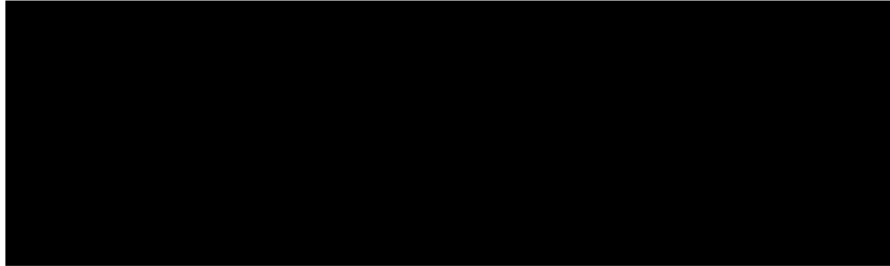


09 AUG 2019



Response to your request for official information

Thank you for your request for information under the Official Information Act 1982 (the Act) received on 15 July 2019 requesting:

"Your website contains the following page:

<https://www.health.govt.nz/your-health/pregnancy-and-kids/birth-and-afterwards/labour-and-birth/inducing-labour-pain-relief-and-help-during-birth>

You state that pain relief includes homeopathy, acupressure and acupuncture.

Please provide all the evidence that the Ministry has relied on in making the statement that these treatments are effective."

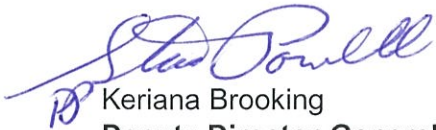
The information provided to the public on the Ministry of Health (the Ministry) website cited in your request, is based on the findings of both quantitative and qualitative studies.

Women's experience of labour and birth varies significantly. Many women choose to not have any pharmaceutical pain relief during labour and other women choose to have medicines to help with the sensation. Non-pharmaceutical interventions that are used by women include support, hypnotherapy, water immersion, naturopathy, Rongoā Māori, homeopathy, acupressure and acupuncture.

Midwifery care in New Zealand takes place in partnership with women and it is the midwife's professional responsibility to uphold each woman's right to informed decision making throughout the childbirth experience. Choosing whether allopathic and/or alternative methods for coping with the sensations of labour is fully within each woman's rights.

I trust that this information fulfils your request. Please note that this response, with your personal details removed, may be published on the Ministry of Health website.

Yours sincerely



Keriana Brooking
Deputy Director-General
Health System Improvement and Innovation