


## Description

### Book Review: Supporting Physiological Birth Choices in Midwifery Practice; The Role of Workplace Culture, Politics and Ethics by Dr Claire Feeley

**Review by: Jane Wines – Midwife and lecturer, University of British Columbia**

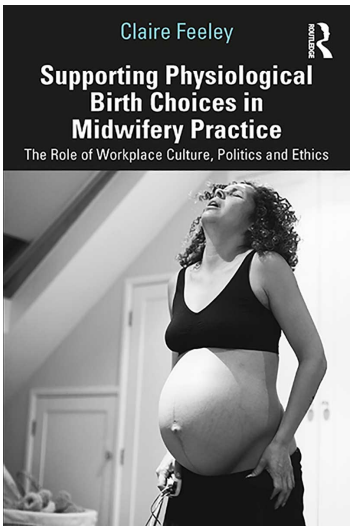
**Published by: Routledge**

**Publication date: February 2023**

**Format: Paperback**

**RRP: £30.52**

**ISBN: 978-1032208275**




In a climate of ever-decreasing options for those choosing to optimise their chances of a physiological (or normal) birth, Dr Feeley explores the experiences of midwives caring for these clients. Midwives who support birth plans that are outside the system's usual guidelines were shown to be considered on a spectrum from 'deviant' to 'different'. Their success, or challenges in providing care, are entrenched in the support – or not – of their colleagues, leaders and systems in which they work. Dr Feeley provides insight into the philosophy and the challenges of midwives that are

supporting an individualised, humanised approach to maternity care. I was taken on a rollercoaster ride, hearing the voices of midwives who were challenged or stigmatised by the system, to those who shone and succeeded in facilitating excellent, safe and client-centred maternity care.

I was heartened to see midwives with a similar philosophy to mine flourishing and hearing the reasons why they flourished. Reading the quotes from midwives brought many emotions up for me, including affirmation, joy, distress and hope.

This book provides information that will improve the outcomes and the experiences of women and birthing people, and midwives – e.g. potentially decreasing the rates of attrition and burnout.

This is essential reading if you are a midwife, an educator, an obstetrician or a leader. It demonstrates a path from stigmatised to normalised practice that can support holistic, personalised care that many of the guidelines espouse, but often medicalised institutions do not facilitate. Oftentimes now, the choices presented to women and birthers are weighted towards medicalised care and this book offers evidence that supports those who do not wish to take that route.

What this book does not do is reveal a culture of normal birth at all costs or demonstrate reckless decision making by midwives or their clients. Instead, it demonstrates increased safety when midwives' experience, skills and craft are allowed to be employed for those clients that are seeking support in aiming for a physiological birth in a system that often sadly ostracises, punishes and misunderstands the natural birth movement. **TPM**

This is essential reading if you are a midwife, an educator, an obstetrician or a leader.

**Category**

1. Book reviews
2. News & Views
3. TPM Articles

**Tags**

1. choices
2. physiological birth

**Date Created**
1st June 2023