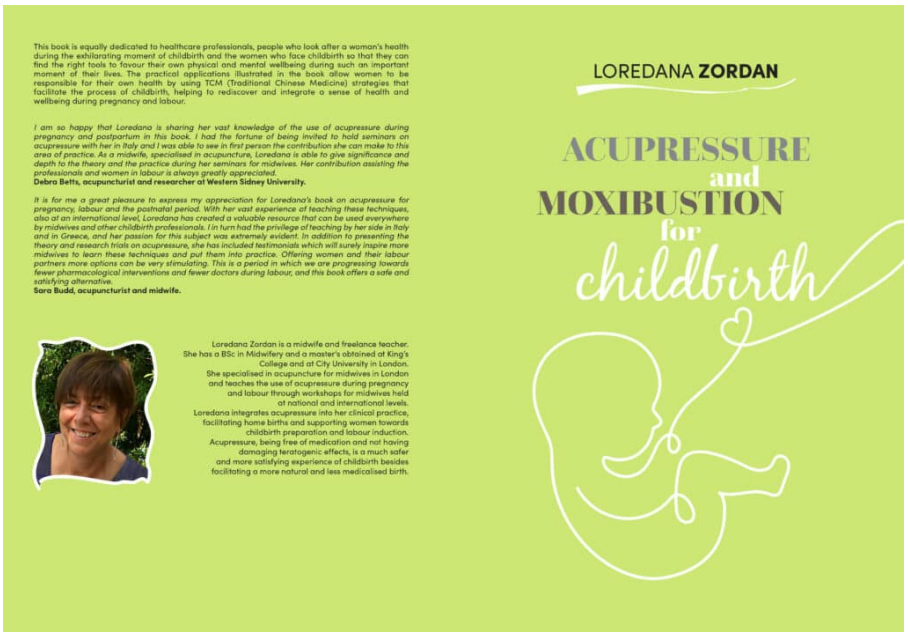


Description

Acupressure and Moxibustion for Childbirth by Loredana Zordan

Reviewed by Samuel Todd – Lead for Professional Practice and A-EQUIP, Birmingham Women's and Children's NHS Foundation Trust

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I first met Loredana (virtually) during COVID-19 as I was undertaking an Acupoint Stimulation Course for Midwives (Acupressure, Press Needles and Moxibustion). Loredana's insight into the use of acupressure and moxibustion with maternity services is inspiring. It's a privilege to be reviewing her book on this fascinating modality of complementary and alternative medicine.

an effective guide for health professionals to consider incorporating acupressure into their practice

The book introduces Traditional Chinese Medicine (TCM) and its application to pregnancy and childbirth before exploring acupressure and how it is believed to work. The book is aimed at midwives and maternity service workers,

however, a key message is that women and birthing people can be empowered to perform self-treatment for common discomforts of pregnancy (nausea, emotional support, and childbirth preparation) using acupressure. It provides an effective guide for health professionals to consider incorporating acupressure into their practice with clear indications for use. I particularly enjoyed the in-depth section on the use of moxibustion and how it can be used for breech turning and treatment of anaemia.

My opinion from this book is that acupressure techniques could be incorporated into birth preparation classes from 36 weeks as it may increase a woman's agency when considering her options. With rates of induction of labour continuing to increase, the protocols for the use of acupressure to support childbirth preparation may give women a 'tool' to support their overall health and wellbeing. There is guidance on postural positions to promote optimal fetal positioning and dietary advice from a TCM perspective. The book has clear illustrations to support point location and guidance for how to undertake acupressure and moxibustion treatments.

> Throughout the book are testimonials from midwives

There is information on acupressure and moxibustion treatments to support postnatal recovery and common concerns following birth. Throughout the book are testimonials from midwives which makes for interesting reading. This book would be an ideal addition to midwifery units to support optimal labour physiology and for midwives and birth workers who provide antenatal education/birth preparation classes. I recommend student midwives and midwives who support women during labour and birth to consider investing in this text and further study in this area to develop a skill they could use to improve experiences and outcomes for all.

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You can purchase this book from Amazon UK

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1. complementary therapy
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