



Effective informed consent in maternity care should include the following components:

Clear and Comprehensive Information BEFORE the Birth:

- Providers should explain all available options, including the benefits, risks, and potential outcomes.
- Information should be provided in a way that is easy to understand, avoiding medical jargon.

Opportunity for Questions

- You should be able to ask questions and discuss concerns with your healthcare provider.
- Providers should encourage questions and provide thorough, thoughtful answers.

Voluntary Decision-Making

- Decisions should be made without pressure or coercion. You should feel free to take the time to make your choices.
- Your preferences and values should be respected throughout the decision-making process.

Documentation

- Discussions and decisions should be well-documented to ensure clarity and continuity of care.
- You should have access to written summaries of the information discussed and the decisions made.

Continuous Communication

- Informed consent is not a one-time event but an ongoing process. You should be kept informed and involved in decisions as your situation evolves.
- Providers should check in regularly to ensure you still feel comfortable with the care plan.

Respect and Support

- Providers should create an environment where you feel respected and supported in your choices.
- Your emotional and psychological well-being should be considered alongside your physical health.

Your Rights as a Patient

Remember, as a patient, you have the right to:

- Be fully informed about your care.
- Ask questions and receive clear answers.
- Take the time you need to make decisions.
- Have your preferences and values respected.
- Receive compassionate and respectful care.

“Informed consent should be about empowering us as birthing parents to give us choice and control for our own bodies and babies. This has such a huge impact on how a woman’s birthing story plays out.” – Lisa, ABTA Advocate

WHAT DOES INFORMED CONSENT MEAN TO ME?



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