

## **The influence of water immersion on the course of labor**

[Article in Polish]

**Moneta J, Okninska A, Wielgos M, Przybos A, Chrostowska J, Marianowski L.**

I Klinice Poloznictwa i Ginekologii AM w Warszawie.

**OBJECTIVE:** The aim of this study was to examine the influence of water immersion on the course of labor. **MATERIAL AND METHODS:** The study group consisted of 109 women, who have delivered in water in Obstetrical Ward in Puck from 1998 to 2000. 110 women composed control group. Mean patients' age in study and control group was respectively 26.40 +/- 4.33 and 26.72 +/- 5.82 years (ns). Gestational age was 40.69 +/- 5.91 and 39.71 +/- 2.03 weeks (ns). The duration of labor stages, time from membranes rupture to delivery, birthweight and newborns condition, frequency of episiotomy and perineum injuries as well as necessity of labor stimulants use were analyzed. Particular parameters were also assessed regarding to parity. The differences were determined using T-test. **RESULTS:** Mean duration of 1st labor stage was 319 min in study group and 375 min in control group ( $p < 0.02$ ). The 2nd and 3rd labor stages did not differ significantly. II labor stage in nulliparous and I stage in multiparous were shorter in study group (respectively 34.41 vs. 45.5 min;  $p < 0.02$  and 258.23 vs. 329.83 min;  $p < 0.02$ ). The episiotomy was less frequent in study group ( $p < 0.01$ ), whereas perineum injuries in control one ( $p < 0.05$ ). Use of oxytocin was comparable between both groups. 97% of newborns from study group and 93% from control group, they were in good condition (ns). **CONCLUSIONS:** The profitable influence of water immersion to short 1st labor stage was noted. There were no differences in newborns' condition. The water birth is a safe method of labor in patients with physiological pregnancy.

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