

## Delivery from a sitting position.

Schneider-Affeld, F., K. Martin. Frauenklinik AKBarmbek, Hamburg

Anthropological studies show, that nowadays about 2/3 of the human race prefer a vertical position during delivery. Since the beginning of the seventies the position of labor is newly discussed in the western hemisphere. Especially Caldeyro-Barcia and Mendez-Bauer published the following results. The advantage of vertical position is: 1. The 1st stage of labor is shorter 2. The 2nd stage of labor is shorter 3. Less pain 4. Better fetal outcome.

We performed our research on our specially developed labor chairs. Up to now 142 deliveries were controlled. In a randomized study of 64 women, who had had vertical or horizontal deliveries, we found:

VERGLEICH VON GEBURTEN IM LIEGEN UND IM SITZEN (randomisiert, n = 64)  
Frauenklinik AK Barmbek, Hamburg \* p < 0,05

	liegend (n = 29) Primip./Plurip.	sitzend (n = 35) Primip./Plurip.
1. Geburtsdauer (min)	578 / 415	532 / 456
EP	510 / 389	478 / 432
AP	68 / 26	54 / 24
2. Geb.fortschritt während 50' (EP)		
Weite des Mutters. (cm)	1,63	2,60 *
Höhenstand des Kopfes (cm)	1,44	1,70 *
3. Dauer der Mutters.eröffnung (min)		
5 - 8 cm	175	146 *
5 - 10 cm	247	204
4. Wehen (EP)		
Amplitude mm Hg	49,5	58,4 *
Basaltonus mm Hg	9,6	15,2 *
Frequenz / 10'	3,6	3,6
5. CTG		
EP	9,34	9,83
AP	8,47	8,96 *
6. Kreislauf der Mutter (RR // Puls)		
EP	129/94 // 87	122/80 // 78
AP	135/83 // 97	119/80 // 85
7. NS-pH		
art.	7,17	7,21
ven	7,29	7,32

(Fig.1)

1. The total duration of labor is the same in both groups. There are no statistically signif. differences in time

2. However within a period of 50' in the 1st stage of labor, the progress, concerning cervix dilatation and descent of head, was faster.

3. The cervix dilates faster.

As the 1st stage of labor usually takes place at home and its beginning is indefinite the measurable differences of the total duration of labor become too small, to be statistically significant.

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4. In a sitting position the amplitude of a contraction and the basal

tone are signif. higher, the frequency / 10' is the same.

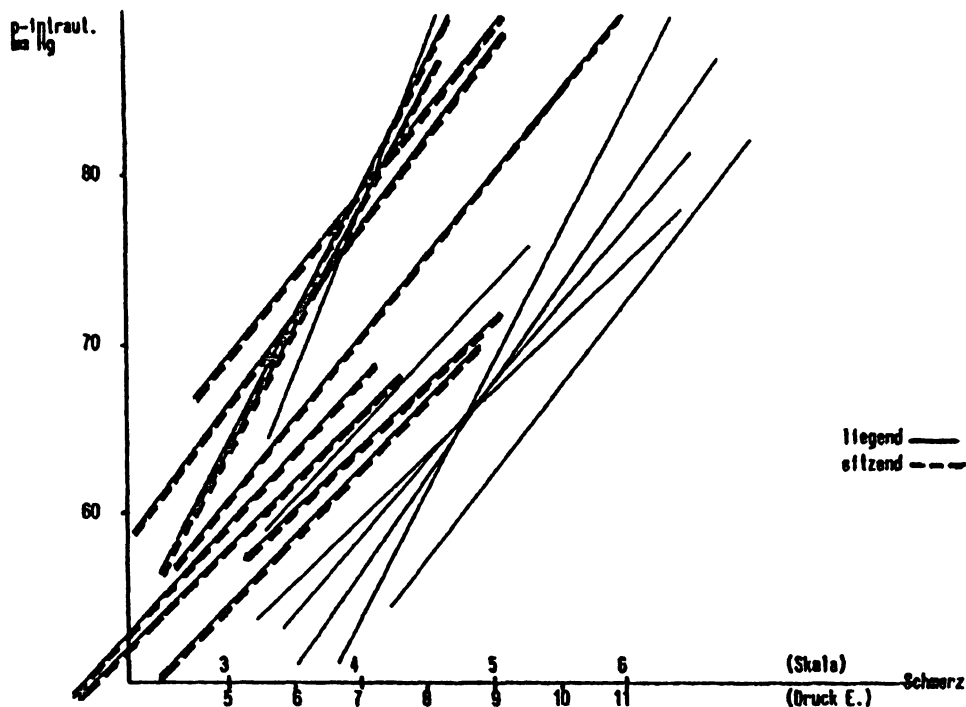
5. The CTG shows a tendency to higher scores, especially in the 2nd stage of labor

6. Concerning the mother, a tendency to lower values of blood pressure and a slower heart rate is to be seen.

7. The fetal outcome is the same.

As the profit of time is not of importance and the fetal out-

come is similar, what at least is the advantage of vertical position? The main subject is the psycho-physical situation of the women. Women describe a better sensomotoric coordination in the final stage of labor. The best way to objectively quantify pain is the combination of different measuring methods. Parallel to internal tocometrie we registered the patients reflectoric hand pressure by a balloon in her hand. Personal statements concerning pain were transmitted to a scaled questionnaire. We are only allowed to show a tendency as the N of patients is still small.



(Fig.2) Most of the curves of the patients with horizontal position go to the right, that means more pain, while the women in vertical position (dotted line) tend to the left, that means: these women feel less pain with the same intensity of labor. Reduced feeling of pain and the positive statements of women knowing both methods, must emphasise us, to leave our rigid attitude towards position of labor.

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Dr. F. Schneider-Affeld  
Allg. Krankenhaus Barmbek  
Gyn.-Gebh. Abt.  
Rübenkamp 148  
D-2000 Hamburg 60