

# Evidence and Decision-Making Resources

These resources are helpful when you need more information to make a decision on a situation that has arisen in your pregnancy or birth. Remember, everything is always an option, even if it is not presented to you that way. There are benefits and consequences to every option and ultimately no decision without an element of risk. You must decide with risk you are most comfortable with.

## Use your B.R.A.I.N.S.

*When trying to decide if a procedure is right for you and your baby, here are the questions to ask to make sure you have all of the information necessary to make an informed choice.*

- B** **Benefits** – What are the benefits of this procedure? What are we hoping to achieve?
- R** **Risks** – What are the risks or side effects? What other interventions will go along with this?
- A** **Alternatives** – What are our other options?
- I** **Intuition** – Does the information you're receiving make sense. Do you need additional info, or a second opinion?
- N** **Nothing** – What if we do nothing, or wait a while before deciding?
- S** **Space** – Can we please have some time alone to discuss and decide?

### **My Body, My Baby.**

Evidence-based resources on common topics that might arise in pregnancy such as:

- Group B Strep (GBS)
- Covid in pregnancy
- Consuming your placenta
- Waterbirth
- Antibiotics in labour

<https://mybodymybaby.com.au>

### **Dr Rachel Reed:**

Information providing summary and plain explanations on journal articles covering topics such as:

- Induction
- Placental birth options
- Birthing “big” babies

<https://midwifethinking.com>

### **Evidenced-Based Birth**

Blog and podcast covering the best evidence on lots of topics although some of this is US based, the concepts still apply to birthing in Australia. This blog covers an enormous amount of topics.

<https://evidencebasedbirth.com/blog/>

### **The Great Birth Rebellion**

A podcast run by Dr Melanie Jackson, PhD in Midwifery providing you with the evidence and discussion on a vast range of topics.

<https://www.melaniethemidwife.com/podcasts/the-great-birth-rebellion>

### **Dr Sara Wickham**

An experienced midwife with a PhD, providing you the evidence on a range of topics through blogs, articles and short books

<https://www.sarawickham.com/>