

# References

## Healthy Birth Your Way

### General:

Coalition for Improving Maternity Services. (2007). Evidence-basis for the ten steps of mother-friendly care. *Journal of Perinatal Education*, 16(2S).

Enkin, M., Keirse, M., Neilson, J., Crowther, C., Duley, L., Hodnett, E. & Hofmeyr, J. (2000). *A Guide to Effective Care in Pregnancy and Childbirth*. New York: Oxford University Press.

World Health Organization Department of Reproductive Health and Research. (1999). *Care in normal birth: A practical guide*. Geneva: World Health Organization.

### Lamaze Healthy Birth Practice One

American College of Obstetricians and Gynecologists. (2004). ACOG Practice Bulletin No. 58: Ultrasonography in pregnancy. *Obstetrics and Gynecology*, 104(6), 1449–58.

Gülmezoglu, A. M., Crowther, C. A., & Middleton, P. (2006) Induction of labour for improving birth outcomes for women at or beyond term. *Cochrane Database of Systematic Reviews*, 4: CD004945.

Sanchez-Ramos, L., Bernstein, S., & Kaunitz, A. M. (2002). Expectant management versus labor induction for suspected fetal macrosomia: A systematic review. *Obstetrics & Gynecology*, 100, 997-1002.

### Lamaze Healthy Birth Practice Two

Albers, L., Anderson, D., Cragin, L., Moore Daniels, S., Hunter, C., Sedler, K., Teaf, D. (1997). The relationship of ambulation in labor to operative delivery. *Journal of Nurse-Midwifery*, 42(1), 4-8.

Gupta, J. & Nickoderm, C. (2000). Maternal posture in labour. *European Journal of Obstetrics, Gynecology and Reproductive Biology*, 92(2), 273-277.

Lawrence, A., Lewis, L., Hofmeyr, G.J., Dowswell, T., & Styles, C. (2009) Maternal positions and mobility during first stage labour. *Cochrane Database of Systematic Reviews (Online)*, 2, CD003934.

Simkin, P., & Bolding, A. (2004). Update on nonpharmacologic approaches to relieve labor pain and prevent suffering. *Journal of Midwifery & Women's Health*, 49(6), 489-504.

### Lamaze Healthy Birth Practice Three

Hodnett, E. D., Gates, S., Hofmeyr, G. J., & Sakala, C. (2003). Continuous support for women during childbirth. *Cochrane Database of Systematic Reviews*, 3: CD003766.

Simkin, P., & Bolding, A. (2004). Update on nonpharmacologic approaches to relieve labor pain and prevent suffering. *Journal of Midwifery & Women's Health*, 49(6), 489-504.

### Lamaze Healthy Birth Practice Four

Alfirevic, Z., Devane, D., & Gyte, G. M. (2006). Continuous cardiotocography (CTG) as a form of electronic fetal monitoring (EFM) for fetal assessment during labour. *Cochrane Database of Systematic Reviews (Online)*, 3, CD006066.

American Society of Anesthesiologists Task Force on Obstetric Anesthesia (2007) Practice guidelines for obstetric anesthesia: An updated report by the American Society of Anesthesiologists task for on obstetric anesthesia. *Anesthesiology*, 104(4). 843-863.

American College of Obstetricians and Gynecologists. (2000). ACOG practice bulletin: Obstetric analgesia and anesthesia. *Obstetrics and Gynecology*, 100(1), 177-191.

American College of Obstetricians and Gynecologists. (2005). ACOG Practice Bulletin No. 70: Intrapartum fetal heart rate monitoring. *Obstetrics and Gynecology*, 106(6):1453-60.

Anim-Somuah, M., Smyth, R., Howell, C. (2005) Epidural versus non-epidural or no analgesia in labour (Cochrane Review). *Cochrane Database of Systematic Reviews*, 4: CD000331.

Kubli, M., Scrutton, M. J., Seed, P. T., & O'Sullivan, G. (2002). An evaluation of isotonic "sports drinks" during labor. *Anesthesia and Analgesia*, 94 (2), 404-408.

Lieberman, E., Davidson, K., Lee-Parriz, A., & Shearer, E. (2005). Changes in fetal position during labor and their association with epidural analgesia. *Obstetrics & Gynecology*, 105(5, Part 1), 974-982.

Lieberman, E., & O'donoghue, C. (2002). Unintended effects of epidural analgesia during labor: A systematic review. *American Journal of Obstetrics and Gynecology*, 186(5 Suppl Nature), S31-68.

# References (continued)

## Healthy Birth Your Way

Ransjo-Arvidson, A., Matthiesen, A., Lilija, G., Nissen, R., Widstrom, R., & Uvnas-Moberg, K. (2001). Maternal analgesia during labor disturbs newborn behavior: Effects on breastfeeding, temperature, and crying. *Birth*, 28 (1), 5-12.

Scrutton, M. J., Metcalfe, G. A., Lowy, C., Seed, P. & O'Sullivan, G. (1999). Eating in labour: A randomized controlled trial assessing the risk and benefits. *Anesthesia*, 54(4), 329-334.

Simkin, P., & Bolding, A. (2004). Update on nonpharmacologic approaches to relieve labor pain and prevent suffering. *Journal of Midwifery & Women's Health*, 49(6), 489-504.

Smyth, R. M., Alldred, S. K., & Markham, C. (2007). Amniotomy for shortening spontaneous labour. *Cochrane Database of Systematic Reviews (Online)*, (4)(4), CD006167.

Tranmer, J. E., Hodnett, E. D., Hannah, M. E., & Stevens, B. J. (2005). The effect of unrestricted oral carbohydrate intake on labor progress. *Journal of Obstetric, Gynecologic and Neonatal Nursing*, 34(3), 319-328.

### Lamaze Healthy Birth Practice Five

Albers, L., Sedler, K., Bedrick, E. Teaf, D. & Paralta, P. (2006). Factors related to genital tract trauma in normal spontaneous vaginal births. *Birth*, 33(2), 94-100.

Bloom, S., Casey, B., Schaffer, J., McIntire, D., Leneno, K. (2006). A randomized trial of coached versus uncoached maternal pushing during the second stage of labor. *American Journal of Obstetrics and Gynecology*, 194(1), 10-13.

Gupta, J. K., Hofmeyr, G. J., Smyth, R. (2004) Position in the second stage of labour for women without epidural anaesthesia. *Cochrane Database of Systematic Reviews*, 1: CD002006.

Schaffer, J., Bloom, S., Casey, B., McIntire, D., Nihira, M., & Leveno, K. (2006) . A randomized trial of the effects of coached vs uncoached maternal pushing during the second stage of labor on postpartum pelvic floor structure and function. *American Journal of Obstetrics and Gynecology*, 192(5), 1692-1696.

### Lamaze Healthy Birth Practice Six

Anderson GC, Moore E., Hepworth J., Bergman N. (2003). Early skin-to-skin contact for mothers and their healthy newborn infants. *Cochrane Database of Systematic Reviews*, 2: CD003519.

Bystrova, K. Widstrom, A., Matthiesen, A., Ransjo-Arvidson, A., Welles-Nystrom, B., Wassberg, C., Vorontsoo, I., & Uvnas-Moberg, K. (2003). Skin-to-skin contact may reduce negative consequences of "the stress of being born": A study on temperature in newborn infants subjected to different ward routines in St. Petersburg. *Acta Paediatrica*, 92(3), 320-326.

Christensson, K., Cabrera, T., Christensson, E., Uvnas-Moberg, K., & Winberg, J. (1995). Separation distress call in the human neonate in the absence of maternal body contact. *Acta Paediatrica*, 84(5), 468-73.

Righard, L. & Alade, M. (1990). Effect of delivery room routines on success of first breastfeed. *Lancet*, 336(8723), 1105-1107.