



One million more midwives using alternate birthing positions to improve birth outcomes

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BACKGROUND

- ❖ Evidence suggest that optimising birthing positions represents a simple but potentially transformative strategy for improving maternal outcomes and women’s childbirth experiences.
- ❖ However, lithotomy position remains routine in many maternity setting in LMICs. Highlighting a need for quality improvement in respectful maternity care.
- ❖ This paper shares practical experiences of women who were offered other alternatives of birthing position options in a low-resource setting, to enhance their maternal comfort, support physiologic labour and strengthen respectful maternity care in a Ghanaian maternity setting



METHODS AND RESULTS

Method	Imp. Framework/ RE-AIM	Results/outcomes
SETTING: Zenu maternity unit, Accra Ghana West African	Reach	THEME 1: INCLUSIVITY AND AUTONOMY IN CHILDBIRTH All labouring women are offered position choices, promoting inclusivity and woman-centered care
PARTICIPANTS: 17 Postnatal women	Effectiveness	THEME 2: MATERNAL SATISFACTION Upright position improves labour progression, maternal comfort and reduce unnecessary interventions.
DESIGN: Qualitative descriptive phenomenology (face to face interview)	Adoption	THEME 3: WOMEN WANT OPTIONS Women were educated and receptive to alternative birthing position
Intervention: RE -AIM	Implementation	THEME 4: RESOURCES NEEDED Low-cost integration into routine care using minimal equipment (mats, stools, space adaptation)
	Maintenance	THEME 5: INSTITUTIONALISATION Integration into protocols, ongoing training, and sustained practice over time



CONCLUSION

- ❖ WHO quality domain provides evidenced base approach that enhances respect, dignity and autonomy in providing physiologic birth and continuous quality improvement.
- ❖ Allowing women to choose their preferred birthing position improves maternal satisfaction and labour outcomes.

IMPLICATIONS

- ❖ Bridges the gap between policy and practice.
- ❖ Supports midwifery-led models of care.
- ❖ Enables low-cost quality improvement.
- ❖ Strengthens respectful maternity care implementation.

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KEY MESSAGE

- ❖ Birthing position choice is not only a clinical best practice but also a scalable, sustainable intervention (RE-AIM) for improving maternal and neonatal outcomes in low-resource settings.
- ❖ Empower women with the knowledge and support to choose different birthing options.
- ❖ Offer alternate birthing positions that honour women's preferences and improve outcomes.
- ❖ Offer policy framework backed by evidence to allow midwives to provide respectful care, including giving women options.

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