

TO GIVE BIRTH IN LATE- AND POST-TERM PREGNANCY - WOMEN'S EXPERIENCES AND PERSPECTIVES

Akademisk avhandling

Som för avläggande av filosofie doktorsexamen vid Sahlgrenska akademien, Göteborgs universitet kommer att offentligens försvaras i 2119, Arvid Wallgrens backe 1, den 8 juni 2022, klockan 09.00.

av Helena Nilvér

Fakultetsopponent:
Professor Christine Rubertsson
Lunds universitet, Sverige

Avhandlingen baseras på följande delarbeten

- I. Nilvér H, Begley C, Berg M. Measuring women's childbirth experiences: a systematic review for identification and analysis of validated instruments. *BMC Pregnancy Childbirth*. 2017 Jun 29;17(1):203.
- II. Nilvér H, Wessberg A, Dencker A, Hagberg H, Wennerholm UB, Fadl H, Wesström J, Sengpiel V, Lundgren I, Bergh C, Wikström AK, Saltvedt S, Elden H. Women's childbirth experiences in the Swedish Post-term Induction Study (SWEPIS): a multicentre, randomised, controlled trial. *BMJ Open*. 2021 Apr 7;11(4):e042340.
- III. Nilvér H, Lundgren I, Elden H, Dencker A. Women's lived experiences of induction of labour in late- and post-term pregnancy within the Swedish post-term induction study – a phenomenological study. *International Journal of Qualitative Studies on Health and Well-being* 2022 Apr 17:1.
- IV. Nilvér H, Lundgren L, Dencker A. The experiences and perspectives of pregnancy and birth in women who wish to await spontaneous onset of labour in late-term pregnancy – a qualitative interview study. *In manuscript*.

TO GIVE BIRTH IN LATE- AND POST-TERM PREGNANCY - WOMEN'S EXPERIENCES AND PERSPECTIVES

Helena Nilvér

Institutionen för vårdvetenskap och hälsa, Sahlgrenska akademien, Göteborgs
Universitet, Sverige, 2022.

Abstract

Childbirth is a lifechanging event, and women carry with them the experience throughout life. Around one in five pregnancies reach gestational week 41. When to recommend induction of labour for those extending 41 gestational weeks has been debated. Also, knowledge of women's experiences and perspectives is limited. Therefore, the **overall aim** of this thesis was to obtain a deeper understanding of women's experiences and perspectives of giving birth in late- and post-term pregnancy. **Study I** is a systematic review aiming to identify and present validated instruments measuring women's childbirth experiences. In total, 36 instruments were identified representing different aspects of childbirth experiences with varying quality of psychometric properties. **Study II** compared childbirth experience between women randomised to either induction in gestational week 41+0 to 41+2 or to expectant management until gestational week 42. In total, 656 women responded to the Childbirth Experience Questionnaire version 2, three months after birth. As an exploratory outcome, 1457 women responded to the overall childbirth experience measured on a visual analogue scale within three days after birth. No significant difference was seen between the two randomised groups. **Study III** is a phenomenological study where twelve women were interviewed about their experience of induction of labour in late- and post-term pregnancy. The essence was described as the induction of labour becoming another journey than the intended one. In **Study IV**, ten women who wanted to await spontaneous onset in week 41 were interviewed about their experiences and perspectives regarding giving birth in late-term pregnancy. Through reflective thematic analysis, three main themes were identified: well-being and trust in the own body's process, not for me right now – if everything is good, and the embodied experience of giving birth.

This thesis provides new insights into how induction of labour can be experienced in late- and post-term pregnancy as well as the experience of wanting to await spontaneous onset of labour. The included studies can aid maternity personnel in acquiring a deeper understanding and enable more individualised care in the lifechanging and existential period that giving birth and becoming a parent is.

Keywords: childbirth experience, late-term pregnancy, post-term pregnancy, induction of labour, systematic review, validated questionnaire, randomised controlled trial, phenomenology, thematic analysis

ISBN 978-91-8009- 978-91-8009-807-6 PRINT)

ISBN 978-91-8009- 978-91-8009-808-3 (PDF)

<http://hdl.handle.net/2077/70933>