head to come out of the hip. She tries twice, and feels that the head moves out, but then goes back into the hip.

4:14 pm - Mom says that things feel different. That she no longer feels pain into one hip, but rather on both. She starts having longer, stronger, sort of non-stop contractions. The head seems to be in the center of her pelvis, and she's moving down as mom is getting urges to push.

4:30 pm - Check to be fully dilated and +2 station. The kids have come back from the wedding, and her son touches the instruments, which then need to be reboiled.

5:21 pm - Baby is born!

5:35 pm - Placenta is delivered. Mom drinks some juice. The second midwife arrives from another birth to help with the assessment of the baby. First midwife checks for tears, there's only a little one at bottom of vagina, and no need for stitches.

5:50 pm - Baby latches on and feeds. Mom gets some Advil. No Pitocin.

6:30 pm - Baby gets weighted and an assessment.

7:00 pm - I leave