

ARE YOU INTERESTED IN GIVING BIRTH AT HOME?

Speak to your midwife or your health care professional!

They must refer to the best data available to inform you and guide you in your decision. Discuss the advantages and risks of the different birth locations with them.

These include:

- Intervention and complication rates for you and your newborn associated with each birth location;
- Possible reasons for a transfer to a physician and the length of the ride to the designated hospital;
- Equipment and skills of the midwives for managing emergencies, and collaboration with the obstetrics team when needed.

You can obtain the comparative study on home births from your midwife. This document contains references on various studies quoted in this folder as well as further details on planning for a home birth assisted by a midwife.



For further information

If you wish to obtain further information on pregnancy monitoring with a midwife and on giving birth at home, attend one of the regular evening information meetings at Maison de naissance de l'Estrie or at the midwifery service point in Granby.

If you are already being followed by a midwife, use the meetings to ask questions and to openly discuss your birth location preferences. Your midwife can accompany you in your decisions.

CONTACT US

Maison de naissance de l'Estrie

65, rue de la Croix
Sherbrooke (Québec)
J1C 0M2

819 780-2220, ext.: 47500

1 866 525-2323 (toll-free)

Midwifery service point

363, rue Notre-Dame
Granby (Québec)
J2G 3L4

450 375-8000, ext.: 66319

santeestrie.qc.ca/en/care-services/themes/grossesse-accouchement/childbirth-and-delivery/



Maison de naissance de l'Estrie - Sage-Famille

Author

Maison de naissance de l'Estrie

Revision and layout

Service des communications, Direction des ressources humaines, des communications et des affaires juridiques

© Centre intégré universitaire de santé et de services sociaux de l'Estrie
– Centre hospitalier universitaire de Sherbrooke, 2019

santeestrie.qc.ca

March 2020

Centre intégré
universitaire de santé
et de services sociaux
de l'Estrie – Centre
hospitalier universitaire
de Sherbrooke

Québec

HOME BIRTH SAFETY

Information to help you make
an enlightened decision



Québec

MIDWIFERY AND HOME BIRTH SERVICES

Since 1999, midwives have been included among the health professionals employed by the Ministère de la Santé et des Services Sociaux to monitor pregnancies, perform deliveries, and conduct postnatal follow-ups in both a personalized and safe manner. The services are covered by the Régie de l'assurance maladie du Québec (RAMQ). Midwives in the Estrie region are a part of the CIUSSS de l'Estrie – CHUS.

Midwives are the only health professionals who offer a choice of three birth locations: home, birthing centre or hospital. Since 2005, Québec's midwives have been legally entitled to assist women who wish to give birth at home.

For homes, the spontaneous delivery rate (without medical intervention) is approximately 80% for the firstborn and 97% for the second born.

Source: Association of Ontario Midwives, 2016

HOME BIRTH SAFETY

A comparative study was completed in 2018* on the statistics and conclusions of studies led abroad related to the safety of deliveries. In those studies, the midwifery profession elsewhere is comparable to that of Québec: midwives are independent professionals, experts in pregnancies and normal births, who have recognized, certified training and professional insurance, and who collaborate effectively with hospital centres when transferring cases to a physician.

The studies led in Canada, England, the Netherlands, New Zealand, and Scandinavian countries show no difference in neonatal mortality risk between home, birthing centre, and hospital among women who are healthy and at low risk.

Compared to planned deliveries at the hospital with physicians or midwives, deliveries at home or at birthing centres are associated with fewer C-sections, epidurals, suction cups, forceps, episiotomies, artificial stimulation of labour, postnatal hemorrhaging, and severe tearing.

*Source: OUELLET, Julie (2018). Revue de littérature sur la sécurité des accouchements à domicile.



STEPS TO GIVE BIRTH AT HOME

Before you give birth at home, midwives must confirm that your residence meets safety criterias, bring the requisite medical equipment, and make sure that you and your child are healthy prior to labour.

Midwives accompany you during your delivery - a significant event in your life - assess fetal well-being, and ensure the normal progression of childbirth. As is the case with hospital staff, midwives are trained to manage maternal and neonatal emergencies.

Midwives monitor the mother and baby during the first three hours after the delivery. They subsequently make three home visits to ensure that the postnatal period is proceeding normally and to provide support with breastfeeding or any other challenge your new life brings.