
Free choice in birth position, change of practice.... An obstetrician's point of view.

Leonie van Rheenen MD

Gynaecologist

Onze Lieve Vrouwe Gasthuis, Amsterdam, The Netherlands

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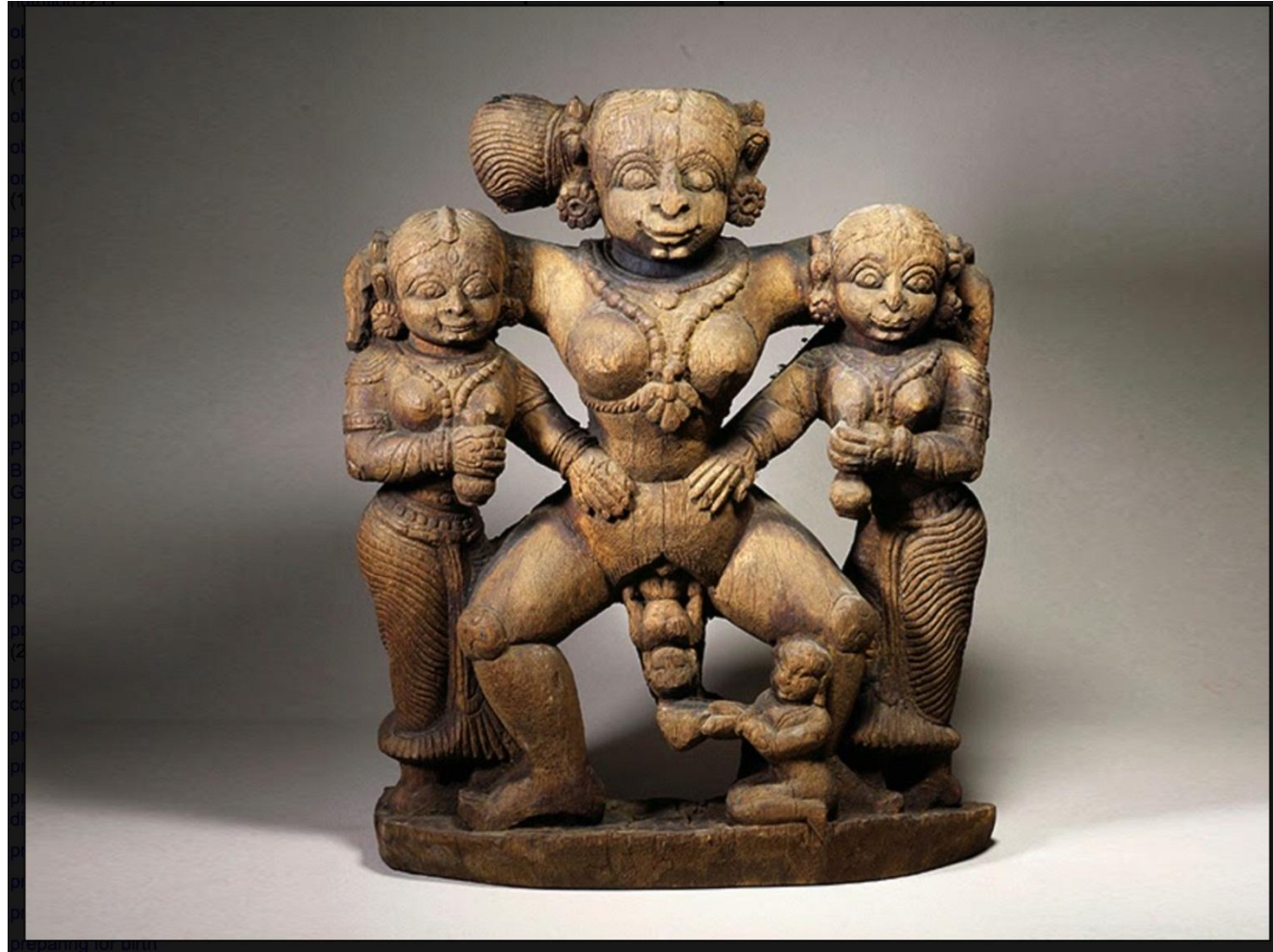
How it all begun...



Breech birth in OLVG Amsterdam

	2011	2012	2013	2014	2015	Mean
Vaginal breech birth	20,0% 27	22,7% 32	17,3% 24	19,2% 33	16,8% 26	19,1% <u>28</u>
Planned c-section	66,7% 90	65,2% 92	78,4% 109	72,7% 125	77,4% 120	72,2% 107
Unplanned c-section	13,3% 18	12,1% 17	4,3% 6	8,1% 14	5,8% 9	8,6% 13
Total	135	141	139	172	155	100%

And just before that...



Upright breech

- “no, never” “impossible”
- “I don’t see any advantages” “why is it better”
- “how can I learn/get enough experience”
- “what if...”

My experience...

- Film 1 film 2
- don't focus on all fours, and don't start too early (primigravid)
- try to find the easiest way, change labour positions
- keep the same *rules* as in lithotomy
- train your team
- work on exposure/experience: by attending together, use video

Teamwork

Film 3

What if...

...the labouring woman knows best!

...you can do it!