BIRTHS BEFORE ARRIVAL TO HOSPITAL-
SPECIALIST NURSES’ EXPERIENCES
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BACKGROUND

To work as ambulance nurse means to interact with and care patients in need of different emergency medical- and other conditions, such as births before arrival to the hospital. Even though most deliveries are uneventful, they are a clinical challenge in the pre-hospital setting. They are rare but increasing due to the centralization of maternity wards, especially among women living in remote areas.
AIM

Describe specialist ambulance nurses experiences of assisting birth before arrival to hospital
METHOD

A qualitative approach, interviewed nine specialist ambulance nurses who had assisted with one or more prehospital births. Data were analysed with thematic content analysis.
### FINDINGS

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<thead>
<tr>
<th>Theme</th>
<th>Category</th>
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<td>Feeling fright and exhilaration</td>
<td>A desire to feel safe in an unfamiliar role</td>
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<td>Concern and insufficiency linked to great responsibility</td>
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<td>Joy and relief when the child is born</td>
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The findings showed that births before arrival to hospital causes feelings of anxiety and stress. The experience is also associated with joy and relief when the baby is born. Childbirth is a situation for which specialist ambulance nurses feel less prepared. They experience a lack of knowledge, and wish for more education.
A DESIRE TO FEEL SAFE IN AN UNFAMILIAR ROLE

"Well, most of all I feel uncertainty as we at the ambulance care are so used to have control, to follow treatment guidelines and so on. But during a birth you can’t control so much, so I think it’s a bit hard".
“We felt that we should go to the hospital and in order to not to lose time if there were any complications with the mother or the child, or both perhaps we felt a bit hurry. You actually feel that the hospital is 240 km away”.
Joy and relief when the child is born

"It is an fantastic feeling, to be part of the birth before arrival to hospital. To have the opportunity and to have had this chance, even though I’ve done it previously two times, it is however a fantastic experience. To actually help to deliver the baby, I really hav to say that".
CONCLUSION

Specialist ambulance nurses face challenges in the pre-hospital care environment during births before arrival to hospital, with long distances, a lack of equipment aboard the ambulance, and no assistance from midwives. To feel secure in the complex role that is required when assisting mothers during delivery, specialist ambulance nurses should have opportunity to receive scenario training.