AIMS For a better birth...

# Birth Position

AIMS Journal, 2008, Vol 20 No 2

*The latest Healthcare Commission survey says:*

'Staying mobile can help the labour progress so it is important that wherever possible women have the opportunity to move around in labour. Overall 74% of women felt able to move around at least some of the time, but this varied between 57% and 85% across trusts. Most women reported giving birth on a bed (91%) and over half were in the position described as 'lying' (56%), though this was more common for women having their first baby.'

Although the piece does not actually quote a figure, the chart suggests that only 12% of births were not semi-sitting, lying down or in stirrups!

This is probably more indicative of the 'normal' birth rate than other quoted figures.

**References**

Healthcare Commission (July 2008) Towards Better Births. ISBN 978-1-84562-194-0