

Midwifery yields good results

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Midwifery, the profession of assisting women in child-birth, is yielding good results at the Kothagudem District Headquarters Hospital and Bhadrachalam Area Hospital. It was not only found to be reducing the use of medicines but also cutting down on Caesarean deliveries.

Further, the system is addressing many other problems of pregnant women apart from promoting care for newborn children.

About three years ago nearly 80 per cent of deliveries were through Caesarean, or C-section, in the Bhadrachalam area. This is when the authori-

ties went about identifying government hospitals at Mahbubabad, Asifabad, Mahbubnagar and Gajwel and then decided to bring back the practice of midwifery under the National Health Mission.

Around 30 women got trained in the system and were placed in various hospitals including Bhadrachalam.

Two to three midwives were deputed to these hospitals. Midwives were responsible to work for normal deliveries instead of C-section. They give tips to pregnant women and asked them to practise it.

"Pregnant women got to perform yoga, a simple dance, play and sing. We will try to instill confidence among the women. Their body gets ready for easy

delivery with the exercises and it boosts the health of newborn," said P. Vijayasri, a midwife in the Bhadrachalam area hospital.

Authorities were presently surprised with the results. Women had normal deliveries and were discharged with their babies on the second day after the delivery. Most of the women were Adivasis.

M.F. Gopinath, a cardiologist said, "It is a fact that C-sections are witnessed more in private hospitals and the government should make it compulsory in all private hospitals to follow the practice of midwifery by bringing in a law to encourage normal deliveries in the state."

The Bhadrachalam area hospital witnessed 2,015

deliveries from September 2020 to November 15, 2021 and 1,265 were normal deliveries. It is a record in Telangana.

Interestingly, doctors are conducting normal deliveries for mothers with their second child after they had gone in for C-section in the first delivery. The government planned to place midwife practitioners in all government hospitals in the state.

"The exploitation by private hospitals by conducting C-sections without citing convincing reasons can be checked if the government introduced the system in all the district headquarters and community health centres," said retired district medical and health officer G. Radhakrishna Murthy.