Birth Information Questionnaire

INSTRUCTIONS: This side only -- the partner must underline the appropriate response and then the mother must (circle) her response.

How much would each of the following UPSET you? We will discuss all of these in-depth at our first meeting.

Stripping your membranes (without your permission) n	not at all	a little	I don't know	a lot	extremely
Induced labor	not at all	a little	I don't know	a lot	extremely
Pitocin augmentation	not at all	a little	I don't know	a lot	extremely
Artificial rupture of membranes	not at all	a little	I don't know	a lot	extremely
Wearing a hospital gown	not at all	a little	I don't know	a lot	extremely
Routine IV during labor and birth no	not at all	a little	I don't know	a lot	extremely
Not being allowed to eat and/or drink during labor ne	not at all	a little	I don't know	a lot	extremely
Epidural no	not at all	a little	I don't know	a lot	extremely
Narcotic pain relief	not at all	a little	I don't know	a lot	extremely
Continuous external fetal monitoring ne	not at all	a little	I don't know	a lot	extremely
Urinary catheter	not at all	a little	I don't know	a lot	extremely
Internal fetal scalp monitoring (not a choice) no	not at all	a little	I don't know	a lot	extremely
Internal contraction monitoring (not a choice) no	not at all	a little	I don't know	a lot	extremely
Breath holding (purple) pushing no	not at all	a little	I don't know	a lot	extremely
Pushing in the supine position (on your back)	not at all	a little	I don't know	a lot	extremely
Nurses counting (cheerleading) during pushing no	not at all	a little	I don't know	a lot	extremely
Episiotomy no	not at all	a little	I don't know	a lot	extremely
Perineal tear (this is not a procedure)	not at all	a little	I don't know	a lot	extremely
Vacuum extractor or forceps delivery ne	not at all	a little	I don't know	a lot	extremely
Surgical birth (Cesarean)n	not at all	a little	I don't know	a lot	extremely
Surgical birth (Cesarean) WITHOUT your doula	not at all	a little	I don't know	a lot	extremely
Early cord clamping (before cord stops pulsating)	not at all	a little	I don't know	a lot	extremely
Routine deep suctioning of baby's airways no	not at all	a little	I don't know	a lot	extremely
Erythromycin in baby's eyes	not at all	a little	I don't know	a lot	extremely
Vitamin K injection no	not at all	a little	I don't know	a lot	extremely
Healthy baby going to nursery n	not at all	a little	I don't know	a lot	extremely
-) PICILI I					



====== END OF PARTNER SECTION =========

(Mother's section continued on back)

Although it's impossible to know in advance what you will you think I will be able to help you most. You can always		_		ell me how
Help with breathing and relaxation	• •	•		need most
Massage/soothing touch				
Ideas for comfort and progress				
Help communicating with medical staff				
Support for your goals				
Remind you of your birth plan				
Help communicating with your family				
Take birth pictures (photos of the baby emerging)				
Videotape the <u>birth</u> (video of the baby emerging)				
Other:			-	
Which of the following, if any, have you found to be usef				
Aromatherapy		-	-	
Meditation or visualization	doesn't he	p helps a little	e helps a lot	helps most
Yoga	doesn't he	p helps a little	e helps a lot	helps most
Prayer			-	-
Massage	doesn't he	p helps a little	helps a lot	helps most
Music	doesn't he	p helps a little	helps a lot	helps most
Exercise	doesn't he	p helps a little	e helps a lot	helps most
Water: bath, shower or hot tub	doesn't he	p helps a little	e helps a lot	helps most
	doesn't he	p helps a little	e helps a lot	helps most
What elements of the birth experience are most importar	nt to you?			
Feeling in control of my labor	le	ast important	not sure mo	ost important
Feeling clear-headed and alert during labor	le	ast important	not sure mo	ost important
Having my partner be actively involved	le	ast important	not sure mo	ost important
Labor starting naturally	le	ast important	not sure mo	ost important
Avoiding medical interventions	le	ast important	not sure mo	ost important
Availability of medical intervention, if needed	le	ast important	not sure mo	ost important
Feeling minimal pain	le	ast important	not sure mo	ost important
Being active and mobile	le	ast important	not sure mo	ost important
Bonding with my baby immediately after birth	le	ast important	not sure mo	ost important
Seeing or touching my baby's head as it crowns	le	ast important	not sure mo	ost important
Letting my instincts guide me	le	ast important	not sure mo	ost important
	Le	ast important	not sure mo	ost important