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The comparison of physiologic and conventional delivery at mother friendly hospital in Iran on duration of labor in low risk pregnant women**Khadigeh Mirzaii Najmabadi, Somayeh Makvandi and Najmeh Tehranian**

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Objectives: To compare the effects of physiological and conventional birth at mother-friendly hospitals on birth outcomes.**Design:** This study was a controlled clinical trial on 114 women that were divided into two groups: Intervention group (n=57) and control group (n=57).**Setting & Conduct:** Purposive sampling was done at mother-friendly hospital of Ahvaz, Iran. Physiological and conventional birth programs were performed in the first and second groups, respectively.**Participants including Major Eligibility Criteria:** Low-risk pregnant women admitted to the maternity or clinic were considered as the study sample. The high risk women were excluded.**Interventions:** Physiological childbirth preparation classes were held from the week of 20 according to the Ministry of Health protocol for mothers in the intervention group. At the time of birth, physiological delivery protocol was done using a combination of non-pharmacological methods and minimal interventions. Conventional childbirth was done for mothers of control group.**Main Outcome Measures:** Duration of active phase and second stage of labor.**Results:** The active phase and the second stage of labor were significantly shorter in the experimental group ($P < 0.001$ and $P = 0.01$, respectively).**Conclusion:** It seems that physiological birth program can accelerate the process of labor.**Biography**

Khadigeh Mirzaii Najmabadi received her PhD in Reproductive Health from QUT(2004) and completed postdoctoral research fellowship at QUT(2009). She is a member of National Board of Reproductive Health of the Health Ministry of Iran. She is a full-time academic member of Midwifery department at Mashhad University of Medical Sciences, Mashhad, Iran. She has 22 years experience in clinical and research area and more than 70 publications in well recognized conferences and journals. Several PhD and M.Sc. students have graduated under her supervision. Her interested areas are midwifery and sexual health in both education and clinical research areas.

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