

Vaginal birth without pain-relieving medication boosts mum's happiness

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A new study has found that women who deliver naturally, endure labor pains without the help of epidural anesthesia and are accompanied by someone close during the birthing process are more content than women who give birth via c-secs.

The study also points out that the attitude of healthcare personnel, along with starting early breast-feeding, are another two factors that help in increasing the mothers' level of satisfaction.

The research was carried out by scientists from the University of Granada Nursing Dept. and the San Cecilio University Hospital.

The aim of the research was to identify a mother's level of satisfaction regarding attention given to her birth, who was there during the birth and the duration of breast-feeding.

For the research, scientists studied 60 mothers out of a sample of 2,800 women who gave birth at the San Cecilio University Hospital between August 2011 and August 2012.

The mothers were monitored 24 hours after having given birth (still in hospital) and then 14 days later, by phone. After 3 months, the baby's feeding regime was recorded.

The results showed that, generally, the overall satisfaction level of the population studied about birth was high.

The scientists discovered that early breast-feeding that is, during the first 24 hours after birth and a eutocic delivery without epidural anesthesia are two parameters that have a very positive effect on the mothers' level of satisfaction.

The study is published in the journal Hospital Nutrition.