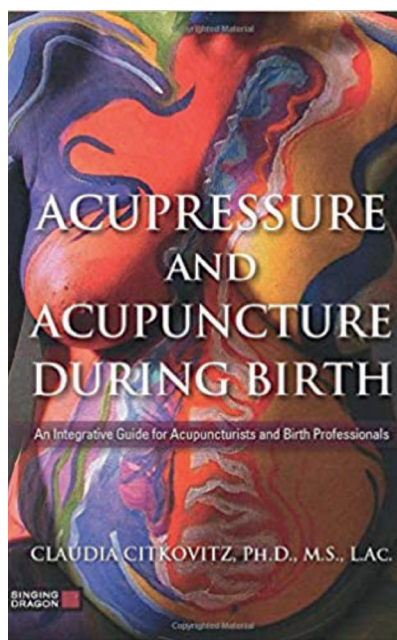


Acupressure And Acupuncture During Birth

An Integrative Guide For Acupuncturists And Birth Professionals

by Claudia Citkovitz



Published by Jessica
Kingsley Publishers

ISBN: 9781848193581

Price: £30.00

Anita Johnson

Registered midwife and
PhD student

This book makes absolute sense. For anybody not already sold on the benefits of Eastern Asian medicine, the book has no problem in promoting its virtues. 'Acupressure and Acupuncture During Birth – An Integrative Guide for Acupuncturists and Birth Professionals' by Claudia Citkovitz is beautifully presented, simply laid out and packed with useful information which is easy to follow. It is interwoven with case studies to consolidate learning and contextualise the detail, and includes very clear diagrams and illustrations to guide the practitioner.

The foreword states that the author 'takes Eastern Asian medicine during childbirth to a deeper level, providing an integrative guide for health professionals, acupuncturists and supports people in assisting women during their labour' – and this is true. Although heavily focused on the birth process, as the book title suggests, it covers more than this to include pregnancy, moxibustion and the postpartum period, including making regular links to reproductive health, gastrointestinal symptoms, bony problems, stress and emotional outbursts to name but a few. It constantly reminds the reader of the true holistic focus of Eastern Asian medicine and its role in everyday life.

For those new to Eastern Asian medicine, the author explains the four vital substances; yin and yang, Qi and blood which, to the novice reader, draws you into the mindset although this is not a book for somebody new to Eastern Asian medicine due to its complexity. The author is an expert in both these areas and has a thorough understanding of the birth process, making the book a powerful resource. Chapter 5, 'Birth Basics', is useful to everybody involved in the birthing process, bringing us gently back to what it is all about and the very simple, non-invasive things we can do to assist. Acupressure points, locations and names are constantly referred to throughout the book as you would expect

and Appendix A lists these, making it an easy reference. I love the key points to remember at the end of each chapter, drawing together the topic under discussion and consolidating the learning. For the busy practitioner dipping in and out of the book, these key points and the summary table are extremely useful to read, to know the information is available and that the chapter is there to be re-visited.

Attention is given to the main pathological processes; insufficiency, accumulation and obstruction which is fascinatingly looked at through Eastern Asian medicine. Typical labour problems and emergency situations are covered in depth in the later chapters, including patient safety and ethics. It is an American book and therefore the language and processes followed may differ to our practice in the UK but not marginally so. It must also be remembered that in the UK, our competence to practice complementary therapies as midwives sits under the code (Nursing and Midwifery Council, 2015) and current hospital policy. The guidance on the birth process for non-midwives is explained in depth. However, for the midwife or birth assistant to understand the complexity of Eastern Asian medicine and use of acupuncture may be harder without some prior knowledge or understanding.

The author finishes by citing a reading list with her comments which is helpful to the CPD of any midwife and student midwife interested in acupressure and acupuncture. Overall, this is a very valuable book full of theoretical and practical information helpful to anybody wishing to specialise in acupressure and/or acupuncture during childbirth or for an acupuncturist to learn about the process of childbirth and Eastern Asian medicine. **BJM**

Nursing and Midwifery Council. The code:
professional standards of practice and behaviour for
nurses and midwives. NMC: London; 2015