



## Water immersion for labour and birth content and resource overview

### Online modules

The online learning comprises of three modules containing contemporaneous evidence-based information, exploration and application of relevant guidelines, simulation videos, consumer videos and learning activities (including quizzes at the end of each module that must be successfully completed by the learner prior to progressing to the next module).

The overarching learning objectives of the online content:

On completion of this water immersion and water birth online learning module the learner will:

1. Demonstrate workplace health and safety (WHS) considerations when setting up and caring for a client using water immersion and/or birth.
2. Facilitate informed decision making through the provision of evidence-based discussion of the benefits, risks, and indications for use of water immersion for labour and/or birth.
3. Demonstrate knowledge/application of evidence-based care in alignment with the National Safety and Quality Health Service Standards (NSQHS), when caring for women during water immersion for labour and/or birth.

*Module One* provides context for the package with topics including:

- History of water immersion for labour and birth.
- Evidence based exploration of risks, benefits, and perinatal outcomes in relation to water immersion for labour and birth.
- Discussion of women's experience of water immersion for labour and/or birth drawing from research and consumer interview.
- Physiology and psychophysiology of labour and birth applied to water immersion.

*Module Two* applies this theory to clinical practice with topics encompassing:

- Antenatal screening, discussion, and planning with the woman.
- Setting up and maintaining safety around the birthpool (including electrical safety, personal health and safety considerations, and infection control).
- Care and assessment of the woman utilising water immersion during labour and birth (including auscultating the fetal heart rate in labour, pain relief options, discussions regarding care during third stage incl estimation of blood loss activity). Also includes video with voice over of care of woman utilising water immersion for labour.
- Care and assessment during the first hours following birth.
- Indications and planning for 'unplanned/emergency evacuation' from birth pool.

*Module Three* discusses neonatal considerations and explores water immersion in the context of complexity:

- Fetal and neonatal physiology – the transition to ex utero life
- Benefits and risks of waterbirth for the neonate
- Neonatal concerns in the context of water immersion for labour and birth: Evidence, physiology and mitigation strategies (thermoregulation, infection, and water inhalation at birth)
- Water immersion in the context of complexity – GBS, MSL, VBAC, Covid 19



## Face to face workshop

The half day (4 hour) face to face workshop builds from the foundations laid within the online learning and provides participants the opportunity to apply/contextualise this knowledge within immersive simulation. The workshop is designed to be delivered within the purpose-built birthing simulation space (including plumbed birth pool) or as in-situ simulation within a birthing facility.

### Learning outcomes:

On completion of the water immersion for labour and birth workshop, the clinician should be able to:

- Demonstrate and discuss best practice principles to care for a woman planning to use water immersion for labour and/or birth in water including safety preparation required prior to water immersion/water birth.
- Demonstrate care and assessment of woman using water immersion for labour and birth (incl. OH&S considerations) (simulated event).
- Care of the woman and baby exiting the birth pool during the 3<sup>rd</sup> stage of labour (simulated event).
- Demonstrate effective care management of a maternity emergency in the context of water immersion (simulated event).

During the 4-hour workshop there will be 3 case scenarios. The scenarios will encompass care of the woman during labour and birth, assisting the woman to exit the birth pool, and a maternity emergency within the context of water immersion for labour and birth. All participants will have the opportunity to participate in at least two of the immersion simulations. When not actively involved in the simulation, participants are to observe the simulation with the intent to actively contribute to the debrief.

## Additional resources

Additional resources available within Water Immersion for labour and birth on the CSDS Queensland Maternity Education website include:

- Record of observed and supervised provision of care template enabling midwives to record episodes of observing or being supervised in the provision of care of a woman utilising water immersion for labour and birth
- Clinical skills assessment tool (CSAT)