

Birth Term in Terms of Psycho-Medicine

– Presidential Address –

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Introduction

Ending XX century will pass to the history as a century of information not only in positive, but also unfortunately in its negative meaning. Means of information, more closely – their owners became forth power beside administration, judgement and people setting the rights. They have at their disposal an unimagining until recently range of influence, since they may gain simultaneously milliards of listeners and/or viewers. Nowadays radio and TV as nothing before has united mankind which especially thanks to cosmos achievements – has felt unjustly even ruler of whole Nature.

The base of such power proved computer, which has changed the human civilization absolutely more than invented in past centuries microscope, and generally is used in different perfections in human activity as a connector of our imaginations of micro- and macrocosmos. The paradox is in this that enchantment towards these objects veiled more magnificent and at the same time – universal value which is human subjectivity, just too often perceived also in categories of object.

Human Versus Technical Civilization

The computer and the microscope have brought closer a man to the true about the unity of whole nature, but by impassing of modern pattern of technical civilization have limited the possibilities resulting from his own individual identity leading by upontiming ethico-moral rules, which in each man as a person command to see the other subject with the same value. Whereas, this subjectivity, even if is perceived, is to frequently presumed for compelling of a man. It suffices to draw up good and bad informations from TV news to notice without trouble the tremendous dominance of fear, grimness and inevitable cataclysms, and only exceptionally the promotion of deserving to imitation human attitudes, achievements more common than spectacular, places of culture achievements and wellbeing instead of battlefields, where only winners seem to be right, etc. Such massed, antihuman

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in its subjectivity propaganda obviously in negative way influences further development of mankind in each aspect, because concerns the most important thing which is personality of each man separately and – in consequence – all people together.

However, not only the essence of information, but also limiting of its desirable flow is harmful for the society, although the most easy to win by the possibility of effective control. The example for it is modern medicine, which from different reasons has created closed system of professionalists, what must have finally recoiled on its level. Only open system, with free, two-sided flow of the matter and energy, so also information, can prosper.

That is why – apart from professional, university – only from the name – medicine, we have observed from one part full bloom of useful in the medicine psychology, and from the other – much greater rise of the unconventional activity. It eventually happened that even the delivery – the most common and, simultaneously, the most important moment in each human life, became the object of extra-medical procedure. It all happens because the medicine in its conviction about its unrestricted possibilities is situated behind the closed door, what from thermodynamic point of view in straight line must lead to restraining of its progress.

Our society has found the key to the door, placed in the range of our interest. We were capable, together with the psychology, to enter into the most interesting perinatal period in the human life, but through still half-open door of the medicine we don't pay to many visits. They don't appreciate the meaning of the most generally considering information about the society, to whom they should serve, but not to injure! Unfortunately, they don't help to much, if every day in the world almost 1500 of women die during their deliveries, which is their psychological duty. More than 15% of pregnant women is suffering from serious, needed permanent treatment injuries.

Natural or Instrumental Birth

In the most developed country instead of few percentage of instrumental deliveries – their frequency is few times higher. Very significant in this context is comparison of the rate of instrumental deliveries in dependence from the reason of woman's reporting to the delivery. Woman coming because of uterine contractions only in 3–5% need instrumental interventions which are two times more frequent, when the reason of coming is rupture of the membrane. Unfortunately, in the case of the lack of such pre-partum signs, where the reason of coming is only not occurring the delivery in estimated date, not always documented, so only from psychological motivation – deliveries as much as in 30% are instrumental!

Similarly, the most frequently, reaching few dozen of percentage, deliveries by CS, have place in the group of women with the best, and highest medical insurance. It has to be mentioned, that socio-economical status must not only to explain the comfort during delivery in their convince, but also should force doctors of medicine to respect their rights to honest information about much more greater jeopardy of life and health during deliveries by CS than through natural ways.

The mentioned about examples, although absolutely right, don't make easier the development of our society from this simple reason, that gynecologist from different causes don't want to appreciate the meaning of psychology in the improvement of modern obstetrics. The field of their interest only in the medicine is enough great to be underdone of Parkinson's law, and it is starting point of still comparisons of the same well known variables, as well as helplessness in still growing percentage of instrumental deliveries all over the world. Whereas it is sufficient to allow for accompanying delivering woman the person close to her, and this simple fact decreases, more than conventional medicine, the number of instrumental deliveries. All members of our society well know this true.

Conclusions

The interactions among behavior, neurons, endocrine and immune processes are now well-established. D. Gupta, A. Wollmann and P. Fedor-Freybergh in their book "Pathophysiology of Immune-Neuroendocrine Communication Circuit" (Mattes Verlag Heidelberg, 1994) have indicated that four informative body system in fact form one psycho-immuno-neuroendocrine unit. Again, the individual human life represents a whole which can not be divided in its self-realization as a continuum where each of developmental stages is equally important, interdependent and not separable from the whole individual life. In addition to that Nature has entrusted woman with the most critical function of the survival of our species, what exposes them to potential health risks not shared by men and lasted even beyond their reproductive years. Simultaneously, they are rewarded and protected by Nature as being better survivors than men at all stages of the life cycle from conception to old age.

Although a birth as a most critical moment of any human life is not related to fetal gender, over the past decades there has been a universal dramatic increase in the rate of instrumental deliveries, so danger for both sexes. Only a few countries publish their operative data, and especially the Cesarean section rate is to high throughout the world. Some of instrumental deliveries are performed due to misuse of diagnostic technology to pregnancy dating. Labor begun at inappropriate time is the greatest and most iatrogenic cause of increased numbers of instrumental and/or other medical interventions with subsequent serious maternal and neonatal harms.

Unfortunately, to many obstetrical scales of pregnancy duration were constructed by .. pediatricians (e.g. L. Lubchenko, A. Dubowitz, J.L. Ballard) or radiologists (e.g. F.P. Handlock) without correct interpretation of obstetrical facts or through false interpretation of own data (e.g. M.P. Dombrowski, P.M. Dunn), but their common fault is the use of calendar horizontal time.

If psychologically correct labor still faces so great resistance from the part of gynecology, it is not difficult to imagine the limitation in psychological effect to many other procedures, in which our society is interested in. From the midst of many possibilities of change of this status justifiable seems to be to get at leaders gynecology, from which a part, even not familiar with activity of our society, has noticed similar neglects itself.