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ABSTRACT BOOK

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CARE OF WOMEN DURING LABOR AND THE POSTPARTUM PERIOD: IS IT ADEQUATE?

Marta Sjeničić, Sofija Nikolić Popadić

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Every woman deserves a positive childbirth experience, which includes several essential rights: respect and dignity, the presence of a chosen companion, clear communication from maternity staff, pain relief options, and the ability to move and choose labor and birth positions. While clinical management of labor and childbirth is well understood, there is often insufficient focus on ensuring that women feel safe, comfortable, and positive about their experience.

Maternal health reflects broader socioeconomic disparities, with significant differences between rich and poor populations. The World Health Organization (WHO) emphasizes that a positive childbirth experience should align with a woman's personal and sociocultural beliefs and expectations in all settings. However, research reveals varied experiences of care during labor, birth, and the postpartum period. Key issues under review include decision-making about the mode of birth, voluntariness in choosing the birth method, the flow of information and communication with pregnant women (especially in high-risk pregnancies), informed consent and autonomy, postnatal care, respect for cultural differences, and the prevention of disrespect and abuse.

Research identifies several challenges to delivering care and upholding women's rights during delivery and the postpartum period, such as staff shortages, inadequate facilities and equipment, insufficient staff salaries, poor cooperation among clinic staff, working hours and conditions, equipment sterilization, and the need for additional skills. These challenges affect all healthcare personnel, particularly midwifery staff. The WHO has issued several guidelines to improve care during pregnancy, delivery, and the postpartum period, including the WHO Labour Care Guide User's Manual (2021), Recommendations on Non-Clinical Interventions to Reduce Unnecessary Caesarean Sections (2018), Intrapartum Care for a Positive

Childbirth Experience (2018), and Pregnancy, Childbirth, Postpartum, and Newborn Care: A guide for essential practice (2015).

Despite these guidelines and ongoing research into their implementation (with recommendations) across various countries, achieving a positive childbirth experience that aligns with each woman's personal and sociocultural beliefs remains a challenging goal.