

HypnoBirthing® Outcomes 2005-2009

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Between October 2005 and January 2009, 1716 birth reports were sent to the HypnoBirthing Institute.

Argentina	1
Australia	39
Canada	109
Germany	2
Hong Kong	1
Malaysia	6
Netherlands	5
New Zealand	17
South Africa	2
Singapore	12
South Korea	12
Switzerland	6
United Kingdom and Ireland	277
United States	1227

Due to the small numbers of reports from countries other than the US and the UK, it was not feasible to separate the data according to country.

The most comprehensive data currently available on birthing in the United States is from Listening to Mothers II Report of the First National U.S. Survey of Women's Childbearing Experiences. New York: Maternity Center Association, October 2006. www.maternitywise.org/listeningtomothers/ Therefore, data from that report was used in order to give a comparison for the data from HypnoBirthing couples.

The most recent official US data comes from "Births: Preliminary Data for 2006," by Brady E. Hamilton, Ph.D.; Joyce A. Martin, M.P.H.; and Stephanie J. Ventura, M.A., Division of Vital Statistics. National Vital Statistics Reports, Volume 56, Number 7 December 5, 2007.

For Cesarean birth rates in other countries, see the document at the end of this paper.

HypnoBirthing® Birth Data Compared to Published Data for the United States

Birth Weight	HypnoBirthing	LTM II*	US Vital Statistics**
Average birth weight	7.7 lb (3492 gm)	7.3 lb (3316 gm)	
Low birth weight < 5.5lb (2500 gm)	3%	5%	8.3%
≥ 8.8 lb/ 4000 gm.	13%	12%	

*Listening to Mothers II Report of the First National U.S. Survey of Women's Childbearing Experiences. New York: Maternity Center Association, October 2006. www.maternitywise.org/listeningtomothers/

**"Births: Preliminary Data for 2006," by Brady E. Hamilton, Ph.D.; Joyce A. Martin, M.P.H.; and Stephanie J. Ventura, M.A., Division of Vital Statistics. National Vital Statistics Reports, Volume 56, Number 7 December 5, 2007.

Gestational Age	HypnoBirthing	LTM II	US Vital Statistics
Average	39.6 weeks		
< 37 weeks	4%	6%	12.8%
37-39 Wks.	18%	48%	
39-40 Wks.	20%	29%	
40-41 Wks.	32%	18%	
41-41 Wks.	18%		
≥ 42 Wks.	8%		

Birth Location (Vaginal Births)	HypnoBirthing All vaginal births	HB US	HB UK	LTM II *
Home	14%	13%	15%	0.6 %
Hospital	83%	80%	82%	99 %
Birth Center	6%	7%	3%	0.2 %

Care Provider	HypnoBirthing	HB US	HB UK	LTM II
Obstetrician	43%	47%	24%	79%
Family physician	5%	4%	3%	7%
Midwife	56%	49%	73%	8%

Labor Onset	HypnoBirthing	HB US	HB UK	LTM II
Spontaneous onset (all births)	76%	74%	79%	61
Induced Labor (all births)	24%	26%	21%	39%
Spontaneous labor (Cesarean births)	51%	49%	59%	50
Induced labor (Cesarean births)	49%	51%	41%	
Scheduled Cesarean/no labor	20%	21%	20%	?

Pain Management (vaginal birth only)	HypnoBirthing	HB US	HB UK	LTM II
No pain medication	58%	72%	47%	14%
Epidural/spinal	24%	20%	18%	71%
Narcotic IM/IV	9%	8%	8%	22%
Gas & Air (Nitrous oxide and O ₂)	10%	3%	37%	3%
23% of the HypnoBirthing women who had labor induced or augmented by oxytocin had no pain medication.				

Labor Augmentation	HypnoBirthing all births	HB Vaginal Birth	HB Cesarean	LTM II all births	LTM II Vaginal Birth
Oxytocin	21%	19%	35%	47%	55%
Rupture Mem.	15%	15%	16%	47%	59%
Oxytocin + ROM	7%	6%	11%		

Other Interventions (percentage of all births)	HypnoBirthing	HB US	HB UK	LTM II
IV for fluids	23%	25%	18%	80%
Antibiotics	13%	14%	12%	
Vacuum/ventous	3%	5%	8%	5%
Forceps	2.5%	1%	7%	2%
Cont. Ext. Monitor	20%	20%	22%	
Internal Monitor	7%	8%	6%	
Episiotomy	10%	8%	13%	25%

Surgical (Cesarean) Birth (%of total labors)	HypnoBirthing	HB US	US Vital Stats. 2006	HB UK	LTM II
	15.5%	16%	31.1%	15%	32%

Reason for Surgical Birth	HypnoBirthing	LTM II

(some listed more than one reason)		
Fetal distress	24%	25%
Failure to Progress	30%	14%
Breech	14%	25% (Including breech)
Malposition other than breech	26%	
Dates	3%	1%
Medical	26%	
No reason given	13	

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 not.

Comfort	Average
Comfort level in early labor (up to 6 or 8 cm)	3.7
Comfort level in late labor	2.7
Comfort in birthing phase	2.9
Comfort/sense of well-being first 48 hours after birth	4.1

Satisfaction	
Satisfaction with HypnoBirthing®	4
Satisfaction with care provider	4
Satisfaction with hospital or birth center staff	4
Satisfaction with birthing companions	5

Health	
Health of baby	4.8
Health of mother	4.6

Length of Labor:

Parents Birth Reports indicate that 53% of HB women had labors lasting ≤ 12 hours; 33% of HB women had labors lasting ≤ 8 hours; and 11% had labors lasting ≤ 4 hours.

(Note: medical studies use vaginal exams to establish onset of “active labor.” There is much confusion noted about the meaning of “active labor” on our birth reports. Some women equate “active labor” with length of birthing phase. Others count all of their labor as “active.” To further confound the data, well over 50% of the women in the LTMII survey had interventions to speed up labor. Thus, the information above is not considered reliable.)

Appendix

International Cesarean and VBAC Rates, International Cesarean Awareness Network

http://ican-online.net/index.php?option=com_wrapper&Itemid=170

Information provided by BirthChoiceUK.com

Country	CS Rate	Labour	No labour	Year	Source
England	22.0	12.7	9.3	2002-03	NHS Mat Stats http://www.publications.doh.gov.uk/public/sb0410.htm
Scotland	24.3	15.4	8.8	2002-03	Information and Statistics Division, Scotland http://www.isdscotland.org/isd/info3.jsp?pContentID=1022&p_applic=CCC&p_service=Content.show
Wales	24.4	14.1	10.3	2001-02	Maternity Statistics, Wales: method of delivery, 1995-2002 http://www.wales.gov.uk/keypubstatisticsforwales/content/publication/health/2003/sdr45-2003/sdr45-2003.htm
N Ireland	25.8			2002-03	Hospital Inpatients System Department of Health, Social Services and Public Safety Northern Ireland
USA	26.1			2002	http://www.cdc.gov/nchs/fastats/pdf/nvsr52_10t39.pdf
Canada	22.5			2001-02	http://secure.cihi.ca/cihiweb/dispPage.jsp?cw_page=media_21apr2004_e
Austria	18.9			2001	Peristat (Eur J Obst. Gynecol 2003, Vol 111 Suppl.1 S59)
Belgium	17.0	7.0	10.0	2000	Peristat
Denmark	16.0	8.3	7.7	2000	Peristat
Finland	16.0	8.8	7.3	2000	Peristat
France	17.5	7.9	9.6	1998	Peristat
Germany	23.3			2001	BAQ Perinatal Survey http://www.baq-bayern.de/downloads/files/2001-12-31_BA_16_1_Gesamt_English.PDF
Greece	30.5	15.1	15.4	1998	Peristat
Irish Rep.	20.4			1999	Peristat
Italy	30.8			1998	Peristat
Luxemburg	20.3			2000	Peristat
Netherlands	11.7	7.0	4.6	2000	Peristat
Sweden	15.4	8.1	6.8	2000	Peristat
Australia (south)	29.2	16.6	12.6	2002	http://www.dhs.sa.gov.au/pehs/PDF-files/pregnancy-outcome-report02.pdf
Australia (Victoria)	27.4	13.3	14.1	2002	http://www.health.vic.gov.au/perinatal/downloads/annrep0102.pdf
Australia (NSW)	23.5	10.5	13.0	2001	http://www.health.nsw.gov.au/public-health/mdc/MDCRep01.pdf