

# Continuous support for women during childbirth

Methods: A total of **27 RCTs** involving 15,858 women from 17 different countries were included for meta-analysis.

**Results: Women allocated to continuous support during labour had:**

- ✓ **↑More** spontaneous vaginal birth (RR 1.08, 95% CI 1.04 to 1.12);
- ✓ **↓Less** negative feelings about childbirth experience (RR 0.69, 95% CI 0.59 to 0.79);
- ✓ **↓Less** any intrapartum analgesia (RR 0.90, 95% CI 0.84 to 0.96);
- ✓ **↓Shorter** labours (MD -0.69 hours, 95% CI -1.04 to -0.34);
- ✓ **↓Less** caesarean birth (RR 0.75, 95% CI 0.64 to 0.88; 24 trials) ;
- ✓ **↓Less** instrumental vaginal birth (RR 0.90, 95% CI 0.85 to 0.96);
- ✓ **↓Less** regional analgesia (RR 0.93, 95% CI 0.88 to 0.99); or
- ✓ **↓Less** low five-minute Apgar score (RR 0.62, 95% CI 0.46 to 0.85)

Used as evidence for a recent WHO guideline  
"WHO recommendations:  
intrapartum care for a  
positive childbirth  
experience" (2018)

Conclusion: Continuous support during labour may improve various outcomes for women and infants, **with no evidence of side effects.**

Reference: Bohren, M.A., Hofmeyr, G.J., Sakala, C., Fukuzawa, R.K., Cuthbert, A. Continuous support for women during childbirth. Cochrane Database of Systematic Reviews 2017(7) アブストラクトおよび平易な要約については[日本語訳](#)あり

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WHO(世界保健機関)など共同でおこなったコクラン系統的レビューであり、今回の更新に伴い追加されたRCT論文のクリティークやバイアス評価、データ抽出、論文執筆にかかわった