

The Safest, Sustainable, Cost-effective, High-Quality, and Acceptable Model of Maternity Care: An Integrative Literature Review

Consolata Kirigia^{1,2}, Lucy Gitonga¹, Sundays Mukhwana¹

¹School of Nursing and Public Health: Chuka University - Kenya

²School of Nursing: University of Embu - Kenya

Corresponding Author: Consolata Kirigia

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ABSTRACT

Background: The choice of maternity care model is a pivotal decision in every expectant mother's journey, influencing her pregnancy, childbirth, and postpartum experience.

Objective: This integrative literature review explores various maternity care models, their long-term effects, and their impact on safety, cost-effectiveness, quality, and acceptability.

Methods: The study conducted an extensive review of the literature from five databases: CINAHL, MIDIRS, SCOPUS, MEDLINE, and Web of Science.

Results: The findings indicate that the midwifery-led care model emerges as the safest, most cost-effective, highest-quality, and widely acceptable approach to maternity care.

Conclusion: This review underscores the significance of promoting midwifery-led care as a cornerstone in maternal healthcare.

KEY WORDS: Safest, Sustainable, Cost-effective, High-Quality, Acceptable Model, Maternity Care, Integrative Literature Review.

INTRODUCTION

The choice of maternity care model is a critical decision that pregnant women make, influenced by an array of factors including personal preferences, medical history, and the healthcare system's available services. The overarching goal of all maternity care models is to ensure safe pregnancies, secure childbirth experiences, and positive postpartum outcomes for women and their families. While the diversity of maternity care models is well-documented, there has been limited research into their long-term effects and sustainability. This integrative literature review aims to address this gap by identifying the safest, most cost-effective, highest-quality, and acceptable model of maternity care [^{1,2}]

METHODS

Data Sources

An integrative literature review was conducted by searching five comprehensive databases: CINAHL, MIDIRS, SCOPUS, MEDLINE, and Web of Science. The search strategy included keywords such as "maternity care models," "safety," "cost-effectiveness," "quality," and "acceptability." Relevant articles published up to September 2021 were considered for inclusion in the review.

Inclusion and Exclusion Criteria

Articles were included if they explored maternity care models and their impact on safety, cost-effectiveness, quality, or acceptability. Studies that focused on other aspects of maternity care, were not

published in English, or were not peer-reviewed were excluded from this review.

Data Extraction and Synthesis

Data from selected articles were extracted, organized, and synthesized to identify common themes, trends, and conclusions regarding the safety, cost-effectiveness, quality, and acceptability of different maternity care models.

RESULTS

Midwifery Led Care Model: Safest, Cost-effective, High Quality, and Acceptable

The comprehensive review of the literature indicates that the midwifery-led care model consistently emerges as the safest, most cost-effective, highest-quality, and widely acceptable model of maternity care. Key findings include:

Safety: Midwifery-led care is associated with lower rates of medical interventions, such as cesarean sections and episiotomies, without compromising the safety of mother or baby. Studies consistently show that midwives are skilled in identifying complications early and referring patients to obstetricians when necessary, resulting in optimal outcomes.

Cost-Effectiveness: This model is cost-effective due to reduced rates of expensive interventions and hospitalizations. Midwives offer personalized care, focusing on preventive measures and holistic support, which ultimately leads to fewer healthcare expenditures.

High Quality: The midwifery-led care model prioritizes individualized care, informed decision-making, and continuity of care. These factors contribute to high levels of patient satisfaction and better overall birth experiences.

Acceptability: Women who choose midwifery-led care often report higher levels of satisfaction with their maternity experience. The model aligns with a

woman's desire for a natural, low-intervention childbirth experience and a trusted partnership with their healthcare provider.

DISCUSSION

The findings of this integrative literature review emphasize the significance of midwifery-led care as the safest, most cost-effective, highest-quality, and acceptable model of maternity care. [3, 4, 5]. While other models of care have their merits and may be appropriate in specific situations, midwifery-led care consistently excels in promoting positive maternal and neonatal outcomes while simultaneously addressing cost concerns.

This review underscores the need for healthcare systems and policymakers to recognize the benefits of midwifery-led care and to ensure its availability and accessibility. Investing in midwifery education and practice can lead to improved maternal healthcare outcomes and a more sustainable healthcare system [5,6]

CONCLUSION

The choice of maternity care model profoundly influences the experiences of expectant mothers and the health outcomes of both mothers and newborns. This integrative literature review has demonstrated that the midwifery-led care model stands out as the safest, most cost-effective, highest-quality, and widely acceptable approach to maternity care. As we strive for safer, more affordable, and higher-quality maternal healthcare, promoting and prioritizing midwifery-led care should be at the forefront of our efforts. By doing so, we can improve the experiences and outcomes of expectant mothers and their families, ultimately creating a more sustainable and effective maternity care system.

Declaration by Authors

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