



FORMACIÓN ONLINE EN
*Lactancia
materna*

·y Salud Mental·
tercera edición



De Octubre de 2020 a Junio de 2021



Instituto Europeo de
Salud Mental Perinatal



DISCLAIMER

- La información presentada en esta presentación es exclusivamente para uso personal de las alumnas y alumnos del Instituto Europeo de Salud Mental Perinatal. No puede ser colgada en la red ni reenviada. Si deseas utilizar alguna parte con fines de docentes puedes hacerlo siempre y cuando cites la fuente (Ibone Olza, IESMP) y nos lo comuniques y/o envíes una copia del trabajo si es posible.
- Este trabajo forma parte de un libro en construcción por lo que te ruego seas especialmente cuidadosa con el mismo. Es el resultado de infinitas horas de estudio y trabajo. Si lo comparto es con el fin de facilitar la formación y el aprendizaje que en última instancia favorezca una mejor atención a las madres y los bebés.
- Gracias por tu interés y esfuerzo



6. Neurofisiología del parto. Efecto de las intervenciones del parto sobre la lactancia

IBONE OLZA

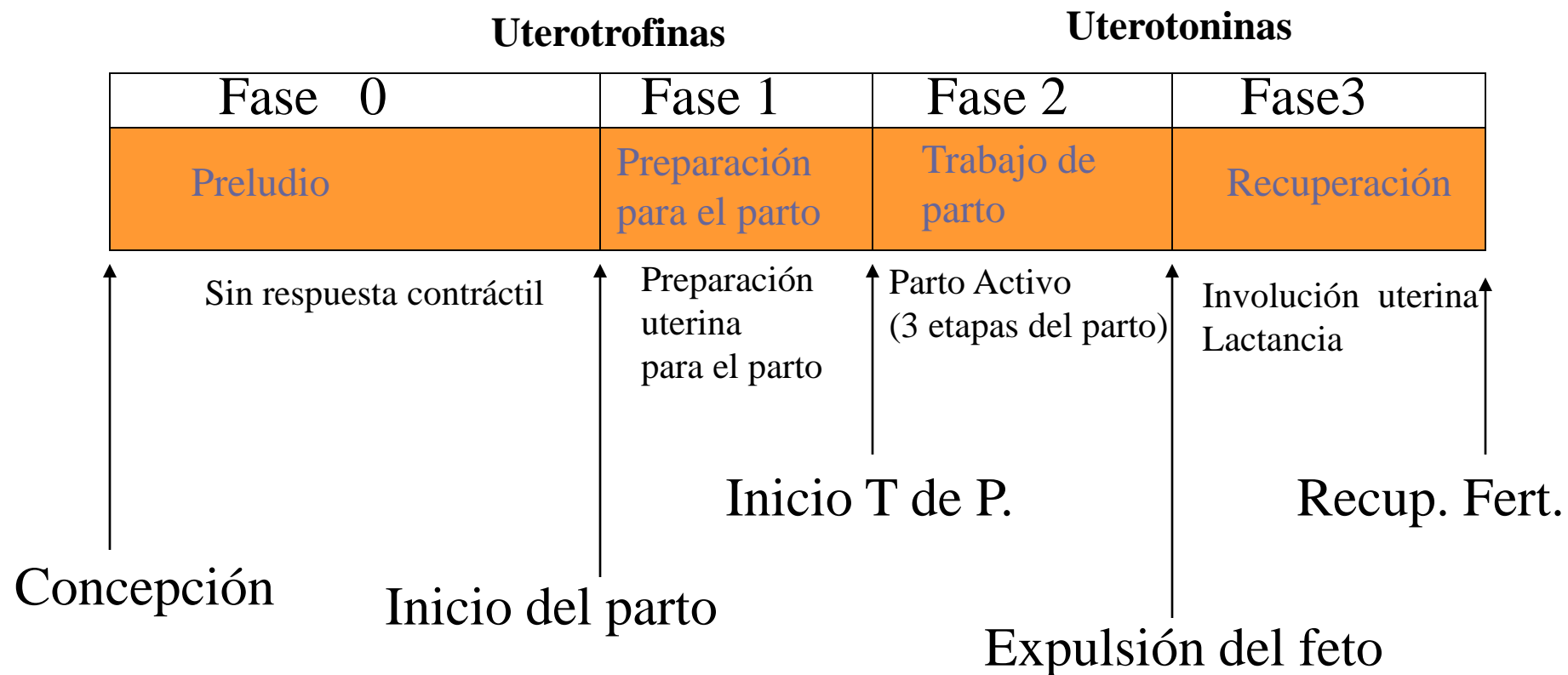


6.A. NEUROFISIOLOGIA DEL PARTO

Ibone Olza



Fases del parto





MODELO MÉDICO DEL PARTO

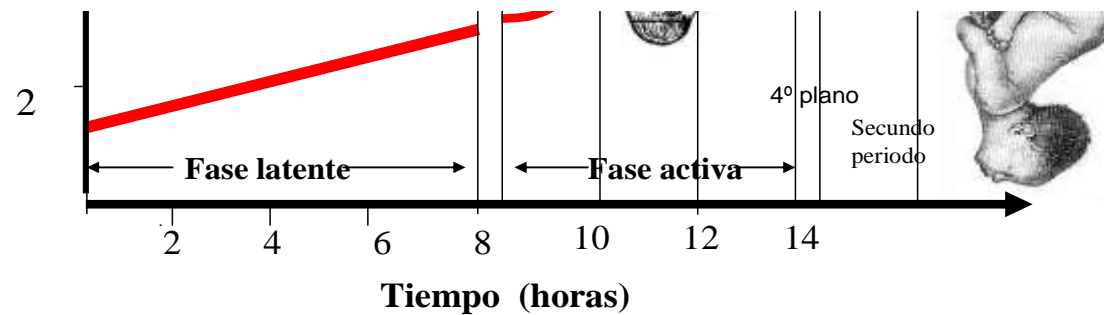


Journal Watch > Journal Watch Women's Health

The Friedman Curve: An Obsolete Approach to Labor Assessment

Journal Watch. 2003;2(2)

Dilatación cervical





Parto como evento neurohormonal

Hormonal Physiology of Childbearing: Evidence and Implications for Women, Babies, and Maternity Care



Sarah J. Buckley
January 2015

<http://transform.childbirthconnection.org/reports/physiology/>



IMAGING

Human birth observed in real-time open magnetic resonance imaging

Christian Bamberg, MD; Grit Rademacher; Felix Güttler; Ulf Teichgräber, PhD; Malte Cremer, MD; Christoph Bühner, PhD; Claudia Spies, PhD; Larry Hinkson, MD; Wolfgang Henrich, PhD; Karim D. Kalache, PhD; Joachim W. Dudenhausen, PhD

OBJECTIVE: Knowledge about the mechanism of labor is based on assumptions and radiographic studies performed decades ago. The goal of this study was to describe the relationship between the fetus and the pelvis as the fetus travels through the birth canal, using an open magnetic resonance imaging (MRI) scanner.

STUDY DESIGN: The design of the study used a real-time MRI series during delivery of the fetal head.

RESULTS: Delivery occurred by progressive head extension. However, extension was a very late movement that was observed when

the occiput was in close contact with the inferior margin of the symphysis pubis, occurring simultaneously with gliding downward of the fetal head.

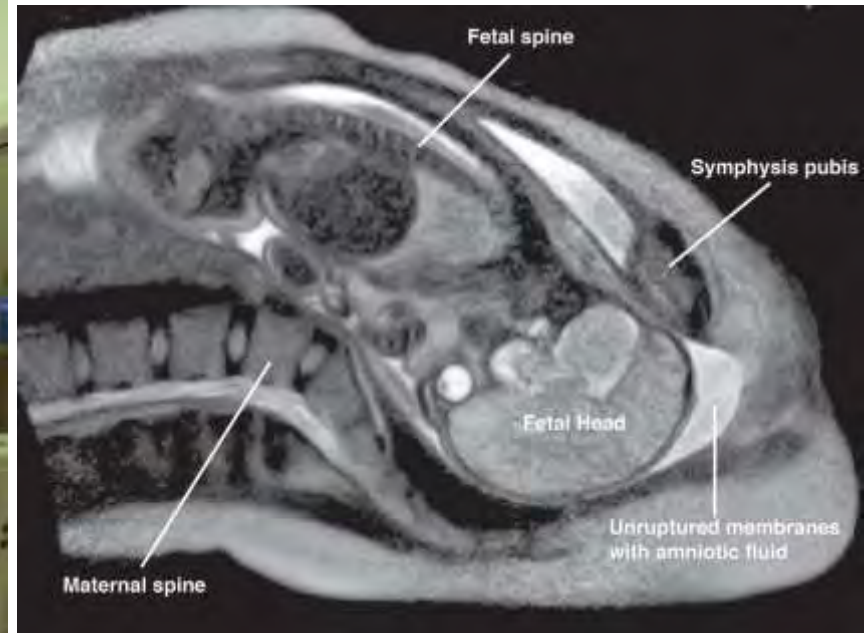
CONCLUSION: This observational study shows, for the first time, that birth can be analyzed with real-time MRI. MRI technology allows assessment of maternal and fetal anatomy during labor and delivery.

Key words: delivery, imaging, mechanism of labor, magnetic resonance imaging

Cite this article as: Bamberg C, Rademacher G, Güttler F, et al. Human birth observed in real-time open magnetic resonance imaging. Am J Obstet Gynecol



Primera RM PARTO



- http://www.youtube.com/watch?feature=player_embedded&v=v7JiYZ7jtxQ



IMÁGENES:

<http://birthphotographyimagecompetition.com>

ASOCIACION INTERNACIONAL DE FOTOGRAFOS DE PARTOS



Parto normal



- "Es el proceso fisiológico único con el que la mujer finaliza su gestación a término, en el que **están implicados factores psicológicos y socioculturales**. Su inicio es espontáneo, se desarrolla y termina sin complicaciones, culmina con el nacimiento y no implica más intervención que el apoyo integral y respetuoso del mismo".

Federación de Asociaciones de
Matronas de España, FAME
Vélez-Málaga, junio de 2006.




Little Fish Photography





Raquel Schallman. Parir en libertad

El parto es la crisis vital más fuerte que atraviesa una mujer. Deja de ser la que era para ser otra: primero es ella sola, después ella con su bebé adentro, y finalmente ella sola pero con un hijo. Muchas sienten que si atravesaron una experiencia semejante pueden atreverse a lo que sea en sus vidas.

Se sienten poderosas. El poder de parir las transforma





VIVENCIAS MISTICAS.

Parir en libertad. Raquel Schallman

Una mamá decía en su relato de parto: **“En ese momento lo entendí todo y después volví a ser yo. Ahora no sé que quiere decir ‘entendí todo’, pero en ese momento tuve la sensación de que mi cabeza se había abierto cósmicamente”.**





Historias del parto (Callister 2003)

- La experiencia del parto es un evento psicológicamente muy significativo en la vida de la mujer.
- Mujeres de todo el mundo necesitan contar la historia del parto para integrar el evento.
- Sentimiento de pertenencia al colectivo universal de madres, transgeneracional.
- Crecimiento, competencia, fortaleza versus inadecuación, fracaso, miedo, derrota
- Trascendencia emocional y espiritual



FISIOLOGIA: PARTO COMO EVENTO NEUROHORMONAL

<http://transform.childbirthconnection.org/reports/physiology/>

I Physiology of Childbearing:
Influence and Implications for
Babies, and Maternity Care





NEUROFISIOLOGIA DEL PARTO

1. DIRIGIDO POR NEUROHORMONAS:
2. QUE PRODUCEN UN ESTADO ALTERADO DE CONSCIENCIA
3. CRITICAMENTE SENSIBLE AL AMBIENTE EXTERNO



CON UNA LIBERACION MASIVA DE NEUROHORMONAS...

1. Oxitocina:

- Vivencia amorosa y orgásmica
- Vivencia mística
- Liberación pulsátil

2. Endorfinas

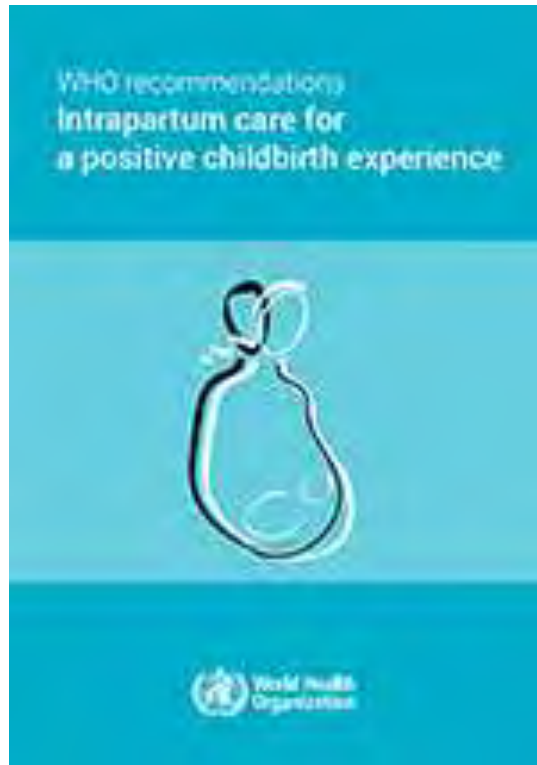
- Alteración memoria
- Vivencia placentera y orgásmica
- Sueño y analgesia

3. Catecolaminas → reflejo eyección fetal

- Sensación de muerte inminente







Cuidados de alta calidad....

Hay mucho abuso y maltrato en el parto en instituciones de todas las regions y culturas

LAS MUJERES QUIEREN

“una experiencia de parto positiva”



 **Organización
Mundial de la Salud**

Recomendaciones de la OMS
**Para los cuidados durante el parto,
para una experiencia de parto positiva**

Transformar la atención a mujeres y neonatos para
mejorar su salud y bienestar

“Experiencia de parto positiva”

“experiencia que cumple o supera las expectativas de la mujer ...Incluye dar a luz a un bebé sano en un ambiente Seguro desde el punto de vista clínico y psicológico y contar con apoyo práctico y emocional continuo”

(World Health Organization, 2018).



Women's Experience of Birth: Childbirth as a Rite of Passage

Rachel Reed, Margaret Barnes, and Jennifer Rowe

BACKGROUND: Within midwifery, there is a move toward reclaiming and promoting physiological birth. Because midwifery is woman-centered in nature, it is essential that the experience be understood from the woman's perspective. To date, there has been little research focusing on women's experience of physiological birth.

AIM: The aim of this study was to explore women's experiences of physiological birth.

METHOD: A narrative approach was taken, and in-depth face-to-face interviews were used to collect birth stories. The participants were 10 women who had recently experienced a physiological birth. The data were analyzed to identify themes occurring across the narratives.

FINDINGS: The findings are presented within the explanatory framework of childbirth as a rite of passage composing of three phases: separation, liminal, and incorporation. During birth, women were separated from the external world and sought to minimize external and internal distractions. In the liminal phase, they entered "their own world" and experienced an altered state of consciousness. After the baby was born, they reintegrated with the external world and incorporated their birth experience into their sense of self.

CONCLUSION: The findings of this study suggest that women's experiences during physiological birth are multidimensional and not aligned with biomedical descriptions of physiological birth. Birth was an empowering and transformative experience for the women in the study. The rite of passage framework may assist with developing a discourse about birth that resonates with women's experiences.



COST ACTION IS1405
BIRTH
BUILDING INTRAPARTUM RESEARCH THROUGH HEALTH

PSYCHOLOGY OF CHILDBIRTH

<http://eubirthresearch.eu/>





Voces de las madres = investigación cualitativa

The Psychological Experience of Physiological Childbirth: A Protocol for a Systematic Review of Qualitative Studies

Patricia Leahy-Warren, Marianne Nieuwenhuijze, Maria Kazmierczak, Yael Benyamini, Margaret Murphy, Esther Crespo-Mirasol, Andria Spyridou, Sigrídur Sia Jonsdóttir, Lea Tackas, and Ibone Olza

PURPOSE: The purpose of this systematic review of the literature is to look at the current evidence of the psychological experience of physiological childbirth.

BACKGROUND: Childbirth is a dynamic process in which the fetal and maternal physiology interacts with the woman's psychosocial context, yet this process is predominantly evaluated using objective, physical measures. Simultaneously, childbirth is also a profound psychological experience with a deep impact in women that is physical, psychological, and social. The description of the psychological processes and experiences that happen during physiological childbirth will likely improve the care women receive during childbirth as health care professionals and carers will have a greater understanding of the process.

METHODS/DESIGN: The electronic databases MEDLINE, Cumulative Index to Nursing and Allied Health Literature (CINAHL), PsycINFO, PsycARTICLES, SocINDEX, and Psychology and Behavioral Sciences Collection will be searched using the EBSCOhost platform to identify studies that meet the inclusion criteria. No language or publication date constraints will be applied. Articles that pass the 3-stage screening process will then be assessed for risk of bias and have their reference lists hand searched.

DISCUSSION: By synthesizing the results of the studies, this systematic review will help illuminate gaps in the literature, direct future research, and inform policymakers.

KEYWORDS: maternal; physiological childbirth; qualitative; psychological; experience

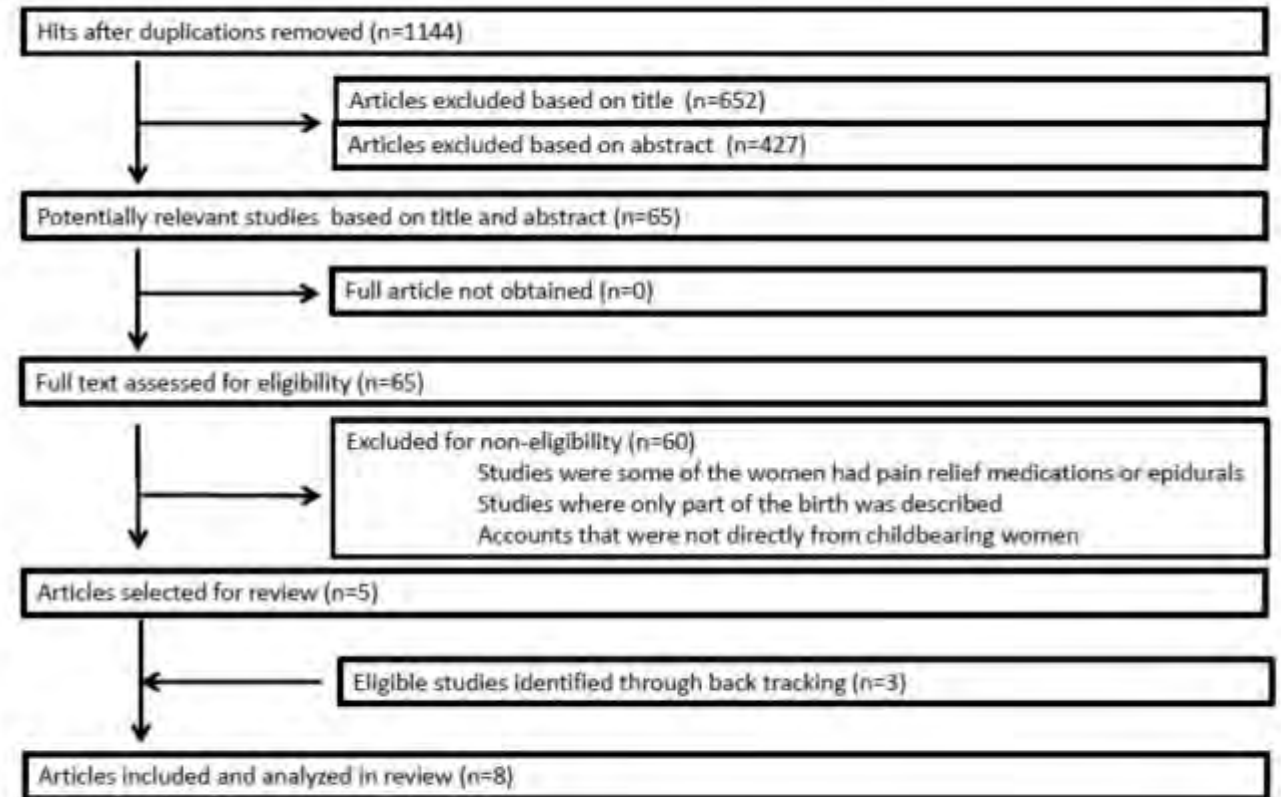
Open access

Research

BMJ Open Women's psychological experiences of physiological childbirth: a meta-synthesis

CRITERIOS DE INCLUSION

- ESTUDIOS ORIGINALES
- PARTOS FISIOLÓGICOS
- DESCRIPCIÓN DE LA EXPERIENCIA.



Studies from : U.K (3), Iceland, New Zealand, Australia, Norway, Sweden



eliana gilbert
photography



I. Inicio del parto: mantener la confianza

Olza I, Leahy-Warren P, Benyamini Y, et al Women's psychological experiences of physiological childbirth: a meta-synthesis BMJ Open 2018;8:e020347

- ***Experimentar el inicio***
- ***Compartirlo con otra mujer***
- ***Mantener la rutina de la vida normal***

*I felt confident by staying **in my own living room.***

*At 10 o'clock in the morning I called the hospital. Of course, I had **talked to my mom first.***

*I was lying all night and with my labour pains and my dog came and lay by my feet...**it was an incredible feeling,** it was in September, all the apples in the trees...it was all so silent...*



II. Viaje interior...conforme avanza el parto

Olza I, Leahy-Warren P, Benyamini Y, et al Women's psychological experiences of physiological childbirth: a meta-synthesis BMJ Open 2018;8:e020347

- ***Aceptar la intensidad del parto***
- ***Ir a un mundo interior: planeta parto***
- ***Volver para empujar***

*I've got to be somewhere where I can actually **allow myself to feel** what I am going through.*

*You are **so incredibly vulnerable** and I feel that you have such a need that someone is kind to you and shows you some interest.*

*Nothing else matters and the **universe kind of shrinks** to this particular, you know this particular job that you have to do which is you know about birthing your baby.*



II. Viaje interior...conforme avanza el parto

Olza I, Leahy-Warren P, Benyamini Y, et al Women's psychological experiences of physiological childbirth: a meta-synthesis BMJ Open 2018;8:e020347

- ***Aceptar la intensidad del parto***
- ***Ir a un mundo interior: planeta parto***
- ***Volver para empujar***

*My **sense of time was completely lost**, as if I had forgotten it in a drawer at home. It was a very strange feeling*

*However, in both births I had this feeling for some time that **I would never survive this**.*

*When I started to push, it was as if a **curtain was drawn**. A totally different perception, suddenly I was awake, alert and quite aware of timing.*





Public Kiss
- PHOTOGRAPHY -



III. Una experiencia única

Olza I, Leahy-Warren P, Benyamini Y, et al Women's psychological experiences of physiological childbirth: a meta-synthesis BMJ Open 2018;8:e020347

- **Alcanzar la Gloria**
- **Encuentro con el bebé**
- **Empoderamiento**

*I was so happy. I honestly **never had this kind of joy** since I was born. I don't know where this joy came from.*

*I had this holiness, **being close to the universe**. I feel such gratitude for the possibility to give birth at home.*

*As soon as the baby is born you think incredibly fast and you look **incredibly fast** whether there are, without all doubts, ten toes and ten fingers.*







“The empowering journey of giving Birth”

Olza I, Leahy-Warren P, Benyamini Y, et al Women’s psychological experiences of physiological childbirth: a meta-synthesis BMJ Open 2018;8:e020347

- Parir fisiológicamente resulta ser una experiencia psicológica intensa y transformadora que genera un sentimiento de poderío.

...I felt I could sense right then, when minutes passed by, I felt that I (tearful) was a little bit different.

*When you do that as a woman, **you know you can do anything** ... I realized how everything else in life is easy, if you can do that (enduring 70 hours of no sleep, wild contractions, etc.) you can do anything. I am sad that so many women don’t get to understand this.*



CONCLUSIONES

Olza I, Leahy-Warren P, Benyamini Y, et al Women's psychological experiences of physiological childbirth: a meta-synthesis BMJ Open 2018;8:e020347)

- Giving birth physiologically in the context of supportive, empathic caregivers, is a psychological journey that seems to **generate a sense of empowerment** in the transition to motherhood.
- The benefits of this process can be maximized through physical, emotional and social support for women, **enhancing their belief in their ability to birth without disturbing physiology** unless there is a compelling need.
- **Health care professionals need to understand** the empowering effects of the psychological experience of physiological childbirth. Further research to validate the results from this study is necessary.



PARTO FISIOLÓGICO
=
TRANSFORMACION Y
EMPODERAMIENTO





El parto tiene la capacidad de transformar nuestra forma de pensar acerca de nosotras mismas.

“Me sentí una con todas las mujeres que han parido alguna vez. Me sentí poderosa y conectada con algo de mi interior que no sabía que estaba ahí. Ocupé mi puesto entre el linaje de mujeres madres”



Cuerpo de mujer, sabiduría de mujer.
C. Northrup



Nacer : Tres cuestiones principales

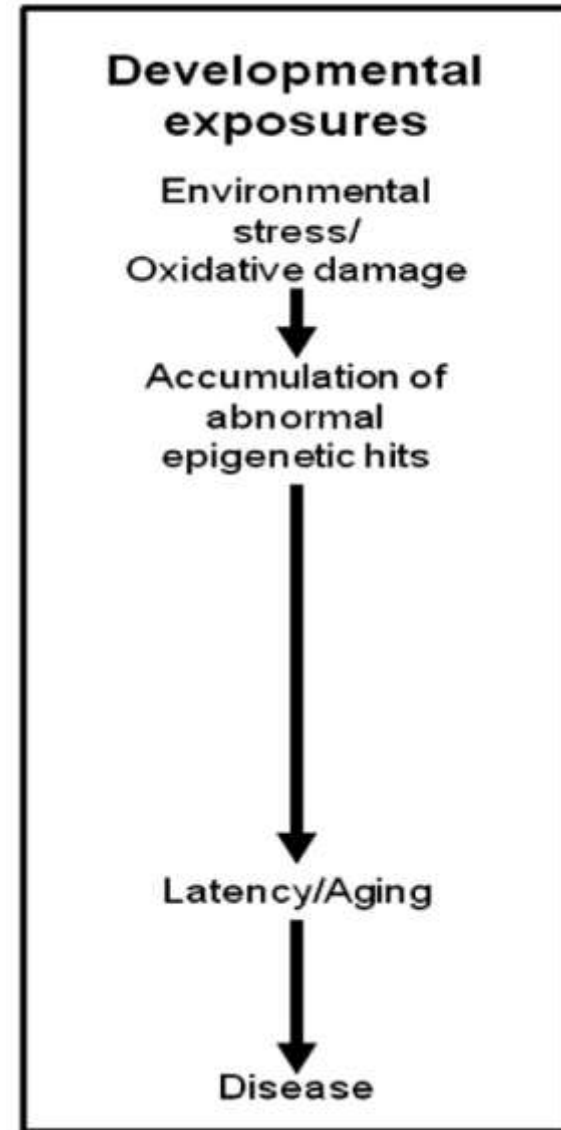
1. ¿Qué siente, qué vive el bebé en el parto?
2. ¿Cómo afecta el parto al desarrollo psicológico del bebe?
3. ¿Qué memoria queda, qué huella deja el parto en el bebé?





Hipotesis EPIIC

- Dahlen, H. G., Kennedy, H. P., Anderson, C. M., Bell, A. F., Clark, A., Foureur, M., et al. (2013). The EPIIC hypothesis: Intrapartum effects on the neonatal epigenome and consequent health outcomes. *Medical Hypotheses*,





BIRTHUNSCRIPTED.COM



Implicaciones para la atención al parto

- Necesidades de acompañamiento en el parto
- Apoyo y soporte físico
- Confianza, respeto, honestidad
- Equipo unido
- Tolerar estado de la mujer, exposición sexual
- Contención y supervisión

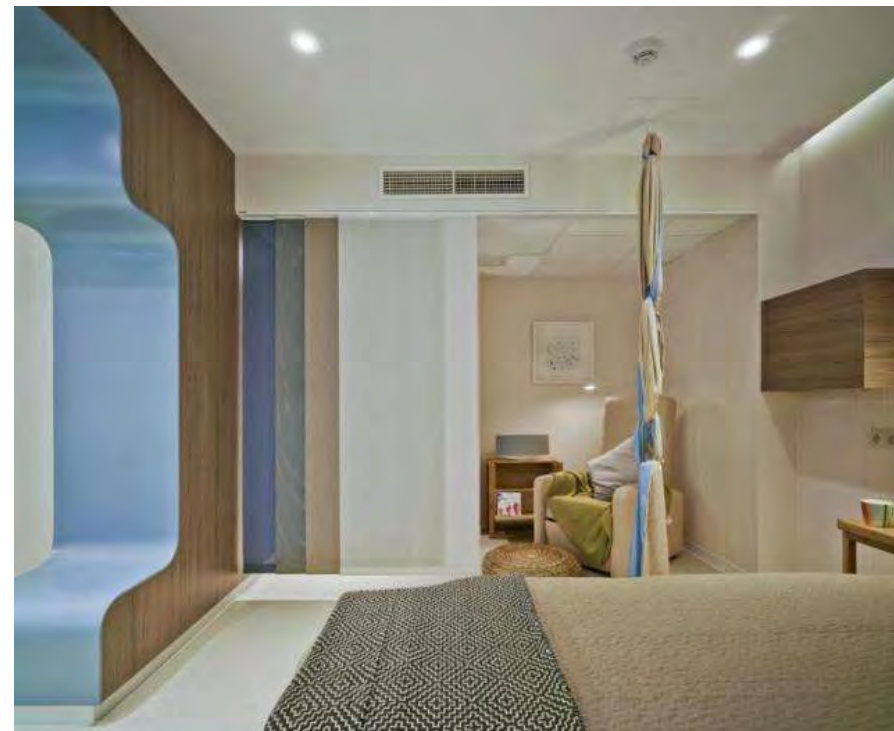


- PRESENCIA
- CONTROL
- CONFIANZA



REPENSAR LOS ESPACIOS

www.arquitecturadematernidad.es.com





IMPLICACIONES PARA LA LACTANCIA

- POSPARTO INMEDIATO: CUIDADOS
- SALUD MENTAL SI PARTO FISIOLÓGICO:
 - EMPODERAMIENTO
 - SEGURIDAD
 - AUTOCONFIANZA



REFERENCIAS

- [Women's psychological experiences of physiological childbirth: a meta-synthesis](#)
- LIBRO PARIR. Ibone Olza.
- <http://www.msc.es/organizacion/sns/planCalidadSNS/pdf/maternidadSaludCiencia.pdf>