

Medical Science

Less maternal complications during home delivery

Balasubramanian J^{1*}

1. Shield Health Care Pvt Ltd, Chennai-600095, Tamil Nadu, India

*Corresponding author: Balasubramanian J, Shield Health Care Pvt Ltd, Chennai-600095, India, E-mail: jvbalpharm@yahoo.co.in

Received 08 June; accepted 18 June; published online 01 July; printed 16 July 2013

Maternal complications are common during and following childbirth. Maternal complications are morbidities suffered during pregnancy through the postpartum period of 42 days. Maternal mortality is unacceptably high. About 800 women die from pregnancy- or childbirth-related complications around the world every day. In 2010, 287 000 women died during and following pregnancy and childbirth. Almost all of these deaths occurred in low-resource settings, and most could have been prevented. Nearly half of the women who faced complications did not use skilled providers at the time of obstetric complications. Cognitive, geographic, economic and cultural barriers were involved in not using skilled maternal care. Most maternal deaths are avoidable, as the health-care solutions to prevent or manage complications are well known. Poor women in remote areas are the least likely to receive adequate health care. This is especially true for regions with low numbers of skilled health workers. All women need access to antenatal care in pregnancy, skilled care during childbirth, and care and support in the weeks after childbirth. It is particularly important that all births are attended by skilled health professionals, as timely management and treatment can make the difference between life and death. According to WHO, immediate and effective professional care at the time of delivery can make the difference between life and death for both women and their newborns. Improving maternal health is one of WHO's key priorities. WHO is working to reduce maternal mortality by providing evidence-based clinical and programmatic guidance, setting global standards, and providing technical support to Member States. In addition, WHO advocates for more affordable and effective treatments, designs training materials and guidelines for health workers, and supports countries to implement policies and programmes and monitor progress. Home delivery is associated with a very high risk of maternal mortality. Family tradition and poor socioeconomic condition of the family appear to be the main reasons for choosing to deliver at home. It is recommended that in order to make home deliveries safer, they should be conducted by trained midwives, who can conduct delivery in a clean and hygienic manner and can refer the patient promptly to a hospital with emergency obstetric care facilities, in case of complications. Deliveries at facility are strongly encouraged to ensure good outcomes for both mother and newborn at delivery and beyond.