



REVIEWER'S REPORT

Manuscript No.: IJAR-50412

Date: 26-02-2025

Title: Underwater Delivery: A safe Birthing Option

Recommendation:

- Accept as it is.....**YES**.....
- Accept after minor revision.....
- Accept after major revision
- Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality	√			
Techn. Quality		√		
Clarity		√		
Significance			√	

Reviewer's Name: Mir Tanveer

Reviewer's Decision about Paper: **Recommended for Publication.**

Comments (*Use additional pages, if required*)

Reviewer's Comment / Report

Abstract Review: The abstract effectively highlights the key aspects of the study, including background, objectives, methodology, results, and conclusion. The research is well-structured, with clear articulation of the benefits of underwater delivery, particularly in terms of maternal and fetal outcomes. The findings, such as reduced pain, fewer obstetric interventions, and high maternal satisfaction, are presented concisely. The use of a 5-point Likert scale for assessing maternal satisfaction adds a quantifiable measure to the results, enhancing the study's credibility.

Introduction Review: The introduction provides a comprehensive overview of the concept of underwater delivery, outlining its advantages, including pain relief, reduced medical interventions, and enhanced maternal comfort. The discussion of how water birth supports mobility and relaxation, along with its positive impact on perineal elasticity, aligns well with existing literature. The rationale for conducting the study is well-founded, emphasizing the need to evaluate maternal and fetal outcomes associated with this birthing method.

Material and Methods Review: The methodology is clearly defined, with a structured approach to participant selection and implementation of underwater delivery. The inclusion criteria ensure that only low-risk pregnancies are included, which is crucial for maintaining the safety of the procedure. The study's systematic approach in educating women about birthing positions and obtaining informed consent

REVIEWER'S REPORT

strengthens its ethical foundation. The use of hydro-labour protocols and careful monitoring of fetal and maternal health parameters contribute to the reliability of the findings.

Results Review: The results are presented in a clear and organized manner. The statistical data on maternal demographics, birth weight distribution, and labor duration provide valuable insights. The absence of major complications such as birth asphyxia and the low incidence of perineal tears reinforce the safety of underwater delivery. Additionally, the high maternal satisfaction score of 4.7 on the Likert scale emphasizes the positive reception of this birthing method among participants.

Discussion Review: The discussion effectively contextualizes the findings within the broader literature on underwater delivery. The benefits of reduced obstetric interventions, early initiation of breastfeeding, and smooth neonatal transition are well-articulated. The study's alignment with existing research on water birth adds credibility, and the discussion remains focused on the implications of the findings.

Conclusion Review: The conclusion succinctly summarizes the key takeaways from the study, reinforcing the advantages of underwater delivery. The emphasis on pain relief, reduced obstetric interventions, and maternal satisfaction makes a strong case for considering this method as a viable option for low-risk pregnancies.

Overall Assessment: The study is well-structured, with a clear research focus and robust methodology. The findings are presented systematically, and the discussion effectively ties them to existing literature. The study contributes valuable insights into the safety and benefits of underwater delivery, making it a useful reference for healthcare professionals considering this birthing option.