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CONTENT

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The Key Role of The Midwife in Support, Preparation and Assistance During Instrumental Vaginal Bir ths, With a Special Emphasis on the Care of the Mother and Baby After Delivery

Ključna uloga babice u podršci, pripremi i asistenciji tokom instrumentalnih vaginalnih porođaja, s posebnim naglaskom na njegu majke i bebe nakon porođaja

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ABSTRACT

Introduction: Instrumental vaginal delivery represents an important obstetric intervention used in situations where it is necessary to expedite delivery or prevent risks to the mother and the fetus. In such cases, the role of the midwife is essential, as she provides continuous care, support, and professional assistance throughout all stages of childbirth.

Aim: to analyze the key role of the midwife in the preparation, support, and assistance during instrumental vaginal deliveries, with special emphasis on postpartum care for both the mother and the newborn.

Materials and methods: The study included a total of 30 midwives who participated in a survay consisting of 10 questions.

Results: The paper examined the theoretical aspects of instrumental deliveries, including indications and possible complications, as well as the specific responsibilities and activities of the midwife. Special attention is given to the postpartum period, during which the midwife plays a crucial role in monitoring the mother's condition, preventing complications, and ensuring appropriate care for the newborn, including breastfeeding support and the establishment of early mother-infant bonding.

Conclusion: The findings indicate that the midwife is an indispensable part of the healthcare team, whose expertise and care directly influence the outcome of delivery and the well-being of both the mother and the newborn.

Keywords: midwife, instrumental delivery, vacuum extraction, forceps, postpartum care, newborn

SAŽETAK

Uvod: Instrumentalni vaginalni porođaj je značajna akušerska intervencija koja se koristi u slučajevima kada je potrebno ubrzati porođaj ili spriječiti rizike za majku i fetus. U tim situacijama, uloga babice je neophodna, jer ona pruža kontinuiranu njegu, podršku i stručnu pomoć tokom svih faza porođaja.

Cilj: analizirati ključnu ulogu babice u pripremi, podršci i asistenciji tokom instrumentalnih vaginalnih porođaja, sa posebnim fokusom na postporođajnu njegu majke i novorođenčeta.

Materijali i metode: Studija je obuhvatila ukupno 30 babica koje su učestvovale u anketi koja se sastojala od 10 pitanja.

Rezultati: Rad razmatra teorijske aspekte instrumentalnih porođaja, indikacije i moguće komplikacije, kao i specifične aktivnosti i odgovornosti babice. Posebna pažnja posvećena je postporođajnom periodu, gdje babica ima ključnu ulogu u praćenju stanja majke, sprječavanju komplikacija i pružanju odgovarajuće njege novorođenčetu, uključujući podršku dojenju i uspostavljanje rane veze majka-beba.

Zaključak: Analize ukazuju na to da je babica neizostavan dio zdravstvenog tima, čija stručnost i briga direktno utiču na ishod porođaja i dobrobit majke i novorođenčeta.

Ključne riječi: babica, instrumentalni porođaj, vakuum ekstrakcija, forceps, postporođajna njega, novorođenče

INTRODUCTION

Childbirth is a natural physiological process, but in certain situations it can be complicated and require medical intervention to preserve the health and life of the mother and newbornInstrumental vaginal delivery, involving the use of forceps or vacuum extractors, is an important obstetric procedure used in cases where spontaneous labor is not progressing adequately or when there is a risk of fetal distress. Although these interventions are of great importance in modern obstetric practice, they also require a high level of expertise, coordination, and a careful approach of the healthcare team (1).

In that regard, the midwife has a central and multidimensional role. She is not just a passive assistant in the process, but an active participant who provides continuous care, support, and monitoring of the mother and fetus. The role of the midwife begins during pregnancy, continues during childbirth, and is especially manifested in situations where instrumental intervention is required. Before the very instrumental birth, the midwife has the task of preparing the postpartum woman both physically and psychologically, by providing appropriate information, reducing fear and anxiety, as well as creating a sense of security and trust.

During the intervention itself, she actively participates in offering assistance, ensures sterile conditions, monitors the course of labor and vital parameters of the mother and fetus, and provides continuous support (2). The role of the midwife is especially important in the postpartum period, which is a sensitive phase for both the mother and newborn. During this period, the midwife is responsible for early recognition of possible complications, such as postpartum hemorrhage, infections, or breastfeeding problems. In addition, it plays a key role in establishing the first contact between mother and baby, encouraging breastfeeding, and providing appropriate care for the newborn. Modern health standards emphasize the need for a holistic approach to maternal care, where not only physical, but also psychological and emotional aspects are taken into account. In that regard, the midwife is a key link in providing quality, safe and humane care.

Instrumental vaginal births are obstetric interventions in which the birth is completed vaginally with the help of special instruments, most often forceps or a vacuum extractor (3). This procedure is used when spontaneous labor is not progressing adequately or when there is a risk to the health of the mother and/or fetus, and vaginal delivery is still possible and safe. The goal of instrumental births is to shorten the duration of the second stage of labor and prevent complications, while avoiding cesarean section when justified (4).

Although instrumental delivery is performed by an obstetrician-gynecologist, the midwife plays an important role in the entire process. She participates in the preparation, provides assistance during the intervention, and plays a key role in monitoring the condition of the mother and newborn after delivery.

The role of the midwife before delivery is a key segment in ensuring a safe and successful outcome of childbirth, especially when there is a possibility of instrumental intervention. This period includes the physical, psychological and educational preparation of the mother, and continuous monitoring of her condition and the condition of the fetus (5).

A midwife is a healthcare professional who has direct contact with a pregnant woman and plays a significant role in creating trust, reducing fear, and ensuring safety throughout the entire process.

Psychological support is of utmost importance, especially when there is a possibility of instrumental delivery, which often causes fear and anxiety in the new mother (6).

AIM

The aim of this paper was to analyze and present the key role of the midwife in support, preparation and assistance during instrumental vaginal births, with special emphasis on postpartum care of the mother and newborn. Through theoretical analysis and, where applicable, practical research emphasized the importance of the midwife as a provider of care and safety at one of the most important moments in a woman's life.

MATERIALS AND METHODS

The study was conducted through a survey consisting of 10 questions, intended for midwives working in gynecological and obstetric departments. The study included a total of 100 midwives.

RESULTS

Table 1 **Do you participate in preparing the new mother for instrumental delivery**?

Answer	No.	%
Yes	93	93%
N0	7	7%

Table 2 **Do you provide psychological support**?

Answer	No.	%
Yes	100	100%
No	0	0%

Table 3 **Do you assist with instrumental births?**

Answer	No.	%
Yes	90	90%
No	10	10%

Table 4 **Do you perform fetal monitoring (CTG)?**

Answer	No.	%
Yes	97	97%
No	3	3%

Table 5 **Are you involved in the mother's postpartum care?**

Answer	No.	%
Yes	100	100%
No	0	0%

Table 6 **Do you support breastfeeding?**

Answer	No.	%
Yes	93	93%
No	7	7%

Table 7 **Do you think that the midwife plays a key role in instrumental births?**

Answer	No.	%
Yes	100	100%
No	0	0%

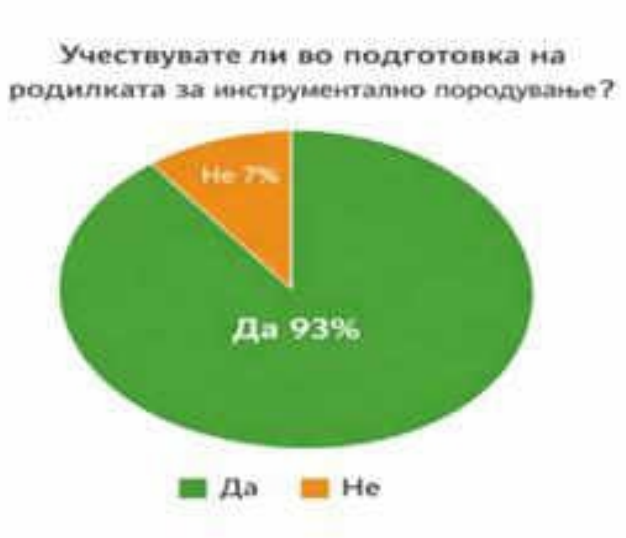

Figure 1 **How many midwifes actively participated in preparation of a new mother before instrumental birth**?

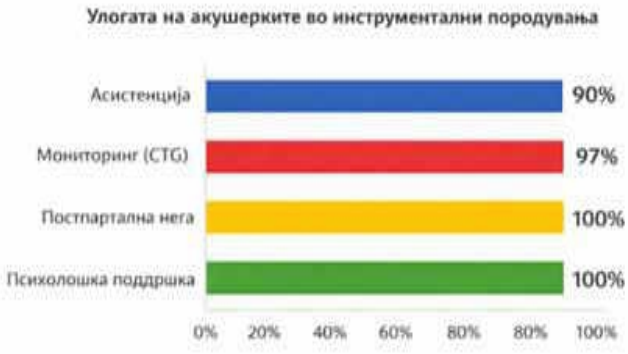

Figure 2 **Direct midwife assistance during instrumental delivery.**

Figure 1 shows that majoritry of midwifes (93%) took active participation, whereas only a small number (7%) did not participate.

Figure 2 shows that 90% of midwifes had significant majority role whereas only a small number (10%) was not included.

DISCUSSION

The results obtained clearly indicate that the midwife has a central role in all phases of instrumental delivery. Her role in psychological support, monitoring and postpartum care is particularly emphasized. The results are consistent with modern obstetric practices, which recognize the midwife as a key part of the healthcare team. The study confirms that the midwife plays an irreplaceable role in: preparing the mother for labor, assisting during the intervention, and providing postpartum care. Her expertise, care, and support directly impact the health and safety of the mother and newborn. The survey shows that 93% of mothers received preparation, only 7% of them did not get any advice. The site had psychological support (0% of mothers had good assistance during instrumental delivery. 97% of them confirmed that they had fetal monitoring (CTG). 100% of midwives were involved in postpartum care of the mother. 93% of mothers got support in breastfeeding. Midwives are 100% the greatest support for every mother (7). Figure 1 shows that the majority of midwives (93%) had active participation, whereas only a small number (7%) did not participate. Figure 2 shows that 90% of midwives had a significant majority role, whereas only a small number (10%) was not included.

CONCLUSION

Based on theoretical analysis and the study results, it can be concluded that the midwife plays a key and irreplaceable role in instrumental vaginal deliveries. Her role begins in the prenatal period, where she provides psychological and physical preparation for the mother, contributing to reducing fear and improving cooperation. During instrumental delivery, the midwife actively participates in ensures sterile conditions, performs continuous monitoring of the mother and fetus, and provides emotional support. Her role is especially important in the postpartum period, where she provides comprehensive care to the mother and newborn. Research results further confirm this role, showing that midwives actively participate in all stages of childbirth and have a significant impact on the outcome.

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