WHO recommendation on maternal mobility and position during labour

17 February 2018

Recommendation

Encouraging the adoption of mobility and an upright position during labour in women at low risk is recommended.

(Recommended)

Publication history

First published: February 2018

Updated: No update planned

Assessed as up-to-date: February 2018

Remarks

- This recommendation has been integrated from the WHO recommendations for augmentation of labour, in which the GDG for that guideline determined it to be a strong recommendation based on very low-quality evidence.
- Although the evidence does not suggest that mobility and upright position in labour reduce the use of oxytocin augmentation, the GDG placed its emphasis on the clinical benefits in terms of reducing caesarean section.
- The GDG noted that in many settings, traditional practices of enforcing bed rest for all women in labour are common, rather than allowing women’s choices to be informed by their knowledge of the benefits of mobility and upright position. The GDG puts its emphasis on providing women with the choice of an intervention that is beneficial, cheap and easy to implement, and therefore made a strong recommendation for this intervention.
- This recommendation should inform and support women’s choices on what position to adopt during the first stage of labour.
- The evidence supporting this recommendation can be found in the source guideline document, available at:
WHO recommendation on adoption of mobility and upright position during labour in women at low risk

http://apps.who.int/iris/bitstream/10665/112825/1/9789241507363_eng.pdf

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