

# Comparison and contrast of kukaniloko birthing stones and queen's medical center ...

[Health & Medicine](#), [Nursing](#)



## Kukaniloko Birthing Stones & Queens Medical Center Birthing Unit

### Comparison & Contrast [Pick the There is a sacred place in central

Oahu called Kukaniloko. Kukaniloko birthing stones are located in the middle of fields. This site was reserved for the childbirth of royals in Hawaii. A child born at this place enjoyed special distinction. It was famous that whoever gave birth at this place would have easy delivery and no pain. The Kahuna Ho-Ohanau was like a midwife or gynecologist. He would monitor the mother on different times. If the baby was in unsuitable position he would change it by using kukui oil and his hands. The mothers diet was monitored and controlled from the fourth month onwards. She had to follow a strict diet and do exercises recommended by the Kahuna. Only green vegetables, herbs and a small amount of raw fish were allowed. After six months she was asked to eat less because of the fear that a large baby will be difficult to deliver. Many relatives gathered on the delivery day. 36 chiefs eye witnessed the ceremony and birth. The mother was taken to Kukaniloko birthing stone on a woven rug. She was encouraged to walk to increase the pain. She then took kneeling position. It was gravity type birth. She was given morning glory leaves to eat. Some were also rubbed on her stomach. After delivery placenta was buried under tree. Mother was given herbs and soup (Empleo, 2012).

There are many similarities between Queens Medical Center's birthing unit and Kukaniloko Birthing Stones in Wahiawa, Hawaii. Women in Kukaniloko used to give delivery in kneeling position and they had to do exercises recommended by Kahuna. Queens Medical Center encourages women to have upright position like squatting and kneeling. They also recommend

exercise during pregnancy which helps in easy delivery. . Ultrasound is done to determine the position of baby. In Kukaniloko mother was monitored many times during pregnancy. Nowadays pregnancy is monitored by the use of ultrasound which is equivalent to the monitoring practice that was witnessed in Kukanilolo.

Despite the similarities, quite a number of differences exist. Early skin-to-skin contact is recommended in Queens Medical Center. It is believed that skin-to-skin contact between mother and baby reduces crying and creates bonding. Breastfeeding is given a lot of importance (" Breastfeeding: The First Weeks at Home", n. d.). Breastfeeding is beneficial for both the mother and the baby. While in Kukaniloko the baby was taken away by a nurse who was called " kahu". The kahu fed the child.

As far as the environment is concerned, a number of aspects need to be covered here. Focus on natural birth has increased in recent times. Using a bath or pool during labour reduces the labour time. In developed countries birthing units focus on giving birth in technology equipped hospital environment. But now concerns are being raised that hospital environment may be a cause of increased infections. The environment is just not a location or physical space. It is also about the emotions and feeling of women who are undergoing labour. Birthing in hospitals has lost three major elements. First one is to have labour in a familiar environment. Second one is trustworthy relationship between the women and midwife. Last one is to consider childbirth as natural biological phenomenon. Women prefer homelike environment. An ideal environment would be the one where access is easy. Apart from access to the birthing unit (not through emergency),

privacy and comfort, similarity to home environment and having a convenient access to bathrooms are expected to be the required facilities. It should also have a large pool and other materials which are helpful in delivery. Clean linen supply should be available. It should also be soundproof.

The conclusion in the end is that physical environment can have both positive and negative effects on birthing outcomes. Women prefer specific kind of places for childbirth ( Forbes & Homer, n. d.). If we keep their preference in mind during designing of labour units, we will be able to achieve low tension and reduce the fear factor that is often associated with such places. It will have a positive effect on both mother and baby.

#### References

Breastfeeding: The First Weeks at Home. (n. d.). Retrieved from [http://www.queensmedicalcenter.](http://www.queensmedicalcenter.org/birth-certificate-related-issues/89-services/services-info/650-breastfeeding-the-first-weeks-at-home)

[org/birth-certificate-related-issues/89-services/services-info/650-breastfeeding-the-first-weeks-at-home](http://www.queensmedicalcenter.org/birth-certificate-related-issues/89-services/services-info/650-breastfeeding-the-first-weeks-at-home)

Empleo, N. (2012, July 12). Kukaniloko Birthing Stones in Oahu [Web log post]. Retrieved September 19, 2013, from [http://www. empowernetwork. com/getin/blog/kukaniloko-birthing-stones-in-oahu/](http://www.empowernetwork.com/getin/blog/kukaniloko-birthing-stones-in-oahu/)

Forbes, I., & Homer, C. (n. d.). Birthing Unit Design Researching New Principles. Retrieved from [http://www. worldhealthdesign. com/Birthing-Unit- Design-Researching-New-Principles. aspx](http://www.worldhealthdesign.com/Birthing-Unit-Design-Researching-New-Principles.aspx)