سياسة المرافق في أقسام النساء والولادة

Companion’s Policy in Obstetrics and Gynecology Departments

الطبعة الثانية
Second edition
Preparation and revision:

Khadejah Al-Mendeel  
Nursing Technician

Dr. Mona Sameer  
Consultant Obstetrics and Gynecology

Dr. Roa Altaweli  
Consultant Midwife

Dr. Fatma Alshangiti  
Consultant Obstetrics and Gynecology

Dr. Haneen Alshangiti  
Assistant Professor in Linguistics

تم مراجعة الطبعة الثانية من قبل اللجنة الاستشارية لوحدات القيالية 2021

Second edition was reviewed by Midwifery Units Advisory Committee 2021
The birth of a new child is a long-awaited event and it is more anticipated when the mother enters the birthing room and others experience with her the most beautiful moments of life despite its difficulty, and then at her weakest moments, and in her greatest need of all kinds of psychological and physical support to help her to overcome the challenges of labour and birth.

The Saudi Ministry of Health launched the Mother and Baby-Friendly Hospitals Initiative in 2018, which aims to strengthen the role of a healthy maternity care model. This is an accreditation for hospitals that allow the presence of a companion during childbirth, whether from family members, friends, or a doula, unless the delivery room environment preclude companions or unless it would be a violation of the privacy of other mothers.

The importance of having a companion with women during labour, birth, postnatal and lactation support is shown in providing psychological and physical support within the integrated health care to obtain a positive birth experience.

The birth of a new child is a long-awaited event and it is more anticipated when the mother enters the birthing room and others experience with her the most beautiful moments of life despite its difficulty, and then at her weakest moments, and in her greatest need of all kinds of psychological and physical support to help her to overcome the challenges of labour and birth.

The Saudi Ministry of Health launched the Mother and Baby-Friendly Hospitals Initiative in 2018, which aims to strengthen the role of a healthy maternity care model. This is an accreditation for hospitals that allow the presence of a companion during childbirth, whether from family members, friends, or a doula, unless the delivery room environment preclude companions or unless it would be a violation of the privacy of other mothers.

The importance of having a companion with women during labour, birth, postnatal and lactation support is shown in providing psychological and physical support within the integrated health care to obtain a positive birth experience.
Based on Vision 2030, which has developed among its concerns mother and child care, and the development of clear practical and scientific plans that raise the level of care for both the mother and her child, therefore, we provide this booklet to you, which we hope will serve as a simplified reference for each pregnant mother and her companion, with the information it contains. It will give a clear idea of what is the role of the companion, their importance in the labour and delivery room and postnatal room.

This booklet provides a comprehensive overview of what a companion can do to support the mother at the time of labour, birth, and postnatal. Also, it gives health institutions and companions all information about their role and responsibilities to provide psychological and physical support to the pregnant mother during that period.
1. The companion in Labour and Delivery Room:
A person who is chosen by a pregnant woman to support and assist her during labour and birth, whether a member of her family, relatives, a friend, or a Doula.

2. The companion in the Postnatal Room (Ward):
A person who is chosen by the mother to support, and help her, and take care of her newborn baby in the Ward.

3. Doula:
She is an experienced woman, certified and specialized in supporting the pregnant mother psychologically and physically during pregnancy, labour, birth and postnatal, but she is not part of the medical staff.

أنواع المُرافقين:

1. المُرافق في غرف الولادة:
هو أي شخص يتم اختياره من قبل المرأة الحامل لمساندتها ومساعدتها خلال فترة المخاض والولادة، سواء كان من عائلتها أو أقاربها، أو إحدى صديقاتها، أو الدولا.

2. المُرافق في غرفة ما بعد الولادة (جناح التنويم):
هو أي شخص يتم اختياره من قبل الأم لمساندتها، ومساعدتها، ورعاية مولودها في فترة ما بعد الولادة في جناح التنويم.

3. الدولا:
هي أمّة ذات خبرة، تحمل شهادة معتمدة ومختصة في دعم ومساندة الأمّ الحامل نفسياً وجسدياً، خلال فترة الحمل والمخاض والولادة، وما بعد الولادة ولكنها ليست جزءًا من الطاقم الطبي.
Neither the doula nor the companion has the right to make any decision on behalf of the mother. Their role is to assist the mother in communicating her wishes to the medical care team, encouraging her and her husband to inquire about the medical care provided and medical procedures, with the consent of the physician or the midwife, and to cooperate with them to obtain a positive birth experience.

It is essential that the companion to be aware of the birth plan developed by the mother, to know the limits of intervention, and to be able to deal with the sudden things that may occur in the delivery room by informing the medical staff what the expectant mother wishes to do, and what decision she would like to delegate to medical professionals in the event of an emergency.
The importance of having a companion for the mother during labour and birth:

Recent research and studies have proved that having continued support with the mother during labour and birth has many benefits, including:

• Provide psychological support to the mother, which helps to relieve pain during birth, and dispense with the use of analgesics.
• Reduce the rate of medical interventions and increase maternal satisfaction with the birth experience.
• Help the mother to start breastfeeding early, especially during the first hour after birth.

• تقييم الدعم النفسي للأم، مما يساعد في تخفيف الإحساس بالآلام أثناء الولادة، والاستغناء عن استخدام المسكنات الدوائية.
• تقليل معدل التدخلات الطبية، وزيادة رضا الأمهات عن تجربة الولادة.
• مساعدة الأم على البدء في الرضاعة الطبيعية في وقت مبكر، خاصة خلال الساعات الأولى بعد الولادة.
How the pregnant woman choose the companion in the labour and delivery room?

- Choosing a companion is the pregnant woman personal decision, and it is important.
- The choice of a companion is during pregnancy before birth date and, and it is advisable to document this in the medical file, to do the necessary procedures.
- Preferably the mother chooses someone whom can inform others about her desires, and whom she can show her weakness in front of her, and whom she will feel comfortable in her presence, and be aware and knowledgeable about her health and psychological situation; to react to and understand her situation.
- It is important that the mother speaks with her companion during pregnancy and before birth about what she wants her to do, and what she does not want during labour, and to inform her about her birth plan, just in case, the companion may need to take control of things during that period, and inform the midwife or physician of the wishes of the mother.
- It is preferable that the companion be flexible, and has the ability to cope with the circumstances, and good behavior, it may happen that the pregnant mother's strategies of labour will fail even though it helped other women, so the role of the companion is to choose an alternative strategy that may be useful and to exclude others.
- The mother should be careful to choose the companion that supports her in focusing on childbirth, and keep her away from tension and distractions.
- It is advisable to choose a companion who is calm, patient and positive, able to be adaptable, understanding, and cooperate with the mother and the medical team.

- It is advisable to choose a companion capable of supporting the mother, taking care of her, providing for her needs and bearing the waiting period which may range from eight hours to twenty-four hours until the birth.

- It is important that the accompanying person is aware of the labour process the mother is going through, her birth plan and the different modalities of pain relief that can be offered to the mother during labour and birth, and beyond. The mother and her companion can attend the educational classes of pregnancy and childbirth can get a lot of basic and advanced information with respect to that period, newborn care, and protecting them from potential risks.

- It is advisable that the mother chooses an alternative companion, who will be aware of her birth plan for childbirth and be ready to support in case the primary companion cannot be present for any emergency circumstance.

- من المستحسن اختيار مراقب يتسم بالهدوء والصبر والإيجابية، قادر على التعاون مع الأم والفريق الطبي بسلاسة وتفهم.

- من المستحسن اختيار مراقب قادر على مساندة الأم، والتعاون بها، وتوافر احتياجاتها، وتحمل فترة الانتظار التي قد تتراوح بين ثمان ساعات إلى أربع عشرين ساعة لحين الولادة.

- من الضروري أن يكون المراقب على علم ومعرفة بالمراحل التي ستمرت بها الأم، وخططها التي وضعتها للولادة، وطرق المساعدة وتخفيض الألم التي يمكن تقديمها للأم خلال فترة المخاض والولادة، وما بعدها، ويمكن أن تحصل الأم ومراقبها في الصفوف التدريبية للحمل والولادة على كثير من المعلومات الأساسية والقوية فيما يتعلق بذلك المرحلة، ورعاية المواليد، وحمايتهم من المخاطر المحتملة.

- يفضل أن تختار الأم مراقبًا فحيل، يكون على علم ومعرفة بخططها للولادة، ويكون على استعداد للمساندة في حال لم يتمكن المراقب الأساسي من التواجد لأن تكون طارئ.
A companion is allowed during childbirth if the delivery room allows, and if this does not violate the privacy of others who are in labour.

Pregnant women have the right to choose whomever they want to accompany them in the labour and delivery room, in cases of normal birth, whether a member of her family, relative, friend, or a doula (the companion must be at least 18 years old and not more than 70 years old) and must be physically and mentally qualified to perform her role effectively.

The companion must register her/his name and contact number in the form “Companion’s Consent Form” and obtain a “Companion’s Pass Card”.

It is preferable to attend at least two educational classes to familiarize the companion with her/his role and responsibilities, and how s/he can support the mother and the medical team in the labour and delivery room.

The companion must adhere to the rules and regulations of the hospital and be careful not to violate the privacy of others in other labour and delivery rooms.
Companion Responsibilities:

1. Maintain the health institution’s property and the property of others.
2. Safe and proper use of the facilities and equipment in the health institution.
3. Report any changes in the mother’s health condition.
4. Inform the attending physician if the treatment plan and planned interventions are not understood.
5. Treat staff, visitors, mothers and other patients courteously and respectfully.
6. Maintain the privacy of the mother and respect the privacy of others.
7. Adhere to the general rules and respect the religious, intellectual and religious beliefs of others.
8. Commitment to sit in the pregnant women’s room throughout the birth period, and not to roam around the department.
9. Follow the rules and regulations of the health institution.
10. Adhere to the hospital’s policies and procedures not to use the mobile phone for photographing throughout the stay period.
11. Commitment to respect the decision to transfer the mother to another place, or the companion to leave the labour and delivery room in the event of a medical emergency, or as determined by the attending physician.
12. If the companion is sick with an infectious disease, it is necessary to inform the medical staff taking care of the mother. This is to ensure that the appropriate precautions can be taken to prevent the spread of the infection. This will not affect the rights or treatment plan of the mother.

مسؤليات المرافق:

1. المحافظة على ممتلكات المنشأة الصحية وممتلكات الآخرين.
2. الاستخدام الأمن والصحيح للممتلكات والتجهيزات الموجودة في المنشأة الصحية.
3. الإبلاغ عن أي تغيير في حالة الأم الصحية.
4. إبلاغ الطبيب المعالج في حال عدم فهمه خطة العلاج والتحذيرات المفروضة.
5. محاولة الموظفين والزوار والأمّات وإدارة المرضى الآخرين بلباقة واحترامهم.
6. الحفاظ على خصوصية الأم، واحترام خصوصية الآخرين.
7. الالتزام بالقواعد العامة، واحترام معتقدات الآخرين الدينية والفكرية والمذهبية.
8. الالتزام بالجلسات في غرفة الأم الحامل طوال فترة الولادة، وعدم التوجّه في أنحاء القسم.
9. اتباع اللوائح التنظيمية، والتعليمات الإرشادية الخاصة بالنشأة الصحية.
10. الالتزام بسياسات المستشفى بعدم استخدام الجوال في التصوير طوال فترة إقامتها.
11. الالتزام بتنفيذ قرار نقل الأم إلى مكان آخر، أو خروج المرافق من غرفة الولادة في حال وجود طاريء طبيعي، أو حسب ما يقرره الطبيب المعالج.
12. في حال كان المرافق مصاباً بأحد الأمراض المعدية فإنّه يتوجّه على إعلام الطاقم الطبي القائم على حالة الأم بذلك، وذلك لأهميّة أخذ الاحتياطات اللازمة لمنع خطر تلك الأمراض، دون أن يؤثر ذلك على معاملة الأم، أو إنقاص حقوقها، أو يؤثر في خطّتها العلاجية.
13. Compliance with prevention measures
to prevent the exchange or abduction of
newborns, infants and children.
14. Commitment to infection control guidelines.
15. Companion will be asked to leave the room
if s/he is unable to provide psychological
and physical support, or if s/he violates the
hospital’s rules and policies, or if the mother’s
condition requires emergency medical intervention.
16. The hospital has the right to prevent
companions from entering the maternity room
in case of violation of hospital policies. Such
as in the case of raising the voice or arguing
the medical team, which leads to tension and
anxiety of the other mothers and patients.

Hospital Responsibilities:

1. The presence of clear policies and
procedures regarding the companion of the
mother in the health institution.
2. Provide a proper meal and provide a
companion card.
3. Provide a chair/sofa bed for the companion
used in accordance with the regulations
followed in the health institution.
4. Provide educational sessions for the family
and companion, including the preparation
for the pregnancy, childbirth, breastfeeding,
and how to keep newborns and infants from
abduction inside and outside the hospital.
5. Provide toilets for companion specially in the
labour and delivery rooms.

1. وجود سياسات واضحة خاصة بمراقب الأم في
المشأة الصحية.
2. توفير التغذية المناسبة، والحصول على بطاقة
مراقب.
3. توفير كرسي/سريع أريكة للمراقب يستخدم
حسب الأنظمة المنظمة في المشأة الصحية.
4. إعطاء دورات توعية وتنقية للعائلة
والمرافق، تشمل التهيئة لمرحلة الحمل
والولادة، وطريقة البدء بالرضاعة، وكيفية
الحفاظ على المواليه والرضع من الاختطاف.
5. تخصص دورات مياه للمراقبين وخصوصا في
غرف الولادة.

1. Política de acompañamiento en los departamentos de obstetricia y ginecología
2. Cumplimiento con las medidas preventivas
para prevenir el intercambio o abducción de
recién nacidos, niños e infantes.
3. Compromiso con las directrices de control de infecciones.
4. La acompañante será requerida de abandonar la habitación
si no es capaz de proporcionar soporte psicológico
y físico, o si viola las reglas y políticas del hospital,
o si la condición de la madre requiere
intervención médica de emergencia.
5. El hospital tiene el derecho de prevenir
la entrada de compañeros en el cuarto de parto
en caso de violación de las políticas del hospital.
Así como en el caso de levantar la voz
y discutir con el equipo médico,
lo que conduce a tensión y
ansiedad en otras madres y pacientes.

Responsabilidades del Hospital:

1. Existe una presencia clara de
políticas y procedimientos
con respecto al acompañante de
la madre en la institución.
2. Se proporciona un menú adecuado
y se facilita una tarjeta
para el acompañante.
3. Se proporciona un sillón/sofá
para el acompañante
utilizado de acuerdo con las
regulaciones seguidas en la
institución de salud.
4. Se proporcionan talleres educativos
para la familia
y el acompañante,
incluyendo la preparación
para el embarazo, el parto,
la lactancia, y cómo mantener
recién nacidos e infantes
libres de abducción
dentro y fuera del hospital.
5. Se proveen inodoros
especialmente en las
habitaciones de trabajo
y parto.
The role of the mother’s companion in the labour and Delivery Room:

- Support the psychological and spiritual situation of the mother during labour and remind her to pray and rely on Allah.
- Be patient and flexible in dealing with the mother during labour and fully cooperate with the medical team.
- Help the midwife or physicians to encourage the pregnant women during labour physically, psychologically and emotionally; to overcome this stage patiently and confidently.
- Help the pregnant women to relax, avoid tension, and control her tension by practicing deep breathing properly and participating in it to encourage her.
- Help the pregnant women to relax by touching and massaging her body, and light pressure on the areas of pain and lower back.
- Help the pregnant women to do appropriate exercises, movement and walking during labour to reduce pain.
- Support the pregnant women in taking the appropriate upright's birth position.
- Help the pregnant women take a warm bath and relax to relieve pain.
- Assist the pregnant women in putting warm compresses on her back and on the perineum area to make the area soft and prepared for childbirth.
- Urge the pregnant women to eat dates, and drink adequate amounts of water in the absence of any medical contraindication.
- Encourage the pregnant women with positive words, psychological support, and remind her of her ability to pass this stage with confidence.

• دعم التوازن النفسي والروحي للأم خلال المخاض، وتشكيرها بالدعاء والتوكل على الله سبحانه وتعالى.
• التنحي بالضرب والمرودة في التعامل مع الأم وقت المخاض، والتعاون الكامل مع الفريق الطبي.
• مساعدة القابلة أو الطبيبة على تشجيع المرأة الحامل أثناء المخاض جسديًا ونفسياً وعاطفياً؛ لتنخطي هذه المرحلة بصبر وثيقة.
• مساعدة المرأة الحامل على الاسترخاء، وتحمل الشد والسحبة، والسحبة على تأثيرها من طريق ممارسة التنفس العميق بطريقة صحيحة، ومشاركتها فيه تشجيعًا لها.
• مساعدة المرأة الحامل على الاسترخاء بلمسة، والضغط الخفيف على مناطق الألم واسفل الظهر.
• مساعدة المرأة الحامل على عمل التمارين المناسبة، وعلى الحركة والمشي خلال مرحلة المخاض لتقليل الألم.
• مساعدة المرأة الحامل في اتخاذ الوضعي المناسبة المستقبلية للولادة.
• مساعدة المرأة الحامل في أخذ حمام دافئ والاسترخاء لتنخفيف الألم.
• مساعدة المرأة الحامل في وضع كمادات دافئة على الظهر، وعلى منطقة العجان لجعل المنطقة لينة ومؤهلة للولادة.
• حث المرأة الحامل على تناول النمط، وكميات كافية من الماء في حال عدم وجود أي مانع طبيعي.
• تشجيع المرأة الحامل بالكلمات الإيجابية، والدعم النفسي، وتشكيرها بالقدرة على تخطي هذه المرحلة بثقة.
The role of the mother’s companion in the postnatal room:

The companion should comply with the following:

- Remember and respect the pregnant women’s birth plan.
- Help the mother in the first hour after birth to start skin to skin contact and breastfeeding.
- Remember and respect the pregnant women’s birth plan.
- Help the mother in the first hour after birth to start skin to skin contact and breastfeeding.

Steps to approve the companion

1. Birth companions are chosen by the mother by completion of a Mother’s Companion Request Form.

2. All birth companions complete antenatal training so that they clearly understand the role, responsibilities and appropriate behavior while in the labour and birth room and stamp the companion’s pass card by the trainer.

3. Companions sign a “Companion’s Consent Form” agreement that they will follow hospital code of conduct.

4. Get the signature and stamp from the security staff on the companion’s pass card.

1. Birth companions are chosen by the mother by completion of a Mother’s Companion Request Form.

2. All birth companions complete antenatal training so that they clearly understand the role, responsibilities and appropriate behavior while in the labour and birth room and stamp the companion’s pass card by the trainer.

3. Companions sign a “Companion’s Consent Form” agreement that they will follow hospital code of conduct.

4. Get the signature and stamp from the security staff on the companion’s pass card.

 Duties of the companion

1. The companion should comply with the following:

- Report any changes in the health condition of the mother or the newborn.
- Ensure the safety of the newborn, and maintain it.
- Help the mother to breastfeed after birth.

Steps to approve the companion

1. Birth companions are chosen by the mother by completion of a Mother’s Companion Request Form.

2. All birth companions complete antenatal training so that they clearly understand the role, responsibilities and appropriate behavior while in the labour and birth room and stamp the companion’s pass card by the trainer.

3. Companions sign a “Companion’s Consent Form” agreement that they will follow hospital code of conduct.

4. Get the signature and stamp from the security staff on the companion’s pass card.

 Duties of the companion

1. The companion should comply with the following:

- Report any changes in the health condition of the mother or the newborn.
- Ensure the safety of the newborn, and maintain it.
- Help the mother to breastfeed after birth.

Steps to approve the companion

1. Birth companions are chosen by the mother by completion of a Mother’s Companion Request Form.

2. All birth companions complete antenatal training so that they clearly understand the role, responsibilities and appropriate behavior while in the labour and birth room and stamp the companion’s pass card by the trainer.

3. Companions sign a “Companion’s Consent Form” agreement that they will follow hospital code of conduct.

4. Get the signature and stamp from the security staff on the companion’s pass card.

 Duties of the companion

1. The companion should comply with the following:

- Report any changes in the health condition of the mother or the newborn.
- Ensure the safety of the newborn, and maintain it.
- Help the mother to breastfeed after birth.

Steps to approve the companion

1. Birth companions are chosen by the mother by completion of a Mother’s Companion Request Form.

2. All birth companions complete antenatal training so that they clearly understand the role, responsibilities and appropriate behavior while in the labour and birth room and stamp the companion’s pass card by the trainer.

3. Companions sign a “Companion’s Consent Form” agreement that they will follow hospital code of conduct.

4. Get the signature and stamp from the security staff on the companion’s pass card.

 Duties of the companion

1. The companion should comply with the following:

- Report any changes in the health condition of the mother or the newborn.
- Ensure the safety of the newborn, and maintain it.
- Help the mother to breastfeed after birth.

Steps to approve the companion

1. Birth companions are chosen by the mother by completion of a Mother’s Companion Request Form.

2. All birth companions complete antenatal training so that they clearly understand the role, responsibilities and appropriate behavior while in the labour and birth room and stamp the companion’s pass card by the trainer.

3. Companions sign a “Companion’s Consent Form” agreement that they will follow hospital code of conduct.

4. Get the signature and stamp from the security staff on the companion’s pass card.

 Duties of the companion

1. The companion should comply with the following:

- Report any changes in the health condition of the mother or the newborn.
- Ensure the safety of the newborn, and maintain it.
- Help the mother to breastfeed after birth.

Steps to approve the companion

1. Birth companions are chosen by the mother by completion of a Mother’s Companion Request Form.

2. All birth companions complete antenatal training so that they clearly understand the role, responsibilities and appropriate behavior while in the labour and birth room and stamp the companion’s pass card by the trainer.

3. Companions sign a “Companion’s Consent Form” agreement that they will follow hospital code of conduct.

4. Get the signature and stamp from the security staff on the companion’s pass card.

 Duties of the companion

1. The companion should comply with the following:

- Report any changes in the health condition of the mother or the newborn.
- Ensure the safety of the newborn, and maintain it.
- Help the mother to breastfeed after birth.

Steps to approve the companion

1. Birth companions are chosen by the mother by completion of a Mother’s Companion Request Form.

2. All birth companions complete antenatal training so that they clearly understand the role, responsibilities and appropriate behavior while in the labour and birth room and stamp the companion’s pass card by the trainer.

3. Companions sign a “Companion’s Consent Form” agreement that they will follow hospital code of conduct.

4. Get the signature and stamp from the security staff on the companion’s pass card.

 Duties of the companion

1. The companion should comply with the following:

- Report any changes in the health condition of the mother or the newborn.
- Ensure the safety of the newborn, and maintain it.
- Help the mother to breastfeed after birth.

Steps to approve the companion

1. Birth companions are chosen by the mother by completion of a Mother’s Companion Request Form.

2. All birth companions complete antenatal training so that they clearly understand the role, responsibilities and appropriate behavior while in the labour and birth room and stamp the companion’s pass card by the trainer.

3. Companions sign a “Companion’s Consent Form” agreement that they will follow hospital code of conduct.

4. Get the signature and stamp from the security staff on the companion’s pass card.

 Duties of the companion

1. The companion should comply with the following:

- Report any changes in the health condition of the mother or the newborn.
- Ensure the safety of the newborn, and maintain it.
- Help the mother to breastfeed after birth.

Steps to approve the companion

1. Birth companions are chosen by the mother by completion of a Mother’s Companion Request Form.

2. All birth companions complete antenatal training so that they clearly understand the role, responsibilities and appropriate behavior while in the labour and birth room and stamp the companion’s pass card by the trainer.

3. Companions sign a “Companion’s Consent Form” agreement that they will follow hospital code of conduct.

4. Get the signature and stamp from the security staff on the companion’s pass card.
Exercises and positions that relieve pain at the time of labour and delivery:

What exercises and positions help the pregnant woman to reduce the pain of labour?

There are exercises and positions that help the pregnant woman to reduce the pain during labour.

1. Breathing exercises while feeling pain through deep inhalation and exhalation.
2. Help her to choose the appropriate position with back massage; to facilitate childbirth and reduce pain.
3. It is important that the mother knows that there is no ideal position for childbirth, and she should discuss with midwife or physician about what position she prefers, and may she need to try several positions to find the most suitable one.
1. Side-Lying position:
This is a convenient position to take some rest, where the pregnant woman lies on her side, with a pillow between the knees, and this helps the blood flow to the uterus and fetus, and to reduces the back pain.

2. Hands and knees position:
The pregnant woman can try this position on the bed or on the ground, which helps to reduce the pressure on the spine, and provide the fetus with oxygen, and facilitate its rotation to a suitable position for birth, and the pregnant woman can rest her arms by lowering the shoulders to bed or to the floor, place the head on the pillow to facilitate the birth process.
3. Semi-sitting position:
The pregnant woman sits with her back on a pillow, or to the person accompanying her, leaning forward, pulling the knees toward the body during contractions.

4. Squatting position:
This position helps to open the pelvis, which gives the foetus more space to move towards the birth canal, and also helps the pregnant woman to push down more effectively in the last stage of labour, and for greater stability during this position, the pregnant woman can rest on a chair, on the wall, or on the squat handle on the birth bed, and on the legs of her companion while the companion is sitting on the chair.
5. **Kneeling position:**
where the pregnant woman supports arms and upper body on the bed, while the feet are far apart on the floor, and can use the birth ball (a large rubber ball used as a tool to facilitate birth) or pillows, and this position helps to ease back pain.

6. **Sitting with one foot position:**
the pregnant woman sits on a chair, while one of her legs is raised against a chair and can lean in the direction of the raised foot during contractions. This asymmetric posture can provide a suitable solution to facilitate childbirth, taking into account the need to support the knee in case of stay for a long time on this situation.
7. **Reclining position:**
The pregnant woman while standing raise one of the feet on the adjacent seat, so that one of the feet in front of the other, and flexes gently forward towards the foot raised during contractions; to reduce the sensation of pain.

8. **Rocking position:**
Rhythmic motion can help the pregnant woman feel comfortable during childbirth, so she can rock gently while sitting on a chair, on the edge of the bed, or on the birth ball. The person accompanying the pregnant woman can sit in front of her on the floor and press back on her knees, and if she sits on a chair leaning on the back of the chair, the companion can press her knees, which helps relieve lower back pain.

9. **Forward position:**
This position helps to relieve lower back pain, and the pregnant woman can sit lying on the back of the seat, or curved on the table, which helps the companion to massage the lower back to relieve pain, and facilitate the process of birth.
Conclusion:

This booklet contains the basic information that every companion in the labour and delivery, and postnatal rooms needs to know, the rights of the companion, the role it is intended to perform, and some guidelines to help pregnant woman choose the right companion at this important stage. We hope you find it useful and that it fulfils the intended purpose.
References:


Companion’s Consent Form

During the childbirth I agree to the following conditions:

1. I agree to be the labour and birth companion of the named mother.
2. I declare that I am an adult and in good health.
3. I understand that my role as a birth companion is only to provide continuous physical, moral, and emotional support to the mother.
4. I agree not to interfere with the work of the medical staff in any way.
5. I understand that I am responsible for my own personal health and safety, and the security of my possessions throughout my stay in the labour ward (only one handbag is allowed).
6. I agree that I will follow all the health and safety policies in the labour ward and will not enter any other room or area besides the given one.
7. I agree to being present in the assigned room, and not to leave it without permission of the treating team.
8. I agree not to record anything by means of photography or video recording without permission of the medical staff.
9. I understand that I must, at all times, be mindful of the privacy of other patients and the confidentiality of their medical information.
10. I agree to leave any extra bags or items at the security desk outside.

أثناء الولادة أوافق على:

الشروط التالية:

1. أوافق على أن أكون مرافقًا للأم المذكورة.
2. أقر بأنني بالفعل في صحة جيدة.
3. أتفهم أن دوري كمرافق/ة للولادة هو فقط تقديم الدعم الجسدي والمعنوي والعاطفي المستمر للأم.
4. أوافق على عدم التدخل في عمل الطاقم الطبي بأي شكل من الأشكال.
5. أتفهم إنني مسؤول عن صحتي وسلامتي الشخصية وأمن ممتلكاتي أثناء بقائي في غرفة المخاض (رغم بحقيبة واحدة فقط).
6. أوافق على اتباع كل سياسات الصحة والسلامة في غرف المخاض والولادة، وعدم دخول أي غرفة أو منطقة غير المخصصة لي.
7. أوافق بالتواجد داخل الغرف المخصصة، وعدم الخروج منها إلا بإذن الفريق المعالج.
8. أوافق على عدم تحميل أي شيء باستخدام الكاميرا (صور فوتوغرافية، فيديو) دون موافقة الطاقم الطبي.
9. أتفهم إنني ملزم -وفي جميع الأوقات- بمراقبة خصوصية باقي المرضى، وسرية المعلومات الطبية الخاصة بهم.
10. أوافق على ترك أي حقائب أو أغراض إضافية في مكتب الأمن الخارجي.
11. I agree to comply with the instructions of the medical team and to leave the labour ward if asked to by the staff.

12. I agree to carry the companion card during the accompanying period at all times.

13. I agree to commit to having one companion in the birth room for privacy.

14. I agree to perform my role and to adhere to the policies of the Hospital and to my responsibilities as mentioned in the Companion Booklet.

15. I Acknowledge that my signature on this form means that I agree to all its terms and that I have read it in full, and any offense committed by me will subject me to accountability, and to exclusion from the delivery room.

Name of companion: .............................................................................

Signature: ..............................................................................................

Date: ......................................................................................................
<table>
<thead>
<tr>
<th>محتوى الممر ب</th>
<th>الممر ب</th>
<th>محتوى الممر ب</th>
</tr>
</thead>
<tbody>
<tr>
<td>السند الممر ب</td>
<td>الوالدة</td>
<td>اسم الوالدة</td>
</tr>
<tr>
<td>السند الممر ب</td>
<td>اسم الممر ب</td>
<td>رقم هوية الممر ب</td>
</tr>
<tr>
<td></td>
<td></td>
<td>تاريخ السبالة</td>
</tr>
<tr>
<td></td>
<td></td>
<td>موظف الأمن</td>
</tr>
<tr>
<td></td>
<td></td>
<td>اسم موظف الأمن</td>
</tr>
<tr>
<td></td>
<td></td>
<td>توقيع موظف الأمن</td>
</tr>
</tbody>
</table>
**Mother’s Companion Request Form**

<table>
<thead>
<tr>
<th>اسم الأم</th>
<th>Mother’s name</th>
</tr>
</thead>
<tbody>
<tr>
<td>اللغة</td>
<td>Language</td>
</tr>
<tr>
<td>الجنسية</td>
<td>Nationality</td>
</tr>
<tr>
<td>عدد الحمل السابق</td>
<td>Number of previous pregnancy</td>
</tr>
<tr>
<td>عدد الأطفال</td>
<td>Number of children</td>
</tr>
<tr>
<td>اسم المركز الصحي</td>
<td>Name of primary health center</td>
</tr>
<tr>
<td>تاريخ الولادة المتوقع</td>
<td>Expected date of birth</td>
</tr>
<tr>
<td>رقم الهوية أو الإقامة للأم</td>
<td>Mother’s ID or Iqama number</td>
</tr>
<tr>
<td>رقم جوال الأم</td>
<td>Mother’s mobile number</td>
</tr>
<tr>
<td>البريد الإلكتروني للأم</td>
<td>Mother’s email address</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>I choose the person named below to be my birth companion in the labour and delivery room</td>
<td>أختار الشخص المذكور أدناه ليكون مراقبي في غرفة المخاض والولادة</td>
</tr>
<tr>
<td>اسم المراقب</td>
<td>Companion’s name</td>
</tr>
<tr>
<td>اللغة</td>
<td>Language</td>
</tr>
<tr>
<td>العلاقة مع الأم</td>
<td>Relation to mother</td>
</tr>
<tr>
<td>رقم الهوية أو الإقامة للمراقب</td>
<td>Companion’s ID or Iqama number</td>
</tr>
<tr>
<td>رقم جوال المراقب</td>
<td>Companion’s mobile number</td>
</tr>
<tr>
<td>البريد الإلكتروني للمراقب</td>
<td>Companion’s email address</td>
</tr>
<tr>
<td>التاريخ</td>
<td>Date</td>
</tr>
<tr>
<td>توقيع الأم</td>
<td>Mother’s Signature</td>
</tr>
</tbody>
</table>