Premlatha's Story

From the anxiety of preterm labor to a memorable birthing experience

It was a pleasant May evening when Premlatha was visiting her doctor for a regular checkup. Accompanied by her husband, she was waiting for her turn in the sitting area and expecting to go back home post her visit.

However, to her shock, the doctor informed her that she had already started to dilate and would be delivering four weeks prior to her due date.

Premlatha was apprehensive of what the future held for her and her first born. It was a moment of extreme anxiety. In her state of panic, she began to ponder what went wrong which led to the premature dilation. To add to her stress, her husband left her in the hospital and returned home to bring their relatives.

As her husband was taking longer than expected to return, Premlatha contemplated the situation and wished that her family were present to comfort her. Gauging her apprehensions, the nurses at the hospital stepped in to calm her down.

Dr Jyoti Bobe, owner of Anuja Nursing Home, Navi Mumbai, highlighting the importance of respectful maternal care said, "We frequently handle pre-term labor cases at hospital passage deliveries at our facility. In such cases, the expectant mothers often become very anxious, and the trauma increases the chances of them experiencing post-partum depression."

A woman's positive or negative memories of childbirth stays with her throughout her lifetime. Her experiences with maternity caregivers can empower and comfort her or inflict lasting damage and emotional trauma. Studies have shown that a negative childbirth experience is associated with post-traumatic stress disorder (PTSD) and depression.[1]

"The training our nurses received under the LaQshya-Manyata program have been a game changer. The module on respectful maternal care helped sensitize our nursing staff on the need for compassion in care and built their capacity to deliver this.", she continued. The Respectful Maternal Care (RMC) module one of LaQshya-Manyata's 16 clinical standards has received a lot of positive feedback from its existing pool of certified providers and their staff.

HEAR PREMLATHA'S EXPERIENCE

"For me, every hour was crucial but the nurses at the hospital left no stone unturned while looking after me. They were checking on me every hour, noting my vitals and reassuring me that everything would be fine. I am eternally grateful to the doctors and nurses at Anuja Nursing Home for the care I received when I needed it most," said Premlatha (33) while narrating her story.

Elaborating on the real-world benefits, nurse Manjiri at Anuja Nursing Home said, "The RMC module training has brought about a significant change in the way we interact with patients and has instilled the importance of treating pregnant women cordially, respectfully and ensuring privacy and confidentiality for them. We came across the concept of having birthing companions through these trainings and now we encourage the same at our facility which has been very well received."

The respectful and supportive care from the doctor and nurses warded off all the negative thoughts wandering in Premlatha's mind, and she was certain that she could entrust them with her and her child's safety.

RMC has been under the focus of the government as well, in fact, the government of India announced the Guidelines on Midwifery Services in December 2018, and this move indicates a big shift in India's maternal healthcare policy, which although geared to reduce maternal and infant mortality rate, adds the importance of women-centered and respectful care for a "positive birth" experience[2].

As the night progressed and dawn arrived, a much calmer and more confident Premlatha was fully dilated and ready to welcome her firstborn.

The doctor and nurses ensured she had a safe natural delivery, and all afterbirth procedures were conducted seamlessly.

Premlatha is grateful to Dr Jyoti and her team for making one of the most special experiences of her life uniquely beautiful and memorable. This facility was trained under the LaQshya-Manyata program.