

# Birthing pain and epidural: are women satisfied ?

In France, In 1994, Simone Veil (the minister of health at the time), implemented a law which made it possible for every woman to have an **epidural injection** covered 100% by national health care system. What has pain relief become since then?

This document is based on a wide range online survey which has received **8,284** answers from **women** who have given birth between **2005 and 2012**. We have analyzed them to answer this question.

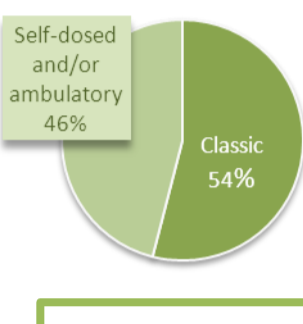
## When you arrived at the maternity unit, had you planned to have an epidural during labor ?



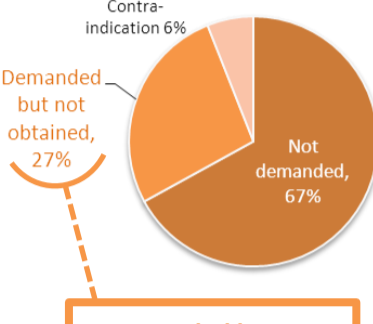
## Finally...



## What type of epidural: ambulatory or self-dosed / classic?



## The women who did not have it: reasons why



### Self-dosed 42%

The woman has the control over the injected dose

### Ambulatory 6%

The woman can move in spite of the epidural

Satisfaction rate is better with these types compared to classic epidural.

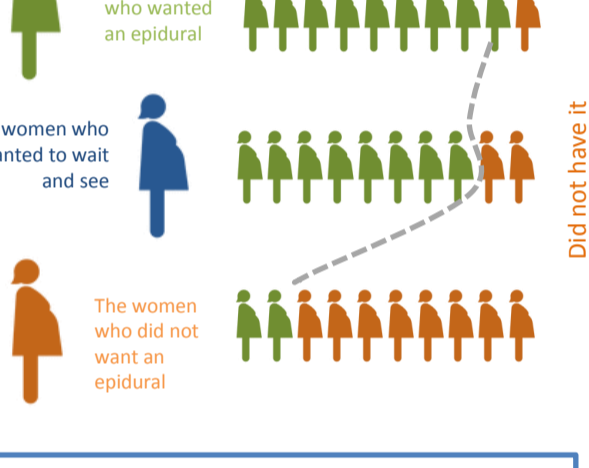
### Demanded but not obtained epidural

This concerns **4%** of the primiparous and **12%** of the multiparous

Often, the birth was **too quick** (especially for the **multiparous**)

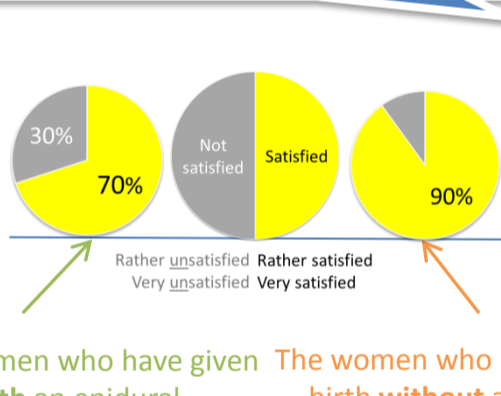
No noticeable impact on the satisfaction rate.

## Compared to the intentions before birth



The women who had previously decided have mainly seen their choice respected. The women who were not sure mainly chose to get an epidural

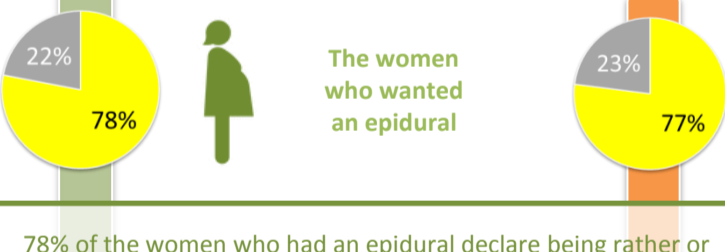
## Whatever your choice before birth, were you finally satisfied (with pain relief) ?



The women who have given birth **with** an epidural

The women who have given birth **without** an epidural

## Satisfaction according to the previous choice



78% of the women who had an epidural declare being rather or very satisfied. The other 22% regret a painful or badly-processed injection, an inefficient or lateral epidural, a lack of sensation or an epidural done too late.

68% of these woman, who finally had an epidural, are satisfied. The others think they were not given the choice because they were forced to decide early and they were not supported enough through birth. 96% of those who did not opt for an epidural are satisfied.

44% of the women who did not want an epidural are satisfied. 56% of those who finally had an epidural are not satisfied. They mainly wish they had been better supported through the pain of birth and given a true choice.

A better information about the limits of the epidural

A project discussed with the medical staff

## Our proposals

A better support during birth-giving

A wider offer of pain relief

In its release of April 2013, supported by the answers to the online survey, the CIANE tackles these issues

- Whether they **wanted** an epidural or not, whether they **asked** for it or not, whether they **got** it or not, how have women **experienced** giving birth?
- What proposals can be made to **keep answering** the women's needs?
- What should be **improved** in maternity services ?

Press release <http://ciane.net/blog/2013/04/douleur-et-accouchement-un-dossier-tire-de-lenquete-ciane/>

Full report <http://ciane.net/blog/wp-content/uploads/2013/04/DossierDouleur.pdf>

Women who delivered in France can answer to the survey (french) <http://questionnaire.ciane.net>

