


## Description

## Book Review: Complementary Therapies for Postdates Pregnancy by Denise Tiran

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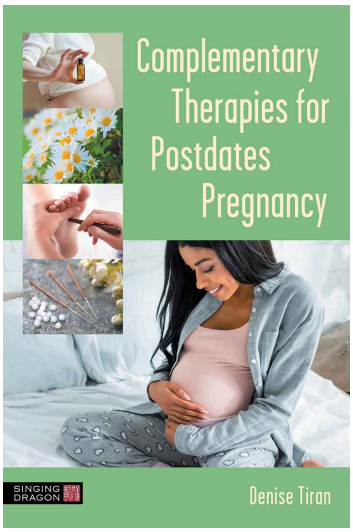


The number of births involving an induction of labour (IOL) continue to increase so the publication of Complementary Therapies for Postdates Pregnancy is timely. Women and birthing people are often dissatisfied with the induction of labour process and the offer of complementary therapies (CTs) may offer an alternative to a medical IOL. The book considers the historical context of IOL, current maternity services provision and its impact on childbirth and how the implementation of CTs for postdates pregnancies may reduce unnecessary intervention.

The book outlines the conventional management of postdates pregnancy, giving an introduction to CTs, acupuncture

and acupressure, aromatherapy for postdates pregnancy, natural remedies for postdates pregnancy and reflexology. Each chapter demonstrates Denise's significant knowledge and experience, supported by a breadth of evidence. It benefits by the inclusion of numerous research studies involving CTs as this reduces the perception that CTs are ineffective or pseudoscience. The book offers practical aspects of some of the more commonly used CTs for postdates pregnancy including acupoints and the indications, postdates pregnancy aromatherapy blends, natural remedies (including raspberry leaf and homeopathic remedies) and specific reflex zone stimulation for postdates pregnancy.

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Denise Tiran I would recommend this book to midwives working in private practice or NHS maternity units who are interested in undertaking a course in complementary therapies and/or those looking to develop a postdates CT. This clinical textbook is robust and provides depth to inspire midwives to re-imagine how maternity provision could be. By purchasing the book you get access to an appendix: Establishing a Postdates Pregnancy Service which can be downloaded. It provides sufficient detail for midwives to produce a business plan for NHS maternity units. I am hopeful to develop a CTs for postdates pregnancy service within my NHS maternity unit and will likely share this quality improvement with The Practising Midwife once established – wish me luck!

I would like to thank Denise for her continued work in this area. Without her I am certain that the provision of CTs in maternity services would not be what it is today. **TPM**

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