

Mirror; a Choice for Women in the Second Stage of Labor

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Abstract

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Dear Editor-in-Chief

Childbirth is a physiological process, but the fear of this natural process may keep women away from natural childbirth and lead them to elective cesarean section [1, 2]. While cesarean section is a surgical procedure, it has potentially significant side effects [3, 4]. To prevent morbidity and mortality caused by elective cesarean delivery, it is necessary to encourage and persuade natural delivery.

Pleasing and creating positive experiences is one of the ways to encourage vaginal delivery, which can be done with appropriate interventions [5].

The moment of birth can be the most indelible and impactful experience for a woman, which happens through the mother's pushing, the main force, in the second stage of labor.

It seems that in exiting the fetus from the perineum, a mirror as a safe accessory can help in two ways. On the one hand, it can be a help for the birthing agent in this way, in the situation of giving birth in water [6] or in some birthing positions, where there is a limited view of the mother's perineum, the mirror can play a facilitating role, in other words, a proper view from the perineum provides for the observer to support and take care of the exit of the fetus in an optimal way. On the other hand, the mirror also allows the mother to see the exit of the fetus, which is the purpose of the present letter to highlight the role of the mirror. In this way, when the mother sees that the birth is imminent, she gets enthused and concentrates on her pushing, which results in a shorter second stage and a faster delivery [7]. Moreover, the positive experience of motherhood from observing the moment of birth using a mirror has been reported [7]. In addition, the women of their wives also reported using a mirror as a desirable tool in the second stage of labor [8].

Indeed, using a mirror during labor is not a new method; however, it may not be routine or even, in some areas, not used at all, while it is an inexpensive, accessible, and non-invasive tool and creates a positive birth experience [7]. Hence, it can be expected it is also effective in attachment and subsequent care of the baby and even become a motivation to repeat the subsequent vaginal childbirth experience. Furthermore, the effect of transferring this experience to other women as an incentive for vaginal delivery should not be neglected. Of course, it is noteworthy that all mothers may feel uncomfortable using a mirror for any reason and may not want to use it during childbirth. Nevertheless, in

a situation where it is possible to see the moment of birth for the wife and others, it is better to give this choice to the mother herself so she is not deprived of the opportunity to see the lasting moment of the birth of her baby. This right to choose is reserved for her by offering during childbirth or even during pregnancy. With such a simple solution and without special equipment and cost, it is possible to create a positive and pleasant experience for the mother from childbirth, whose subsequent effects, such as faster acceptance of the role of the mother, are undeniable. Therefore, this letter was written to highlight the use of a mirror during the second stage of labor, to remind birth attendants to consider it in the second stage of labor, and to give mothers the right to choose it. Because childbirth is a physiological and natural process, such non-invasive and auxiliary solutions should be replaced by unnecessary and invasive interventions to encourage more women toward vaginal delivery.

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