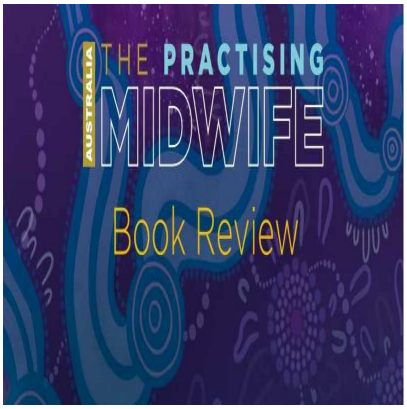
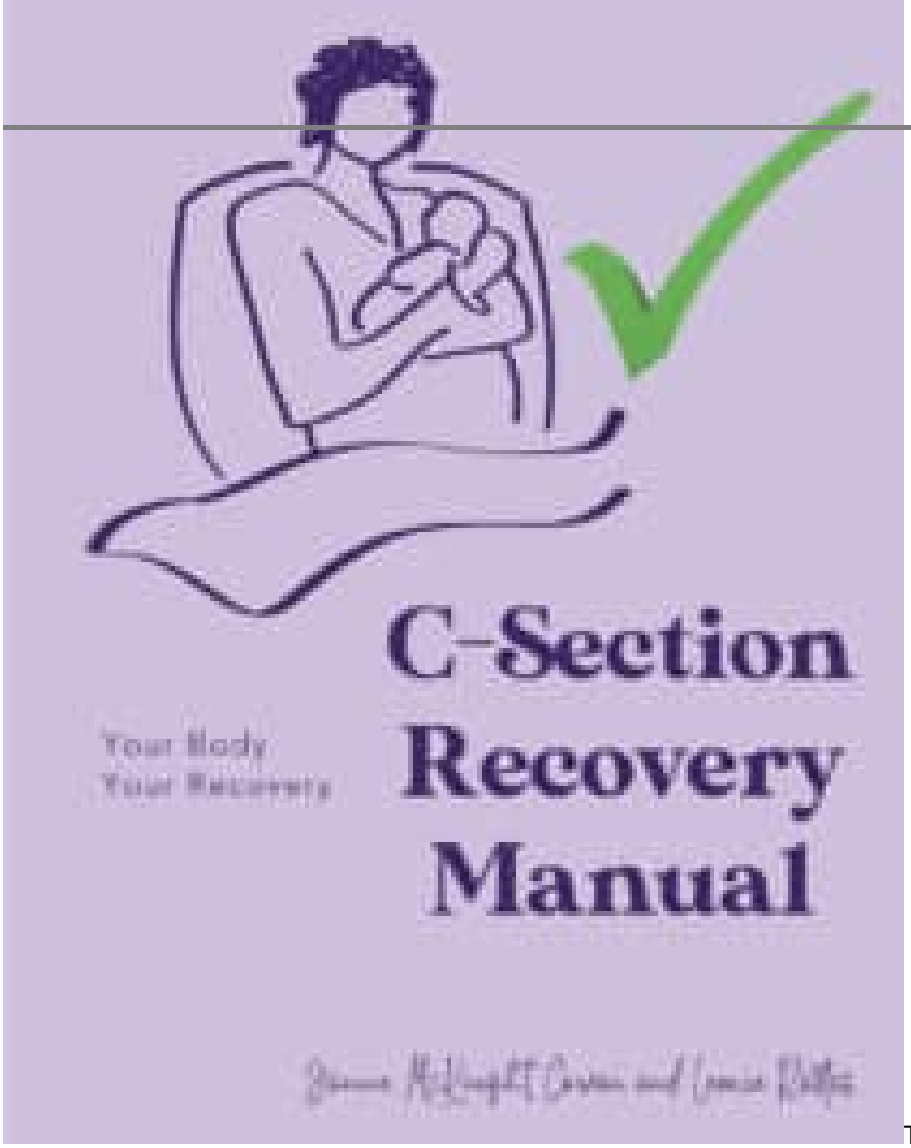


Description

C-Section Recovery Manual. Your Body Your Recovery by Janine McKnight-Cowan and Leonie Rastas

2022, Ocean Reeve Publishing, pbk, 288pp, AUD$39.35 (Amazon), ISBN 978-1922461957

Published in The Practising Midwife Australia January 2023 Volume 1 issue 3



This book aims to provide women and birthing people “with knowledge and skills to self-manage their recovery”, and it has done so with clarity and compassion. Janine and Leonie bring with them 85 collective years of clinical experience, the result is an invaluable resource for anyone engaging with or working within maternity services.

Despite the national caesarean rate sitting at 37%,[1] standard antenatal care delivers minimal information on caesarean birth. This frequently leaves women and birthing people feeling unprepared for both the procedure and the recovery, pushing them towards alternative sources of information, such as social media and online platforms. These are often minefields to navigate. This book is a much-needed resource to bridge this gap, combining evidence-based information and clinical expertise from practitioners who are both midwives and mothers.

Each chapter begins with a bullet-point summary, with sub-headings highlighting key sections throughout. Readers are given a step-by-step guide to the procedure itself before focusing on postpartum recovery. There are also blank pages dedicated to journaling and ongoing reflection.

The chapter on birth debriefing is a stand-out. The authors explore the importance of providing people with the opportunity to tell their story and highlight how this is often a missed opportunity within our fragmented maternity system.

I would like to have seen a stronger stance on birth debriefing as an ongoing conversation, and the Birth Debrief Checklist complemented with journal pages tailored to birth-story reflection. However, this is still a step in the right direction to normalise and validate peoples' unique birth experiences.

Although not written for clinicians, C-Section Recovery Manual reminds us that caesareans are major abdominal surgical procedures. Women and birthing people not only face a multi-faceted recovery but must also cope with the demands of caring for a newborn. This book is an essential addition to our client resource repertoires. **TPM**

Melanie Howells, Childbirth Educator and Birth Support Professional

Reference

1. *Australia's mothers and babies.* https://www.aihw.gov.au/reports/mothers-babies/australias-mothers-babies. Accessed October 27, 2022.

Category

1. Australia - TPMA
2. Book reviews

Tags

1. c-section
2. Caesarean section

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