

# SPIRITUAL PERSPECTIVES ON CHILDBIRTH IN CULTURALLY DIVERSE WOMEN

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## Background

- Childbirth is a transformative and meaningful event for mothers
- Healthcare providers must be sensitive to the spiritual dimensions of childbirth and recognize the diverse cultural and spiritual practices that can influence the experience

## Purpose

To give healthcare providers a current look at spiritual perspectives on childbirth to facilitate sensitive, moral, and responsible birth care for culturally diverse women

## Method

- Two literature searches were conducted
- Keywords such as childbirth, perceptions, culture
- Secondary search focused on transition into motherhood
- Final list of 31 articles

## Results and Themes

Five themes relating to spiritual perspectives during childbirth were identified:

- Spirituality as an integral framework giving meaning to birth
- Spirituality as a sustaining experience for childbearing women
- Women's perceptions of the protective value of spiritual practices
- Childbearing as a transformative spiritual experience
- Gratitude for the blessing and gift of giving birth

## Discussion and Implications

- Spiritual beliefs and practices give meaning, strength, and perceived protection to childbearing women across all cultures
- Although spiritual perspectives differ, all can be meaningful and powerful to women and are often a transformative and integral component of childbirth and the transition to motherhood
- Nurses must recognize and respect differences in spiritual beliefs and practices across all cultures to provide holistic and equitable care to childbearing women
- When the spiritual influences of culturally diverse women are considered, healthcare professionals can promote cultural sensitivity and satisfying birthing experiences, leading to respectful, quality health care and more positive health outcomes

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