

TOP 10 Comfortable, Upright Birth Q & A



The **Top 10** guide is a quick glance Q & A of the most common questions asked about the CUB.

1

What is the CUB?

The CUB is an inflatable, class 1 medical device that is designed to be used by women during late pregnancy, labour and birth as a comfort support and positioning aid. This is similar to birth balls, bean bags, birth stools, birth beds, birth pools and cushions or pillows. Its rationale lies in the extensive research base on the clinical advantages for mothers and babies in utero of women adopting non-supine positions during labour and birth. These positions include kneeling, all fours, squatting and upright sitting.

2

Where can the CUB be used?

The CUB is suitable for use in hospital births, birth center births and at home births. The CUB is currently used in many maternity facilities in the UK National health service (NHS) and is sold in 68 countries from Iceland to New Zealand.

3

When can the CUB be used?

The CUB can be used by mothers at home in late pregnancy to promote optimal fetal positioning and to relieve back and/or pelvic girdle pain. (Please see additional Physiotherapy guide for using the CUB)

The CUB can be used all through labor

The CUB can be used during: continuous fetal monitoring, epidural infusion, IV infusion, FSE monitoring, induction (on a hospital bed in a single inflation or in double inflation on the floor)

The CUB can be used as a support during birth in a range of positions

The CUB can be used in a physiological third stage or with DCC

After independent evaluation, the CUB has been included in clinical Policy and Procedure Documents from Cork University Hospital in Ireland as the product for use when caring for women with pelvic girdle and lower back pain in labor. We can provide this document on request

4

What is the CUB made from?

The CUB is manufactured from 0.500mm PVC which is the same material as many hospital chair seats and hospital bed mattresses. PVC is commonly used in healthcare for screening, diagnosis, treatment and care, as well as in building safe healthcare environments. In fact, nearly 30% of all plastic-based medical devices are made of PVC.

PVC is characterized by high biocompatibility. PVC is compatible with virtually all pharmaceutical products in healthcare facilities today. It also has excellent water and chemical resistance. Not only does PVC offer the flexibility necessary for applications such as blood bags, mattresses or intravenous (IV) tubing, but it can also be relied upon for its strength and durability, even under changing temperatures and conditions. These properties are essential to provide convenience in use by healthcare professionals and performance thereby benefiting patient comfort and quality hospital care.

5

Cleaning the CUB

The CUB may, or may not be, used during the birth itself and may or may not come into contact with contamination of body fluids, depending on when it is used and the position the mother adopts for the birth itself.

The decontamination process for the CUB

We recommend that a clean, disposable incontinence sheet is placed onto the CUB if the mother is sitting on it and has any PV loss that may come into direct contact with the CUB . The CUB should be thoroughly cleaned between users using the process below. Personal protective equipment (PPE) such as gloves and aprons should be worn during the cleaning process.

While the CUB is still inflated:

Rinse off all visible surface contamination with a clean, disposable cloth and water; paying attention to the area around the seams and valves and including the base. There should be no visible contamination left.

Dry the CUB with a clean disposable cloth, such as household kitchen towel or paper hand towels.

Spray or wipe with an antibacterial cleaner, a bleach solution or wipe thoroughly with antibacterial household cleaning wipes. Allow the CUB to air dry completely before deflating and storing.

The CUB is manufactured from PVC which is the same material as many hospital chair seats and obstetric bed mattresses. A suitable cleaner includes any cleaner currently utilised in the work place that is used for general cleaning of patient beds, commodes or chairs, these include makes of: **Antibacterial spray or wipes, Sporicidal spray or wipes and a Hypochlorite 10,000ppm solution**

6

CUB features

The CUB has a double layer on both the top and bottom sides. This minimises the risk of puncture on the surfaces that have most direct contact.

The CUB has 2 Separate inflation valves and chambers to prevent the whole product from deflating suddenly due to puncture. This also allows the CUB to be used in a single or double inflation.

The CUB has a large, stable base that has been ergonomically designed to promote comfort and stability.

Product certification and compliances:

Medicines and Healthcare products Regulatory Agency (MHRA). Registered with MHRA as a class one device

CE marked

The CUB is made from 0.500mm Bio-compatible PVC that meets all EU standards.

The CUB complies with: EN 71-1: Mechanical and physical properties; EN 71-2: Flammability; EN 71-3: Specification for migration of certain elements as required in the European Union.

It is made in an ISO 9001:2008 certificated factory (quality control)

The CUB meets the 6P Standard for PVC

The CUB has internal vertical reinforcements that makes the product robust by enhancing strength and durability

The CUB is lightweight and portable

7

Benefits of the CUB

The CUB supports spontaneous movement and mobility as well as a range of physiologically optimal positions during late pregnancy, labour and birth.

The CUB is easy to use

The CUB can be used in any birth environment

The CUB promotes upright positions for birth which are proven to decrease complication and medical intervention rates during childbirth

Clinical advantage: The CUB can be used with reduced maternal mobility and in clinically complex births. The CUB is simple to use and provides additional support for more women than a ball or stool can

Maternal advantage: promotes choice, control and spontaneous position changes while providing a comfortable support

Product advantage: There is no other product that can be used all through labour and the birth with the range of versatility that the Cub provides.

8

Who buys the CUB?

Maternity hospitals

Birth centres

Midwives

Doulas, Antenatal class teachers

Physiotherapists, Yoga teachers

Obstetricians

Individual mothers for their personal use at home and in hospital

Charities/organizations (to donate)

9

CUB Cover

The cover that comes with the CUB is optional for use. We recommend only using the cover pre-natally or if it is the CUB owner that is using it during labour and birth. To put the cover on: half inflate the top and bottom chambers of the CUB, then place the cover over, fully inflate both chambers and adjust the cover accordingly.

CUB Safety

The cub® Support is a semi disposable product, but if cared for properly, it should be suitable for multiple uses. However, as an inflatable product, it should not be expected to last indefinitely.

Do not allow anyone to “play” with the cub® it is not a toy

Do not allow more than one person to sit/use cub® at any one time, including partners, staff, and visitors.

The cub® requires regular cleaning & inspection to remain in good condition

When not in use, the cub® should be stored deflated

Keep away from open sources of heat – the CUB is PVC, which can distort & melt when close to direct heat.

Keep away from potential source of puncture, particularly hard uneven surfaces or sharp objects.

Do not inflate the CUB unless it has been stored at room temperature for at least 4 hours.

The CUB should never be used as child’s toy, child’s seat or in a swimming pool.

The CUB will need periodic 'top ups' of air. This is to be expected because of normal stretching in warm environments.

