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LIFESTYLE (/LIFESTYLE), HEALTH AND WELLBEING (/LIFESTYLE/HEALTH-AND-WELL-BEING)

## Mother should take a call on childbirth: Dr Evita Fernandez

DECCAN CHRONICLE. | KANIZA GARARI (/byline/kaniza-garari-1)  
Published Aug 17, 2021, 7:26 am IST Updated Aug 17, 2021, 7:26 am IST



Women are not empowered with the right knowledge and therefore are coerced into accepting treatment options some are not comfortable with

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**Pushpa: The Rise of Allu Arjun**



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 In the face of devastating times, city-based Fernandez Hospitals was on the frontline, treating and helping pregnant women deliver without any hassle, and its chairperson, Dr. Evita Fernandez, a doctor par excellence, stood with the midwives, in managing the deliveries of women, amid fears of virus infection. (DC Image)

**Hyderabad:** During the pandemic, as many small clinics and nursing homes were closed, pregnant women were literally left helpless. But several midwives came to their rescue and thousands of them who were at low risk of delivery were attended by them. In the face of devastating times, city-based Fernandez Hospitals was on the frontline, treating and helping pregnant women deliver without any hassle. Its chairperson, Dr Evita Fernandez, a doctor par excellence, stood with the midwives, in managing the deliveries of women, amid fears of virus infection.

Dr Evita passionately talked to *Deccan Chronicle* about midwives who play a major role in delivery of low-risk pregnant women.

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There is a steep rise in private hospitals doing C-sections in rural and urban settings which is highly unacceptable. Many hospitals do not attempt a vaginal birth which they must ideally do during the delivery of the second child.



### Q. Are the young mothers not willing to undergo labour pains? Or is there a section who are preparing well for childbirth?

I believe there is a growing lobby of women who are aware of what to expect during labour and birth – thanks to childbirth preparation classes which are freely available online. There is easy access to knowledge through many discussion groups and social media handles. This information is sought after by both urban and rural women. Childbirth preparation classes conducted by midwives in district hospitals across Telangana have shown a good impact.

Midwives counsel women in small groups during their waiting time in antenatal check-ups on nutrition, exercise, and how to cope with labour pain. They are very clearly explained what to expect during labour and birth.

This has reduced C-section in government hospitals and increased normal birthing. Our experience with childbirth classes, whether they are available online or conducted in public hospitals in the districts of Telangana proved beyond doubt that women, regardless of socio-economic status, are certainly empowered with the right information and more confident of enjoying a normal birth.

### Q. You have been strongly advocating for midwifery practice and how much has it shaped up in the private and government sector? How will it ease the burden from the gynaecology centres?

I have been advocating midwifery care because I am convinced of the vital role a midwife plays in maternity services. A professional midwife, when trained to global standards, can help save lives. Countries that have a strong midwifery workforce as the backbone of maternity and new-born services succeeded in reducing maternal and infant mortality ratios. The philosophy of midwifery is to support women and to promote normal, physiological birth. This, in simple terms, would translate into supporting a woman to birth naturally without any intervention - be it medical or surgical. As it is a low-risk pregnancy, 75 percent of birthing can be easily carried out by them.

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### Q. How do you cope with family interference in deliveries?

In India we tend to let the parents of the couple interfere in decision making concerning birth. Some young couples find it very hard to say that they are comfortable making birth-related decisions on their own. Certainly, a majority of couples that we see are still under the influence of parents.

It is very important that decisions are made by the couple. Particularly the woman! The woman should be involved in the decision-making process. The woman is the key decision-maker. She is primarily responsible for her childbirth. She has the right to knowledge that gives her the confidence to make decisions. This sadly does not happen in many cases because there are strong family influences and the woman may not even be aware of her rights. She is totally dependent on what the doctor says and may not have the courage to ask the doctor any questions. So, it is very important to create an environment for couples to ask questions and feel free. We have tried to do that among those who came forward but the numbers are very few.

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By simply eliminating this toxin, Dr. Gundry has seen thousands of his own patients achieve remarkable turnarounds. (In fact, he even lost 70lbs himself and has kept the weight off ever since.)

**Gundry MD** |

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## Women: This Simple Remedy Fights Thinning Lashes (DIY)

**Hair La Vie |**

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**Benefits Seniors |**

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v1&terms=What+are+the+1st+Clues+of+Multiple+Sclerosis+in+Seniors+and+Treatment+Medications.,1st+Symptoms+of+Multiple+Sclerosis+in+Seniors+and+973my6SC3zVcosvmlkvvYxIQy&site\_id=1019244#tblciGiB0MV8BXLx780I0z37SH4IVoqcBJahiXIdNL-973my6SC3zVcosvmlkvvYxIQy)

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