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精神予防性無痛分娩法の導入と施設分娩における妊婦管理への影響—1953～64年の日本赤十字本部産院および大森赤十字病院における実践—

(Introduction of the psychoprophylactic method and its influence on the prenatal care program for institutional parturition in Japan: The practice in the Central Hospital of Maternity of the Japanese Red Cross Society and Oomori Red Cross Hospital, 1953～1964)

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Abstract

The painless psychoprophylactic childbirth method is based on Pavlov's theory of higher nervous activity and was one of the non-pharmacological methods of painless childbirth implemented as state policy in the former Union of Soviet Socialist Republics (USSR) in 1951.

The painless psychoprophylactic childbirth method was introduced to the People's Republic of China (PRC) via the USSR in 1952. In 1953, the obstetrician Masatomo Sugai returned to Japan from the PRC and brought this method of childbirth with him; the method was subsequently introduced in the Central Hospital of Maternity of the Japanese Red Cross Society by its director, Naotaro Kuji. In order to put the painless psychoprophylactic childbirth method into practice, Naotaro Kuji asked Masatomo Sugai to organize a "Painless Childbirth Research Group," which was a combined team of physicians and midwives. The Painless Childbirth Research Group created prenatal education plans based on the painless psychoprophylactic childbirth method and published self-study materials for pregnant women. To meet the midwives' demand for information countrywide, doctors made announcements to promote the teaching and advancement of the painless psychoprophylactic childbirth method.

In 1956, Masatomo Sugai transferred to the Omori Red Cross Hospital, and established special classes for pregnant women wishing for instruction in the painless psychoprophylactic childbirth method, making it possible for other pregnant women to receive fundamental prenatal education as well. Today's standard framework for prenatal guidance for pregnant women was created according to these developments.

The implementation of the painless psychoprophylactic childbirth method at the Central Hospital of Maternity of the Japanese Red Cross Society and Omori Red Cross Hospital contributed to the creation of a method in which institutions could teach pregnant women self-control during regular prenatal education.