What should be discussed when considering a vaginal birth? : A Delphi Study to develop a Core Information Set for vaginal birth.

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Abstract

Objective Spontaneous vaginal births are often the presumed choice and represent 45% of UK births. However, information is inconsistently given about benefits and risks. This impacts decision-making and experience. A Core Information Set (CIS) is an agreed set of information points discussed prior to a decision. We aimed to develop a CIS for vaginal birth. **Design** Information points were identified from a literature search, patient information leaflets, interviews, and a survey. These informed a two-round Delphi survey, where stakeholders voted on the importance of items for inclusion. Items supported by >80% of participants were discussed by 28 parents and professionals at consensus meetings. The final CIS was populated with an engagement group ensuring accessibility. **Setting** The study took place in the UK, with participants recruited online. **Population** Pregnant and postnatal women, birth partners, healthcare professionals, medico-legal professionals and people working for interested/relevant organisations. **Main outcome** A CIS for vaginal birth. **Results** 77 information items were identified. In round 1 (631 participants) of the Delphi Survey, 84.5% were from the patient group and 15.5% from the professional group; in round 2 (228 participants), 74.3% were from the patient group and 25.7% from the professional group. 28 items met the criteria for consensus discussion. The final CIS includes 19 information points addressing: labour process, pain relief, labour complications, procedures or interventions during labour, experiences after birth, outcomes for the baby and environment during labour. **Conclusions** This CIS can be used to facilitate discussions and support informed decision-making about vaginal birth.

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Figure 1- Core information set.docx available at https://authorea.com/users/889238/articles/1266704-what-should-be-discussed-when-considering-a-vaginal-birth-a-delphi-study-to-develop-a-core-information-set-for-vaginal-birth

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Figure 2- Supplementary list of information items.docx available at https://authorea.com/users/889238/articles/1266704-what-should-be-discussed-when-considering-a-vaginal-birth-a-delphi-study-to-develop-a-core-information-set-for-vaginal-birth

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Table 1- Demographics of patient group for round 1 and 2.docx available at https://authorea.com/users/889238/articles/1266704-what-should-be-discussed-when-considering-a-vaginal-birth-a-delphi-study-to-develop-a-core-information-set-for-vaginal-birth

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Table 2- Demographics of professionals for round 1 and 2.docx available at https://authorea.com/users/889238/articles/1266704-what-should-be-discussed-when-considering-a-vaginal-birth-a-delphi-study-to-develop-a-core-information-set-for-vaginal-birth