

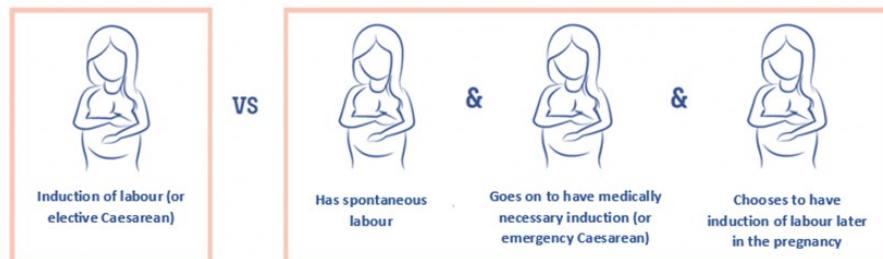
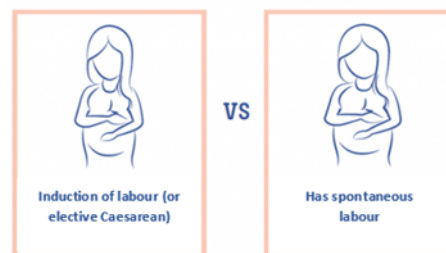
WILL Training page - April 2021

Information on this page will help you with any discussions you have with women and doctors/midwives caring for them about WILL.

We will feature a different topic each month. This month is:

Induction of labour vs spontaneous labour

Women who decline participation in WILL because they would like to wait to go into spontaneous labour (rather than be induced) are, in reality not choosing between the two...



...The choice is actually between **induced labour** and **expectant care**.

If women consent to take part in WILL, induction of labour and expectant care are the two options to which they will be randomly assigned. The 'expectant care' group may result in any of the above outcomes.

Although we do not know what will happen for each woman, we do know that:

- ⇒ Induction of labour (compared with expectant care) reduces the risk of Caesarean delivery by ≈10%, and specifically in high-risk pregnancies (such as those of women in WILL) and at term gestational age (as in WILL) [2,3].
- ⇒ As induction is associated with an increase in vaginal births overall, it is not surprising that some of the additional vaginal births will be operative (such as Ventouse or forceps), based on data from low-risk women induced at or beyond term [1].

1. Middleton P, Shepherd E, Crowther CA. Induction of labour for improving birth outcomes for women at or beyond term. Cochrane Database Syst Rev 2018;5:CD004945. doi: 10.1002/14651858.CD004945.pub4.
2. Mishanina E, Rogozinska E, Thatthi T, Uddin-Khan R, Khan KS, Meads C. Use of labour induction and risk of cesarean delivery: a systematic review and meta-analysis. CMAJ 2014;186(9):665-73
3. Boulvain M, Stan C, Irion O. Membrane sweeping for induction of labour. Cochrane Database Syst Rev 2005; (1):CD000451

Any direct comparisons between induced and spontaneous labour may be misleading. However, in discussions with women, we can describe the differences between induced labour and spontaneous labour if it were to happen during expectant care:

- ⇒ The active phase of induced and spontaneous labour is the same. The differences between induced and spontaneous labour are during the latent phase of labour. Active labour is the same, in nature, duration, and outcome [4-6].
- ⇒ In induced labour, it usually takes 1-2 days for women to progress into active labour. In spontaneous labour, the duration of the latent phase varies, however on average it is ≈20 hours among primiparous women and ≈10-12 hours among parous women.
- ⇒ You will note from the adherence report, that to date in WILL, the gestational age at delivery is only 0.1 weeks after the gestational age at initiation of delivery in both the planned early term birth and expectant care arms of the trial.

4. Vahratian A, Zhang J, Troendle JF, et al. Labor progression and risk of cesarean delivery in electively induced nulliparas. Obstet Gynecol 2005; 105:698
5. Hoffman MK, Vahratian A, Sciscione AC, et al. Comparison of labor progression between induced and noninduced multiparous women. Obstet Gynecol 2006; 107:102
6. Janakiraman V, Ecker J, Kaimal AJ. Comparing the second stage in induced and spontaneous labor. Obstet Gynecol 2010; 116:606.

Let us know if there are any topics you would like covered in the WILL training page

