Highlights of 30 years of Midwifery research in Sweden

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Overview of the presentation

- Some statistics from Sweden
- Midwifery role models and examples of research
- My own research
- International aspects
- The future of midwifery research in Sweden
PhD exams 1984-2014
Faculties
The nailing ceremony
Hat or wreath?
Subjects for midwives’ research
Eyes wide open
- When routines make us blind

Vivianne Wahlberg 1982

‘Crede’s prophylaxis-
The application of silver nitrate to neonates’ eyes’

Silver nitrate solution drops to the eyes directly after birth

Painful, conjunctivitis, swollen eyes

This routine stopped 1984
Words from Vivianne

- Ophthalmology doctor not happy when a midwife annexed his area

- Unnecessary research!

- Many obstacles

- Had enormous clinical impact!
There is no place like home - Early discharge after birth

Ulla Waldenström 1987

Hospitalisation 5-7 days after birth 1980

A trial with voluntary early discharge with home visits by a midwife

No adverse side effects

Nowadays the norm for discharge after birth

Financial arguments?
Message from Ulla

- Quality in research
- Collaborate with other professions
- Women’s perspective
- Make a difference in clinical practice
I will survive!
-the newborn baby shows the art of survival

Ann-Marie Widström 1988

Breastfeeding schedule

The baby could find the way to the mother’s breast and start breastfeeding

New knowledge about hormones and infant behavior and the importance of the first episode of breastfeeding

WHO recommendations changed
Put the scissors down!  
-better with spontaneous rupture than routinely performed episiotomies

Gunny Röckner 1991

A common birth intervention

1980 – 20% episiotomies
1996 – 8%

Primiparas 34% in 1989 decreased to 21%
1995
Skin-to-skin
-Keep me warm and happy!

Kyllike Christensson 1994

Routine to separate mother and baby after birth

Skin-to-skin or cot

Crying pattern

Temperature regulation
When a meeting is also farewell....

Ingela Rådestad 1998

Previously regarded as a non-event

To hold the baby is part of the mourning process

Create memories- hair curls, photos, foot and hand prints

Name the baby
Ingelas advice

- Networking!

- Engage newly graduated midwives
Tanja Tydén

- It will not happen to me......sexual behavior among high school and university students and evaluation of STD-prevention
Message from Tanja

- Collaborate between professions
- Collaborate between countries
- Work hard!
- Have fun!
Women’s expectations and experiences of care during pregnancy and birth

Ingegerd Hildingsson
Antenatal care
Ranking the content of antenatal care

1. Checking the baby’s health

2. Checking the woman’s health

3. Making the partner feel involved
Satisfaction

- 88 % satisfied with the overall assessment of antenatal care
- 77 % satisfied with the emotional aspects
- 82 % with the medical aspects
Further studies about antenatal care

- Factors associated with satisfaction with the medical and emotional aspects of care
- Comparison of antenatal care in Sweden and Australia
- Fathers’ opinion about antenatal care
- Group based antenatal care
Women’s interest in homebirth
National survey 1999-2001
Women’s interest in homebirth

- Pregnancy week 16: 4.8 %
- Two months after birth: 2.3 %
- One year after birth: 3.2 %
- 1 % yes on all measures
Most important factors for homebirth

- Wanted the baby’s siblings present at birth
- Wanted a female friend present at birth
- Not want any pharmacological pain relief
- Low level of education
- Dissatisfaction with medical aspects of intrapartum care
Follow up studies

- Regional survey of pregnant women and their partners
- National homebirth study
  - register data
  - interviews
  - survey of 1000 homebirth
- Nordic homebirth study
  - [www.nordichomebirth.com](http://www.nordichomebirth.com)
Women’s preferences for caesarean section
How would you prefer to give birth?

8.2%
CS
Most important factors associated with a CS preference

- Previous caesarean section
- Fear of childbirth
- Previous negative birth experience
Caesarean section on maternal request

- Caregivers’ attitudes
- Register studies- outcome of CS without medical reasons
- Women’s requests and reasons to prefer CS
- Women’s experiences of CS
- Fathers’ birth preferences
- Fathers experiences of a surgical birth
Childbirth fear

- Women’s levels of fear and associated factors
- Cured from fear?
- Comparison of women in Sweden and Australia’ regarding fear of childbirth
- Fathers and childbirth fear
- Evaluation of counseling program
- Randomized study comparing internet based cognitive therapy and standard care (midwifery counseling)
My own research

- PhD in 2004

The adoption of a new contraceptive method – surveys and interventions regarding emergency contraception.

Conclusion: The presumed effect of ECP on abortion rates may be over-estimated. Easy access to ECP is important and should be implemented all over the world, but is only one tool in the prevention of unwanted pregnancies.
Sexual risk taking

- Maria Ekstrand 2008
- Interviews with young women and men in Sweden about sexual risk-taking, use of contraception and abortion
- A randomized controlled trial with advance provision of ECP showed more prompt use without jeopardizing contraceptive use or increase sexual risk-taking.
Unintended pregnancy, abortion and prevention

- Marlene Makenzius 2012
- One third repeat abortion; risk factors were socioeconomic vulnerability
- Existential needs were common
- Care satisfaction was high and empathy was most important
- A medical abortion at home increases autonomy but is related to dependence; need to be treated with respect and empathy and receive adequate information.
Pregnancy, childbirth and midwifery care in women with intellectual disability

- Berit Höglund 2012
- Mothers with ID and their newborns had more complications and should be considered risk-groups
- The women struggled to attain motherhood and feared to lose custody of the child
- Midwives had limited knowledge and doubtful attitudes.
Pornography, Youth and Health

- Magdalena Mattebo 2014
- Pornography a part of everyday life
- Frequent use associated with lifestyle problems
- No association with physical health
- Frequent use more associated with psychosomatic symptoms than with depressive symptoms in a longitudinal perspective.
Ongoing projects

- Sexuality and reproduction among young people with ID
- Under the umbrella of PrePreg:
  - Introducing and evaluating a Reproductive Life Plan
  - A longitudinal cohort study among pregnant women and their partners
  - Developing and evaluating a method for a dialogue about alcohol with both parents-to-be
Other projects

- Larsson M. *The use of Internet for pregnancy-related information-seeking among Swedish women - a descriptive study.* Midwifery. 2009;25:14-20


International aspects

- Negussie Birgit. *Traditional wisdom and modern development. A case study of traditional perinatal knowledge among elderly women in Southern Shewa, Ethiopia*
- Hansson Gurli. *Mwana Ndi Mai. Towards an understanding of preparation for motherhood and child care in the transitional Mberengwa district, Zimbabwe*
- Faxelid Elisabeth. *Quality of care for patients with sexually transmitted diseases in Zambia*
- Ransjö Arvidsson Anna-Berit. *Childbirth care in affluence and poverty*
- Eva Robertsson: *Aspects of foreign-born women’s health and childbirth-related outcomes*
- Karen Odberg-Pettersson. *Challenges and constraints encountered by women and midwives during childbirth in low income countries. Experiences from Angola and Mozambique*
- Anneka Knutsson. “To the best of your knowledge and for the good of your neighbour” A study of traditional birth attendants in Addis Ababa, Ethiopia
- Elisabeth Dahlbäck. *Between Opportunities and Risks - Adolescent Sexual and Reproductive Health in Zambia*
- Pernilla Ny. *Swedish maternal health care in a multiethnic society - including the fathers*
Problems in Sweden?

- Many midwives with PhD
- Few Associate Professors
- Fewer Professors
- KI (1+2 senior)
- Uppsala (1)
- Gothenburg (2)
- Mid Sweden University (1)
- Sofia hemmet University college (1)
- Lund (1 senior)
- 5/9 >60 years old