

## Lamaze Supports Evidence-Based Childbirth Practices and Your Patient Relationship



*Today, the challenge for every provider and every health system is to offer care that's based on quality evidence. Lamaze supports your work in improving quality outcomes for patients, as well as their satisfaction with provider and care setting. Lamaze can be a valuable partner in your efforts to help women achieve good clinical outcomes and a satisfying birth experience.*

- **Simplify Birth.** Everyone knows that childbirth can be demanding on a woman's body and mind, but Lamaze can help simplify the process of childbirth by promoting a natural approach that alleviates a woman's fears and helps her manage pain – all with the goal of a safe and healthy birth, based on current evidence.
  - The Lamaze approach to birth can help reduce overuse of unnecessary interventions, reducing costs and associated medical complications, while improving overall outcomes for all.
  - Lamaze reinforces your relationships with your patients, helping them to better understand what to expect during pregnancy and childbirth, providing information to help answer their questions and, in the end, facilitating a process where patients are satisfied and they understand the medical care they receive.
- **Use a Proven Approach.** Lamaze practices are based on the best medical evidence available, and are designed to promote a safe and healthy pregnancy and birth.
  - Lamaze's firm grounding in quality evidence reinforces your efforts to support optimal care for women and babies, and can reduce the risk of adverse outcomes and unnecessary overuse of resources compared with non-evidence-based interventions.
- **Improve Childbirth Understanding.** The best start for mothers and babies is a safe and healthy pregnancy and birth, based on current evidence. Lamaze can help women achieve this – and help them feel confident about giving birth – by serving as a resource for information about what to expect and the best options available during the childbirth process.
  - Your support of Lamaze can make it easier to successfully work with your patients to achieve healthy and satisfying outcomes.
  - Lamaze increases your patient's "childbirth literacy" by helping them become better educated about pregnancy and childbirth through clinically sound, easy-to-understand information.
  - Lamaze can help you communicate more effectively with your patients by serving as a critical information resource, and by reinforcing their responsibility to be a good partner with you in achieving a healthy outcome.
- **Work as a Team.** Women, families, providers and Lamaze educators each have an important role in the process of pregnancy, childbirth and early parenting, and make up a community that works together to help women and babies achieve safe and healthy outcomes.
  - Lamaze reinforces your efforts to support optimal care for women and babies, and can reduce the risk of adverse outcomes and unnecessary overuse of resources compared with non-evidence-based interventions.

For more information about how Lamaze healthy birth practices supports you in your practice, please visit [www.lamaze.org](http://www.lamaze.org) or contact us at [info@lamaze.org](mailto:info@lamaze.org).

