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CHILDBIRTH PROCESS AND WOMEN'S REPRODUCTIVE HEALTH IN OBSTETRICS AND GYNECOLOGY

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Abstract

This scientific article examines the physiological foundations and stages of the childbirth process in obstetrics and gynecology, as well as the concept, challenges, and strategies for promoting women's reproductive health. Proper management of the childbirth process is a critical factor in ensuring the health of both mother and child. Protecting reproductive health is also one of the essential conditions for the development of society.

Keywords: Obstetrics, gynecology, childbirth process, labor stages, reproductive health, maternal care, nursing care, pregnancy, postpartum period, emergency conditions.

Introduction

Obstetrics and gynecology is one of the important branches of medicine that studies the anatomical and physiological characteristics of the female body, pregnancy, childbirth, and the postpartum period. Women's reproductive health is regarded as one of the main indicators of public health. A healthy mother means a healthy generation. Nowadays, the incidence of infertility, hormonal disorders, pregnancy complications, anemia, and inflammatory diseases among women is increasing. Therefore, organizing the childbirth process on a scientific basis and strengthening women's reproductive health is considered an urgent issue.

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Physiological Basis of the Childbirth Process. Childbirth is the natural process in which the fetus, placenta, and fetal membranes are expelled from the mother's body. Labor usually begins between the 38th and 40th weeks of pregnancy. The process is regulated by the central nervous system, hormonal mechanisms, and contractions of the uterine muscles.

Main Hormones

- **Oxytocin**
- **Estrogen**
- **Progesterone**
- **Prostaglandins**

These hormones enhance uterine contractions and facilitate the delivery of the fetus. Labor is divided into three main stages:

- 1. Cervical Dilatation Stage.** During this stage, uterine contractions intensify and the cervix dilates up to 10 cm. In primiparous women, this stage lasts about 10–12 hours, while in multiparous women it lasts 6–8 hours.
- 2. Fetal Expulsion Stage.** At this stage, the baby is born as a result of uterine contractions and the mother's pushing efforts. This stage lasts from 30 minutes to 2 hours.
- 3. Placental Stage.** The placenta and fetal membranes are expelled. Medical supervision is important to prevent bleeding and other complications.

Medical Care During Labor.

Obstetricians and nurses monitor the condition of the mother and fetus during labor. They observe:

- **arterial blood pressure,**
- **heart rate,**
- **fetal heart rate,**
- **uterine activity.**

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Nursing care is aimed at providing psychological support to the woman, reducing pain, and preventing complications.

Reproductive Health. Reproductive health is a state of complete physical, mental, and social well-being of a woman. It includes the ability to experience a healthy pregnancy, safe childbirth, and the birth of a healthy child.

Factors Affecting Reproductive Health

- hormonal balance,
- environmental conditions,
- nutrition,
- hygiene,
- stress,
- infectious diseases.

Main Problems in Reproductive Health. Today, among women the following are widespread:

- infertility,
- anemia,
- gynecological diseases,
- pregnancy toxicosis,
- hormonal disorders.

Ways to Improve Reproductive Health

To maintain women's health, the following are important:

- regular medical check-ups,
- pregnancy planning,
- a healthy lifestyle,
- physical activity,
- giving up harmful habits.

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The childbirth process and women's reproductive health play an important role in obstetrics and gynecology. Organizing labor on a scientific basis helps protect the lives of both mother and child. Strengthening reproductive health is a key factor in social development. In obstetric practice, emergency situations may sometimes occur, which require rapid and correct decision-making.

Emergency Conditions

- severe bleeding (hemorrhage),
- eclampsia,
- uterine rupture,
- acute fetal hypoxia,
- placental pathologies.

After childbirth, not only physical but also psychological changes occur in a woman's body. In some women, **postpartum depression** may develop. Its main symptoms include:

- persistent low mood,
- insomnia,
- irritability,
- lack of interest in interacting with the baby,
- rapid fatigue.

In such cases, psychological support, family care, and medical supervision are necessary.

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