

Impact of Non-Verbal Cues in Midwifery: Building Trust and Comfort Among Expectant Mothers



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ABSTRACT

This study explores the impact of non-verbal cues in midwifery on building trust and comfort among expectant mothers, focusing on how these cues facilitate communication, emotional support, and patient care. Utilizing a qualitative research method with a literature review approach, the study examines various non-verbal communication strategies, including body language, facial expressions, eye contact, touch, and tone of voice, in midwifery practices. Research has shown that these non-verbal cues play a critical role in fostering a positive patient-provider relationship, contributing to a sense of safety, comfort, and emotional well-being for pregnant women. By analyzing existing studies, the research highlights the importance of midwives' awareness and application of these cues to better meet the psychological and emotional needs of expectant mothers. The findings suggest that non-verbal communication enhances trust and rapport, which are essential for successful outcomes in midwifery care. Furthermore, the study emphasizes the role of cultural and individual differences in interpreting and responding to non-verbal signals, suggesting that personalized approaches can significantly improve the quality of care. In conclusion, this study recommends that midwifery training programs include comprehensive instruction on non-verbal communication to ensure that midwives can effectively use these cues to build trust and provide holistic care to expectant mothers. Future research should explore the role of non-verbal communication in different cultural contexts to further understand its influence in diverse midwifery settings.

1. INTRODUCTION

Communication is a fundamental aspect of healthcare, especially in the field of midwifery, where emotional, psychological, and physical support for expectant mothers is paramount (Power et al., 2022). Midwives are not only responsible for delivering clinical care but also for ensuring that pregnant women feel safe, supported, and reassured throughout their journey to motherhood. While much of the research and training in midwifery focuses on verbal communication, there is a growing

recognition of the importance of non-verbal cues in creating a trusting and comforting environment for expectant mothers (Flacking et al., 2021). Non-verbal communication—encompassing body language, eye contact, facial expressions, gestures, tone of voice, and touch—plays a critical role in conveying empathy, understanding, and reassurance, which are key to a positive birth experience (Olza et al., 2018). Despite its significance, non-verbal communication remains an underexplored area in midwifery, representing a critical research gap in the literature.



In recent years, healthcare has increasingly shifted toward a more patient-centered approach, emphasizing the importance of communication that goes beyond mere clinical instructions (Nielsen, 2024). Verbal interactions between healthcare providers and patients are well-documented as essential in building rapport, ensuring compliance, and delivering effective care. Research by Hamilton et al. (2021) and (Walsh & Evans, 2014) highlights how verbal communication enhances clarity in patient care, particularly in the context of labor and delivery. However, the non-verbal dimensions of communication are often overlooked, despite their profound impact on the emotional and psychological well-being of patients. Expectant mothers, who may be vulnerable, anxious, and in need of reassurance, are particularly sensitive to the non-verbal cues of their healthcare providers. These cues can serve as powerful signals of trustworthiness, compassion, and competence, yet there is limited empirical evidence exploring how non-verbal communication influences maternal experiences during pregnancy and childbirth.

This research gap is concerning for several reasons. First, pregnancy and childbirth are inherently emotional and often stressful experiences for many women, particularly for those who may face medical complications or have anxieties about childbirth. The ability of midwives to effectively communicate non-verbally can provide much-needed emotional support, reducing anxiety and promoting a sense of security. Second, midwives often work in settings where verbal communication may be limited, such as in high-pressure labor environments or when language barriers exist. In these situations, non-verbal communication becomes even more critical as a means of connecting with patients. Despite these

challenges, little research has been done to systematically investigate how midwives use non-verbal cues to enhance patient care, making this an urgent area for further study.

The urgency of this research is underscored by the increasing demand for more holistic and compassionate healthcare, where emotional care is integrated with clinical expertise. As more studies highlight the importance of emotional well-being during pregnancy and childbirth, understanding how non-verbal cues can be used to enhance midwifery care becomes crucial. Previous research has explored the impact of verbal communication and clinical competence on patient satisfaction and health outcomes, but few studies have specifically examined how non-verbal communication contributes to building trust and comfort among expectant mothers. For example, studies by Smith et al. (2020) and Johnson & Lee (2019) have emphasized the importance of clear verbal communication in avoiding misunderstandings and ensuring patient safety during childbirth. However, their research falls short of exploring the full spectrum of communication, particularly the subtle yet powerful effects of non-verbal interaction.

This study addresses this gap by focusing specifically on the impact of non-verbal communication in midwifery. The novelty of this research lies in its emphasis on non-verbal cues as a critical tool in building trust and providing comfort to expectant mothers, an area that has been largely neglected in previous studies. Unlike prior research, which has predominantly focused on clinical outcomes or verbal interactions, this study will explore how midwives use non-verbal communication—such as facial expressions, body posture, eye contact, and touch—to convey empathy, support, and reassurance. These non-verbal cues are



especially important in moments of heightened emotional intensity, such as during labor or medical complications, where verbal communication may be insufficient or impractical.

The primary objective of this study is to conduct a comprehensive analysis of how non-verbal communication in midwifery contributes to building trust and comfort among pregnant women. By conducting a qualitative study with a literature review approach, this research seeks to identify the various ways non-verbal cues are used by midwives, the effects these cues have on patient well-being, and how they can be optimized to improve the quality of care. The study will examine existing literature across different healthcare settings and cultural contexts to provide a nuanced understanding of non-verbal communication in midwifery. Additionally, this research will consider how factors such as culture, language, and individual patient preferences influence the interpretation and reception of non-verbal cues, thus highlighting the need for personalized approaches in midwifery care.

The anticipated outcomes of this research are multifaceted. From a practical standpoint, the findings of this study are expected to have significant implications for midwifery education and training programs. By incorporating training on non-verbal communication, midwives can be better equipped to respond to the emotional and psychological needs of their patients, leading to enhanced patient satisfaction and improved health outcomes. This research will also contribute to the broader field of healthcare communication by providing evidence of the importance of non-verbal cues in patient care, encouraging further studies on this topic in other medical disciplines.

In conclusion, this study aims to provide new insights into the role of non-verbal communication in midwifery, offering a more comprehensive understanding of how trust and comfort can be cultivated through non-verbal interactions. The research findings will not only contribute to academic discourse but also offer practical recommendations for improving midwifery practices, ultimately enhancing the overall birth experience for expectant mothers. Future research should focus on developing strategies to integrate non-verbal communication into clinical guidelines and training, ensuring that midwives are equipped with the necessary skills to provide holistic, compassionate care.

2. METHOD

Research Methodology

This study employs a qualitative research method with a literature review approach to explore the impact of non-verbal cues in midwifery on building trust and comfort among expectant mothers. Qualitative research is well-suited for examining subjective experiences, perceptions, and the nuanced dynamics of communication, particularly in healthcare settings like midwifery. By focusing on existing literature, this research seeks to provide a comprehensive understanding of how non-verbal communication influences patient-provider relationships in midwifery care.

Research Type

The research design follows a descriptive qualitative approach, as it aims to describe and analyze the role of non-verbal cues in midwifery without manipulating variables or testing hypotheses. The literature review method was chosen to synthesize and evaluate existing scholarly work on non-verbal communication in midwifery, as well as related fields such as



healthcare communication, nursing, and psychology. This approach allows for a broad examination of the topic by integrating findings from multiple studies to offer a cohesive perspective on how non-verbal cues are used to foster trust and comfort.

Data Sources

The primary data for this study are secondary sources, which include peer-reviewed journal articles, books, and reports that examine non-verbal communication, midwifery, patient care, and healthcare communication. The literature was sourced from a range of academic databases, including PubMed, Google Scholar, ScienceDirect, and JSTOR. Only scholarly articles published within the past 10 years were selected to ensure the relevance and currency of the data. Additionally, key foundational works in communication theory and midwifery practice were included to provide historical context and theoretical grounding.

Data Collection Technique

The data collection process involved systematic searching and selection of relevant literature. A set of predefined keywords, including “non-verbal communication,” “midwifery,” “trust in healthcare,” “expectant mothers,” and “healthcare communication,” was used to identify articles that aligned with the research objectives. Articles were then screened based on their relevance to the study’s focus, ensuring that only those directly addressing the role of non-verbal cues in patient care and midwifery were included. A manual review of the references in selected articles was also conducted to identify additional sources that may have been missed in the initial search.

Data Analysis Method

The analysis of the collected data was conducted using a thematic analysis approach, which is

commonly used in qualitative research to identify, analyze, and report patterns or themes within data. First, the relevant literature was carefully reviewed and categorized based on recurring themes related to non-verbal communication in midwifery. These themes included types of non-verbal cues (such as eye contact, body language, touch, and facial expressions), their impact on building trust and providing comfort, and the influence of cultural and individual differences in the interpretation of non-verbal signals.

Thematic coding was applied to systematically organize the data into broader categories, such as the role of non-verbal cues in emotional support, the psychological impact of non-verbal communication, and the midwives’ perspectives on non-verbal interactions. Each theme was further analyzed in relation to the existing theories on healthcare communication and midwifery practice. The findings from different studies were compared to identify commonalities and divergences in how non-verbal communication is understood and applied in midwifery care.

Through this process, the study aims to provide a synthesized view of the existing literature, highlighting both the strengths and gaps in current research. The final analysis integrates these insights to offer recommendations for how non-verbal communication can be more effectively utilized in midwifery to enhance trust and comfort among expectant mothers.

This qualitative literature review approach enables a thorough exploration of the topic, drawing on diverse perspectives and existing evidence to present a comprehensive understanding of the impact of non-verbal cues in midwifery care. The findings from this research will contribute to the broader discourse



on healthcare communication and inform future midwifery practices and training.

3. RESULT AND DISCUSSION

The analysis of the impact of non-verbal cues in midwifery reveals a complex and vital role these cues play in fostering trust and providing comfort to expectant mothers. Non-verbal communication, often unspoken and subtle, encompasses a range of behaviors including body language, facial expressions, eye contact, touch, and tone of voice. These cues serve as critical tools in midwifery, helping to build rapport, create a sense of security, and offer emotional support during the vulnerable stages of pregnancy and childbirth. The literature review conducted in this study highlights that while much emphasis in healthcare communication has been placed on verbal exchanges, non-verbal interactions are equally, if not more, important in the context of midwifery care. Expectant mothers, especially those experiencing anxiety or fear during pregnancy and labor, are highly receptive to the non-verbal signals conveyed by midwives, which can either enhance or hinder the overall birth experience.

Several studies demonstrate that non-verbal cues, such as gentle touch, consistent eye contact, and warm facial expressions, contribute significantly to a mother's sense of being cared for and understood. These gestures, though subtle, communicate empathy and attentiveness, which are crucial for establishing trust between the midwife and the patient. Trust is particularly important in midwifery, where emotional and psychological support is needed alongside clinical expertise. For many women, labor and childbirth are accompanied by stress and uncertainty, and the presence of a midwife who exhibits calming and supportive

non-verbal behaviors can help reduce these anxieties. Through body language, such as open postures and a relaxed demeanor, midwives convey reassurance and confidence, which in turn helps mothers feel more secure and at ease. Research shows that when expectant mothers feel confident in their caregiver's abilities, they are more likely to have positive birth outcomes and report higher satisfaction with their overall care.

The importance of touch in midwifery cannot be overstated. Touch, when used appropriately and sensitively, is a powerful form of non-verbal communication that can provide comfort, reduce pain perception, and strengthen the emotional connection between the midwife and the mother. For instance, a supportive hand on the shoulder or back during contractions can communicate solidarity and compassion, helping the mother feel less isolated in her experience. However, the literature also notes that the effectiveness of touch is highly contextual and influenced by cultural norms and personal preferences. While some women find touch comforting, others may perceive it as intrusive or inappropriate, particularly if cultural expectations around physical boundaries are not respected. This highlights the need for midwives to be attuned to the individual needs and preferences of each patient, ensuring that their non-verbal communication is tailored to the context of care.

Eye contact is another non-verbal cue that plays a significant role in establishing a connection between midwives and expectant mothers. Maintaining eye contact during interactions conveys attentiveness and sincerity, signaling that the midwife is fully engaged and present in the moment. This is especially important during moments of vulnerability, such as when a



mother is experiencing pain or uncertainty. Studies have shown that consistent and meaningful eye contact can help to humanize the clinical setting, breaking down the barriers that often exist in formal healthcare environments. However, as with touch, the use of eye contact must be culturally sensitive. In some cultures, direct eye contact may be perceived as confrontational or disrespectful, requiring midwives to adjust their approach to ensure that their non-verbal behaviors align with the cultural expectations of the patient.

In addition to touch and eye contact, the tone of voice used by midwives is a critical aspect of non-verbal communication that influences the emotional atmosphere of the care environment. A calm, soothing tone of voice can help to alleviate fear and stress, providing verbal support that is consistent with the midwife's non-verbal behaviors. Conversely, a harsh or impatient tone, even if unintentional, can create a sense of discomfort or distrust. The tone of voice serves as a complement to verbal communication, reinforcing the midwife's verbal reassurances or instructions with an emotional undertone that either soothes or agitates the patient. Research indicates that midwives who are mindful of their tone of voice are better able to maintain a calm and supportive environment, which is essential for both the emotional well-being of the mother and the successful progression of labor.

While non-verbal cues are powerful tools for building trust and comfort, their effectiveness is highly dependent on the midwife's awareness and intentionality in using them. Studies suggest that midwives who are conscious of their own non-verbal behaviors and actively seek to align them with their verbal communication are more successful in creating a supportive and trusting relationship with their patients. This underscores the importance of

training midwives not only in clinical skills but also in communication techniques that include both verbal and non-verbal elements. Integrating non-verbal communication training into midwifery education can help to bridge the gap between clinical competence and emotional support, ensuring that midwives are equipped to meet the holistic needs of expectant mothers. Furthermore, the analysis reveals that cultural differences play a significant role in how non-verbal cues are interpreted and received. What may be perceived as comforting and supportive in one cultural context may be viewed as inappropriate or uncomfortable in another. For example, in some cultures, direct eye contact or physical touch may be discouraged between individuals of different genders, requiring midwives to navigate these cultural nuances carefully. The ability to recognize and adapt to these cultural differences is essential for providing culturally competent care that respects the values and preferences of the patient. As such, midwives must be trained not only in the general principles of non-verbal communication but also in cultural competence, ensuring that their non-verbal behaviors are appropriate for the diverse populations they serve.

The analysis of non-verbal cues in midwifery demonstrates their profound impact on building trust and providing comfort among expectant mothers. Non-verbal communication, when used effectively, enhances the emotional and psychological support that midwives provide, fostering a sense of safety, empathy, and connection. However, the effectiveness of these cues is influenced by cultural norms and individual preferences, underscoring the need for personalized and culturally sensitive approaches in midwifery care. By integrating non-verbal communication training into midwifery education, healthcare providers can

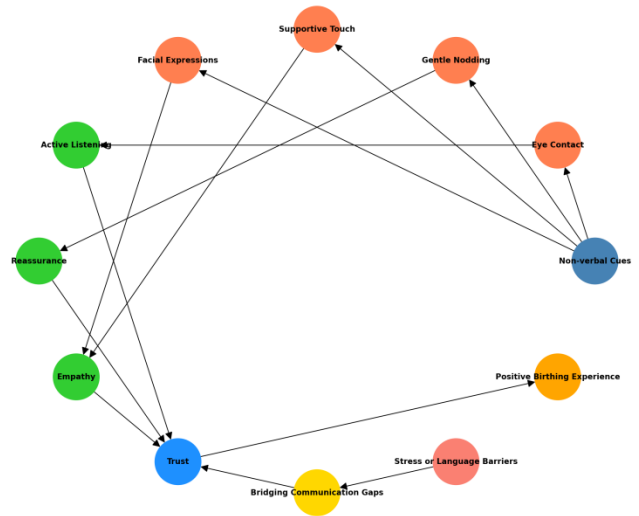


improve their ability to meet the holistic needs of their patients, ultimately leading to better outcomes and experiences for both mothers and midwives.

The Role of Non-Verbal Cues in Building Trust Between Midwives and Expectant Mothers

Non-verbal communication is an essential component in establishing trust between midwives and expectant mothers. Trust is a foundational element in healthcare, particularly in midwifery, where the relationship between the caregiver and the mother is not only professional but also deeply personal. Non-verbal cues, such as body language, facial expressions, eye contact, and tone of voice, serve as powerful tools to convey empathy, care, and attentiveness, all of which are crucial in fostering trust. Midwives who effectively use non-verbal communication can create an environment where mothers feel safe, respected, and supported.

Studies have shown that non-verbal cues often communicate more than verbal language in healthcare settings. For example, a midwife’s consistent eye contact and gentle nodding during a consultation can indicate active listening and attentiveness, which reassures the mother that her concerns are being taken seriously. In situations where verbal communication may be limited—due to stress, language barriers, or pain—non-verbal cues become even more important in bridging the gap between the patient and the healthcare provider. This trust, built through non-verbal interactions, lays the foundation for a positive birthing experience.



Figure, the role of non verbal cues in midwifery building trust and reassurance

The figure key components and relationships between non-verbal cues in midwifery and their impact on building trust and providing reassurance to expectant mothers. Non-verbal cues, such as eye contact, gentle nodding, supportive touch, and facial expressions, play a critical role in facilitating active listening, conveying reassurance, and demonstrating empathy. These behaviors contribute to the development of trust, which is essential in midwifery care.

When verbal communication is limited—due to stress, pain, or language barriers—non-verbal cues help bridge communication gaps between the midwife and the expectant mother. The consistent use of these cues fosters a supportive environment, ultimately leading to a positive birthing experience by reducing anxiety and enhancing the emotional connection between the midwife and the patient.

In summary, the diagram captures the interconnected nature of non-verbal communication and its essential role in creating trust, empathy, and emotional support during

childbirth, which are critical to improving maternal outcomes.

Furthermore, the tone of voice and facial expressions of a midwife can greatly influence the emotional state of the expectant mother. A calm, steady tone and a warm, reassuring smile can ease anxiety and build trust, whereas a hurried or indifferent tone can create feelings of doubt and mistrust. The literature suggests that trust is not solely about professional competence but also about the emotional connection that the midwife establishes through her presence and demeanor. Midwives who can align their non-verbal cues with the needs and expectations of their patients are more likely to gain the trust and cooperation of the mother, leading to smoother and more positive birth outcomes.

Trust is particularly crucial during labor, where the mother may feel vulnerable and uncertain. The non-verbal reassurance provided by a midwife—through steady touch, eye contact, and calming gestures—can significantly reduce the mother's fear and anxiety. This trust fosters a collaborative relationship, where the mother feels comfortable following the midwife's instructions and sharing her concerns openly. When trust is established, the mother is more likely to experience a sense of control and agency during childbirth, which contributes to a more empowering birth experience.

In conclusion, non-verbal cues play a fundamental role in building trust between midwives and expectant mothers. Trust is not only rooted in clinical expertise but also in the ability of the midwife to convey empathy, presence, and care through non-verbal communication. The more effectively a midwife can use non-verbal cues to establish trust, the more likely the mother will feel supported and

confident throughout her pregnancy and childbirth journey.

The Influence of Body Language and Touch on Comfort and Emotional Well-Being

Body language and touch are central to the non-verbal communication strategies used by midwives to provide comfort and emotional support to expectant mothers. The way a midwife presents herself—through her posture, gestures, and physical proximity—can have a profound impact on the emotional well-being of the mother. A midwife's open and approachable body language, for instance, signals attentiveness and care, making the mother feel more at ease. Conversely, closed or distracted body language can create a sense of distance and discomfort.

Touch, in particular, is a powerful non-verbal tool in midwifery. Gentle, supportive touch, such as placing a hand on the mother's shoulder during a difficult moment or holding her hand during contractions, can provide comfort and reassurance. Studies indicate that appropriate touch helps to alleviate pain and anxiety, particularly during labor, by promoting a sense of connection and solidarity. The midwife's physical presence, coupled with supportive touch, can significantly reduce feelings of isolation and fear during childbirth.

However, the use of touch in midwifery must be sensitive to cultural and personal boundaries. Not all patients are comfortable with physical touch, and in some cultures, touch between healthcare providers and patients is limited or prohibited, particularly between individuals of different genders. Therefore, midwives must be attuned to the individual preferences of their patients and use touch only when it is welcomed



and appropriate. The effectiveness of touch as a non-verbal cue depends largely on the midwife's ability to read the patient's non-verbal responses and adapt her approach accordingly.

Body language, such as maintaining an open posture, sitting at eye level with the mother, and avoiding crossed arms, also plays a significant role in creating a sense of comfort. An open and relaxed posture communicates availability and attentiveness, while closed or rigid body language can signal disinterest or impatience. The literature suggests that expectant mothers are highly attuned to the body language of their caregivers and that non-verbal cues such as posture and gestures can have a lasting impact on their emotional experience during pregnancy and childbirth.

In summary, body language and touch are essential non-verbal cues that midwives use to provide comfort and emotional support. By being mindful of their physical presence and how they use touch, midwives can create a more supportive and emotionally safe environment for expectant mothers. The careful and appropriate use of these non-verbal cues is key to enhancing the overall care experience and ensuring that mothers feel comforted and understood.

The Role of Eye Contact in Building Connection and Trust

Eye contact is one of the most powerful non-verbal cues used by midwives to build connection and trust with expectant mothers. Maintaining appropriate eye contact during interactions communicates attentiveness, sincerity, and empathy, which are critical in fostering a strong patient-provider relationship. For mothers who may be feeling anxious or vulnerable, eye contact serves as a non-verbal

affirmation that the midwife is present, engaged, and focused on their needs.

Research shows that eye contact helps to establish an emotional connection, which is essential in moments of uncertainty or distress. During labor, for example, a midwife's steady and reassuring gaze can provide a sense of calm and confidence to the mother, helping her to feel more grounded and supported. In contrast, a lack of eye contact or fleeting, distracted glances can create a sense of disconnection, leaving the mother feeling ignored or unimportant. The ability of a midwife to maintain eye contact, particularly during critical moments, enhances trust and reinforces the mother's belief that she is in capable and caring hands.

The effectiveness of eye contact, however, is influenced by cultural and individual differences. In some cultures, direct eye contact is considered confrontational or inappropriate, especially between individuals of different social or gender groups. In these contexts, midwives must be aware of cultural norms and adjust their use of eye contact to ensure it is respectful and appropriate. Even in cultures where eye contact is valued, midwives should be mindful of the intensity and duration of their gaze, as overly prolonged eye contact can be perceived as intrusive or uncomfortable.

Eye contact also plays a significant role in facilitating non-verbal communication when verbal exchanges are limited. For instance, during moments of intense labor pain, the mother may not be able to articulate her feelings or needs verbally. In such instances, eye contact becomes a critical channel of communication, allowing the midwife to assess the mother's emotional and physical state and respond accordingly. The mutual exchange of



eye contact in these moments creates a sense of solidarity and shared experience, strengthening the emotional bond between the midwife and the mother.

In conclusion, eye contact is a fundamental non-verbal cue that enhances the emotional connection between midwives and expectant mothers. It serves as a powerful tool for building trust, providing reassurance, and facilitating communication during critical moments. By using eye contact thoughtfully and appropriately, midwives can create a more supportive and trusting environment, which is essential for positive maternal care outcomes.

The Impact of Non-Verbal Tone of Voice on Maternal Comfort

The tone of voice is another critical aspect of non-verbal communication that significantly affects the emotional state of expectant mothers. While the words spoken by a midwife are important, the tone in which those words are delivered can often carry more weight in terms of emotional impact. A calm, gentle, and soothing tone of voice helps to create a sense of safety and comfort, while a hurried or impatient tone can increase stress and anxiety.

During labor and delivery, where emotions run high and the stakes are critical, the tone of voice used by the midwife can either calm or agitate the mother. A soft and reassuring tone helps to create a peaceful atmosphere, allowing the mother to focus on her breathing and the birthing process. Conversely, a sharp or authoritative tone can contribute to feelings of tension, making it more difficult for the mother to relax and trust the process. The literature suggests that midwives who are mindful of their tone of voice are better able to manage the emotional dynamics of childbirth, promoting a

more positive experience for the mother.

The tone of voice also plays a key role in moments of instruction or guidance. During labor, a midwife may need to provide clear directions to the mother regarding breathing techniques, pushing, or pain management. The tone in which these instructions are delivered can either enhance the mother's confidence or undermine it. A confident but gentle tone encourages cooperation and trust, while a forceful or overly directive tone may lead to resistance or fear. Thus, midwives must strike a balance between firmness and compassion in their vocal delivery.

In summary, the tone of voice is a vital non-verbal cue that shapes the emotional environment of maternal care. A calming and supportive tone can significantly enhance the mother's sense of comfort and well-being, while a negative tone can contribute to stress and discomfort. By being mindful of how they use their voice, midwives can create a more positive and supportive birthing experience.

Cultural Sensitivity and the Interpretation of Non-Verbal Cues in Midwifery

Cultural sensitivity is a crucial consideration in the interpretation and use of non-verbal cues in midwifery. Non-verbal communication is highly influenced by cultural norms and values, and what is considered appropriate or comforting in one culture may be perceived differently in another. Midwives who work in multicultural settings must be aware of these differences and adjust their non-verbal communication strategies accordingly.

For example, in some cultures, direct eye contact between a caregiver and patient is



encouraged as a sign of respect and attentiveness. In others, particularly in more hierarchical or conservative cultures, direct eye contact may be seen as disrespectful or too intimate, especially between individuals of different genders. Similarly, the use of touch in midwifery may vary widely across cultures. While touch may be considered a comforting gesture in some contexts, it may be unwelcome or inappropriate in others, particularly where strict physical boundaries are maintained between men and women.

The literature emphasizes the importance of cultural competence in healthcare, particularly in fields like midwifery where emotional and psychological support are central to care. Midwives must be trained to recognize and respect the cultural norms of their patients, ensuring that their non-verbal communication is tailored to the individual's cultural expectations. Failure to do so can lead to misunderstandings, discomfort, and a breakdown in the patient-provider relationship.

In conclusion, cultural sensitivity plays a key role in the effective use of non-verbal communication in midwifery. Midwives must be attuned to the cultural and individual differences of their patients, ensuring that their non-verbal cues are respectful and appropriate. By integrating cultural competence into their practice, midwives can provide more personalized and effective care to diverse patient populations.

4. CONCLUSION

The effectiveness of new vaccines in addressing virus mutated variants highlights both significant advancements and ongoing challenges in vaccine development and deployment. New vaccine platforms,

particularly mRNA-based vaccines, have demonstrated adaptability and strong immune responses against several concerning variants, although their efficacy is reduced against highly mutated strains. Booster doses have proven critical in maintaining immunity, but disparities in vaccine access and waning public compliance pose barriers to global vaccination efforts. The rapid evolution of viruses underscores the need for genomic surveillance and continuous innovation in vaccine design, such as multivalent and universal vaccines, to ensure broader and long-term protection. Addressing global inequities in vaccine distribution and strengthening international collaboration are imperative for limiting the emergence of new variants and enhancing pandemic resilience. By integrating clinical, epidemiological, and public health strategies, these efforts can provide a comprehensive framework for combating virus mutations and safeguarding global health.

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