

Natural Birth or Induction? Understanding the Differences in Birth Outcomes

Haley Donovan

Margaret H. Rollins School of Nursing

N201: Nursing Care of Special Populations

Dr. D. Blankenship

November 3, 2025

Natural Birth or Induction? Understanding the Differences in Birth Outcomes

Childbirth is an emotionally life-changing event, marking the transition to motherhood and initiating the bond of mother and baby. Over the years, medical interventions —particularly the induction of labor —have become increasingly common nationwide. Induction involves chemical or pharmacological methods, causing artificial uterine contractions before the natural laboring process takes over. Induction may be a lifesaving measure for some women; on the other hand, there is the natural laboring process. Current evidence suggests that natural birth, compared to manual or chemical induction, may offer safer outcomes for mothers and infants, highlighting the importance of careful consideration of induction practice in maternal care.

Over the past several years, there has been a notable increase in elective labor inductions performed without medical necessity. The numbers tripled over the last 30 years, from 9% to 31.37% stemming from 1989 to 2020. (Simpson, 2022). Labor induction carries the risk of fetal distress due to excessive uterine activity (tachysystole) that can compromise uteroplacental perfusion. This reduction in blood flow may result in transient fetal hypoxia, often manifested as variable or late decelerations in the fetal heart rate pattern. The families that choose elective inductions are often the families that want to rush the natural process of birth for convenience purposes. When using pharmacological measures to create uterine contractions when the body is not ready, there is a potential risk, such as a traumatic birth for both the mother and baby. When the body is not naturally ready to deliver the baby, the neonate can become stuck in the birthing canal or change position, encouraging the medical staff to use instruments such as forceps or vacuum machinery to assist in the birth, which can cause trauma and other risks, specifically infection, pain, and unnecessary harm to the baby.