



Preterm Labor: Reduce Your Risk & Learn the Signs

Produced by Injoy Video Productions, Longmont, CO, 2008. 14 minutes. \$149.95, DVD.

Reviewed by: Melissa Willmarth, CNM, MSN.

One in eight babies in the United States is born too soon or too small. *Preterm Labor: Reduce Your Risk & Learn the Signs* is a concise patient education tool to enhance the understanding of preterm labor and birth. Information about normal newborns and their transition to life, as well as growth and development of preterm versus full-term infants, is presented. The video goes on to explore preterm labor causes, associated risks, risk reduction, signs, and symptoms. The video also prepares women for the basic course of treatment if they are diagnosed with preterm labor. In the conclusion, the most important points are reviewed and women are referred to their health care provider for additional information and questions.

The content of this video is consistent with current guidelines and literature. The 14-minute length is the appropri-

ate amount of time to engage patients without losing interest. The main points being discussed are bulleted at the bottom of the screen for clarity. The producers provide an online resource for health care providers where a summary page that reinforces the information covered can be printed for patients.

This video is appropriate for the intended audience of expectant parents and is applicable across all age groups and education levels. It does not address the differences in cultural and racial disparities in terms of preterm labor, nor does it describe the preterm birth rates of differing races.

Preterm Labor: Reduce Your Risk & Learn the Signs achieves its goal of providing a foundation of information on this topic. This video is appropriate in midwifery and women's health practices for the purpose of early pregnancy education, obstetric orientation, or Centering Pregnancy groups. It may also be a valuable addition to a lending library within a practice or hospital setting.