

A Book for Midwives

Care for pregnancy, birth,
and women's health

**Susan Klein, Suellen Miller,
and Fiona Thomson**



Berkeley, California, USA

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All health workers have a responsibility to be honest with themselves and the people they care for about the limits of their skills. This means: only perform the procedures you are trained to. Find help from other, more experienced health workers when a woman needs a kind of care that you are not experienced with. Seek the advice of local health workers and medical authorities about the safest ways to practice in your area. This manual can help you learn new skills, but no book can take the place of hands-on training with a skilled and experienced teacher. Keep watching, reading, listening, and learning more whenever you have the chance.

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First edition: December 2004, 5th printing 2021

Printed in USA by BR Printers, San Jose, California

ISBN: 978-0-942364-23-1

Library of Congress Cataloging-in-Publication Data

The Library of Congress has already cataloged the 10-digit ISBN as follows:

Klein, Susan, b. 1948.

A book for midwives : care for pregnancy, birth, and women's health / by Susan Klein, Suellen Miller, and Fiona Thomson.— 1st ed.

p. ; cm.

Includes index.

ISBN 0-942364-23-6 (pbk.)

1. Midwifery. 2. Midwives. 3. Pregnancy. 4. Childbirth. 5. Women--Health and hygiene.

I. Miller, Suellen, 1947- II. Thomson, Fiona, 1974- III. Hesperian Foundation. IV. Title.

[DNLM: 1. Midwifery. WQ 165 K635b 2004]

RG960.K56 2004

618.2--dc22

2004060651

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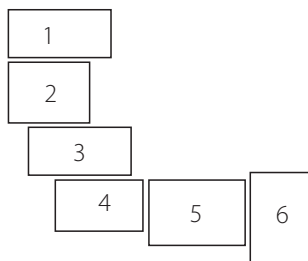
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1. *India* by Starr Amrit
 2. *Nepal* by Curt Carnemark/World Bank
 3. *Mexico* by Rick Maiman/David and Lucile Packard Foundation, courtesy of Photoshare
 4. *Democratic Republic of Congo* by Gilberte Vansintejan
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- Back cover: *Mexico* by Rick Maiman/David and Lucile Packard Foundation, courtesy of Photoshare

The first edition of this book was imagined, written, and illustrated by Susan Klein. Sadly, she died before it was published. This new revision is still carried largely by her writing, her drawings, and we hope, her vision — that *A Book For Midwives* would be a tool enabling all those who attend women in childbirth, regardless of their educational background, to exercise independent judgment and to make the best possible decisions at each birth.

Credits for the 2009, 2013, 2020, and 2021 editions: This updated, corrected printing relies heavily on the generously offered, wise counsel of midwives Ellen Israel, Ellen Lapowsky, Suellen Miller, Judith Standley, and Sarah Wallis; and Drs. Reuben Granich, Lisa Keller, Scott Oesterling, Linda Spangler, Amy Stenson, and Lorna Thornton. Editorial and design work by Shu Ping Guan, Todd Jailer, Jane Maxwell, Susan McCallister, Kathleen Tandy, Dorothy Tegeler and Fiona Thomson. The 2021 edition was coordinated by Dani Behonick with support from Todd Jailer, Lisa Keller, Susan McCallister, Naman Shah, Suellen Miller, and Kathleen Tandy.

Thanks

Only with the collaboration of hundreds of advisors, reviewers, writers, artists, and others was it possible to create this book.

Every staff member, intern, and volunteer here at Hesperian Health Guides helped bring this book into the world, including those who raise funds, manage finances, publicize our books, and pack and ship them around the world. Outside our office, dozens of reviewers helped decide what this book should cover and how to do it. Groups of midwives and midwifery students in 10 countries critiqued early versions to make it as useful, appropriate, and accurate as possible. Midwives, doctors, and other health workers, trainers, and specialists volunteered their time to ensure the accuracy and clarity of the material here.

Along with our tireless medical editors, we called on a few reviewers over and over again, and they deserve special mention here. Thank you Deborah Billings, Lisa de Avila, Ruth Kennedy, and Karen Strange.

The following organizations contributed time, resources, and critical thinking: Averting Maternal Death and Disability (AMDD) in the US; ASECSA in Guatemala; The Bangladesh Women's Health Coalition; The Berkeley Midwives Study Group in the US; El Centro Para los Adolescentes de San Miguel de Allende (CASA) in Mexico; Centre For Rural Studies and Development in India; El Centro de Atención Integral de la Pareja in Mexico; The International Confederation of Midwives; The Integrated Midwives Association of the Philippines; Inuulitsivak Maternity Center in Canada; Ipas in the US, Ghana, and Kenya; Ixmucane and Midwives for Midwives in Guatemala; Jamkhed Comprehensive Rural Health Program in India; Kampot Hospital Maternity Center in Cambodia; the Maryknoll Sisters and the VEMA training center of Tanzania; Pathfinder in Peru; and the Reproductive Health Research Unit at the University of the Witwatersrand, Chris Hani Baragwanath Hospital in South Africa.

Thanks to the following publishers who gave us permission to use drawings: Family Care International, from *Healthy Women, Healthy Mothers*; Freedom From Hunger; and Pesticide Action Network Asia and the Pacific, from *Breaking the Silence! Plantations and Pesticides*.

Our deep gratitude goes to everyone who gave their time, thoughts, and knowledge so generously, both to the original edition of *A Book for Midwives* and to this revision. Your commitment to health for all is what brought this book into the world. Thank you:

Hilary Abell	Judith Bishop	Teresa Cerezo Gonzalez	Jane Crawley
Deel Afroze	Lisa Bohmer	Rebecca Chalker	Alice de la Gente
Arthur Ammann	Bill Bower	Barbara Clifford	Maria de la Paz Puebla Alvear
Jana Anderson	Jenny Bowers	David Coady	Barbara de Souza
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Kathleen Huggins	Papa Djibril Niang	Michael Tan	
Pamela Hunt	Sandy Niemann		
Robert Hurst	Besem Obenson		
Peter Ivey	Deborah Ottenheimer		
Nuriya Janss	Lauri Paolinetti		



Additionally, the incredible patience and support of our families and friends during the long process of producing this book allowed us to see the project through.

Finally, thank you so much to the individuals and foundations who financially supported this project: Allan S. Gordon Foundation; Anna Lalor Burdick Program of the Lalor Foundation, Inc.; Averting Maternal Death and Disability Program, Heilbrunn Center, Mailman School of Public Health, Columbia University; Compton Foundation, Inc.; Conservation, Food and Health Foundation, Inc.; David and Lucile Packard Foundation; Dorothy and Jonathan Rintels Charitable Foundation; Erik E. and Edith H. Bergstrom Foundation; Ford Foundation; International Confederation of Midwives; Jadetree Foundation; Jeanne Kemp; Salt-Bush Fund of the Tides Foundation; Ruth Sherer; and the United Nations Population Fund.

How to use this book

Finding information

To find information, use the Contents, the Index, or the Tabs.

The **Contents** at the beginning of this book list the name of each chapter in the order in which it appears. Contents of each chapter are also listed at the beginning of that chapter.

The **Index** at the back of this book lists all the topics covered in this book in the order of the alphabet (a, b, c, d...).


Each page in this book has a number at the bottom. To find a chapter or topic in this book, find it in the contents or index, and then turn to the page number listed next to it.

Tabs on the right-hand pages separate most of the book into 5 sections. You can quickly find the information on staying healthy, infection prevention, pregnancy, labor and birth (including postpartum), and on other health skills, by turning to the sections labeled with those tabs.

Warnings, medicines, and notes

Warnings, medicines, and notes are separate from the main text.

Warning boxes show very important information. When you see this kind of box, you must take action to avoid danger.



WARNING! Do not insert an IUD for a woman who has signs of infection. The infection can spread to the womb.

Medicine boxes show how to give medicines. Read these boxes very carefully, and always look in the Medicines Pages starting on page 467 before giving a medicine.

These pictures show how the medicines in the box are given — in this case as tablets.

To lower a fever

- give 500 to 1000 mg paracetamol.....by mouth, every 4 to 6 hours.



Notes show information that is useful, but not directly connected with the information around it.

Note: Clean hands do not stay clean for long. If you touch anything other than the mother's genitals, you must wash again.

Understanding pictures of the body

How we show the outside of the body

When we draw a person, we try to draw her whole body. If we do not have enough room, we only show part of her body.

This picture shows a mother pushing her baby out of her vagina.



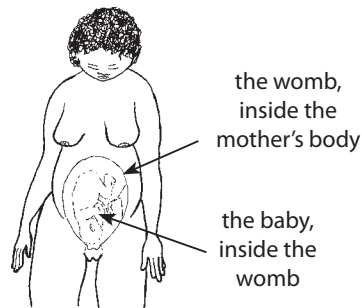
If it is important to see the baby's head and the vagina more clearly, we will show only that part of the body, so we can make the picture bigger.



How we show the inside of the body

Sometimes we need to show what is happening inside a woman's body. So we include pictures that show what a woman's body would look like if you could see inside of her.

Usually, we use thick lines to show the outside of a woman's body, and thin lines or dotted lines to show what is happening on the inside.



A note on language

Medical and technical words Throughout this book, we try to use easily understood words for parts of the body and things that the body does. We also explain the medical words we use. If there is a medical or technical word you do not understand, you can look it up in the index and see if it is explained in the book. Or you can look in the glossary on page 507, which lists some medical and technical words that are useful to know.

He and she When talking about babies, we did not want to say "he or she" each time because it can be awkward. So sometimes we say "she," and sometimes we say "he."

Getting help

The information in this book is not always enough to help you solve a health problem. When this happens, get help! Depending on the problem, you should:

Get medical advice. A skilled health worker or doctor should be able to help you decide what to do. This is not usually an emergency.

Get medical help. The woman or her baby need to see a skilled health worker or doctor for tests or treatment as soon as possible.

Go to a medical center or hospital. There is an emergency. Take the woman or her baby to a hospital right away for surgery or other immediate help.

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