

HypnoBirthing Outcomes

The following statistics are a summary of data sent to the HypnoBirthing institute by couples who have birthed their babies with the assistance of HypnoBirthing. These numbers have been compared to the Pregnancy Outcome in South Australia report 2008, which was published by SA Health by Annabelle Chan, Joan Scott, Ahn-Minh Nguyen and Leonie Sage in December 2009.

Birth Weight	HypnoBirthing	South Australia
Average Birth Weight	7.7lb (3.492 kg)	7.35lb (3.343 kg)
Low Birth Weight < 5.5lb 2.5 kg	3%	7%
> 8.8lb 4.0 kg	13%	11.2%

Gestational Age	HypnoBirthing	South Australia
Average	39.6 weeks	N/A
<37 weeks	4%	8.5%
38 – 39 weeks	18%	91%
39 – 40 weeks	20%	
40 – 41 weeks	32%	
41 – 42 weeks	18%	
>= 42 weeks	4%	0.4%

Birth Location (Vaginal Births)	HypnoBirthing	South Australia
Home	11%	0.5%
Hospital	83%	92.5%
Birth Centre	6%	7%

Care Provider	HypnoBirthing	South Australia
Obstetrician	39%	32.4%
General Practitioner	5%	18.4%
Midwife Led	56%	48.5%

Onset of Labour	HypnoBirthing	South Australia
Spontaneous onset (all births)	73%	54.2
Induced Labour (all births)	24%	28.6
Spontaneous onset (c-section)	51%	Unknown
Induced labour (c-section)	49%	
Scheduled Caesarean	3%	17.2

Analgesia for Labour	HypnoBirthing	South Australia
No Pain Meds	58%	36.3%
Epidural	24%	31%
Narcotic IM / IV	9%	20.2%
Gas / Air	10%	37.4%
23% of the HypnoBirthing women who had their labour induced or augmented by syntocin had no pain medication.		

Augmentation of Labour	HypnoBirthing (All births)	South Australia (All Births)
Oxytocics	21%	14%
ARM	15%	18.7%
Oxytocics & ARM	7%	Unknown

Other Interventions	HypnoBirthing	South Australia
IV for fluids	23%	Unknown
Antibiotics	13%	
Ventouse	3%	7.1%
Forceps	2.5%	4.2%
External CTG monitor	20%	52.2%
Internal CTG monitor	7%	9.9%
Episiotomy	10%	16.7%

Surgical Births (c-section)	HypnoBirthing	South Australia
	15.5%	32.2%

Reason for surgical birth (More than one reason may have been given)	HypnoBirthing	South Australia (Figure 5d uses chart without numbers, so these numbers may not be accurate)
Fetal Distress	24%	30.8%
Failure to Progress	30%	50.8%
Breech	14%	12%
Malposition other than breech	26%	
Dates	3%	Unknown
Medical	26%	11%
Other / No reason given	13%	10%

The following used a rating scale of 1 (low) to 5 (high)

Comfort, health and satisfaction ratings did not differ significantly between those women who chose medication for pain and those who did.

Satisfaction with...	Rating
HypnoBirthing	4
Care Provider	4
Hospital or birth centre staff	4
Birthing companions	5

Comfort	Rating
Early labour (up to 6 – 8 cm)	3.7
Late labour (8 – 10 cm)	2.7
Birthing phase	2.9
First 48 hours after birth	4.1

Health...	Rating
Of baby	4.8
Of mother	4.6