Intellectual Standards

For me, Intellectual Standards are the missing link in the process of improving interpersonal communication. Communication at school level (written works, essays), communication in organizations and communication in relationships with loved ones. I can't wait to see the results of implementing them into everyday communication (I know this process will be long and demanding, but I feel it will prove very valuable).

**a. Clarity** means clearly stating the problem we want to address.

b. In other words, it means a clear presentation of the matter that we will analyze and consider - so that everyone involved in the process has one understanding of the topic.

c. For example, the statement like: the standards of perinatal care in Poland require change.

1. **Accuracy** means better specification of the issue we will be dealing with (to ensure a deeper understanding of the audience).
2. **In other words,** it means narrowing the topic to issues that will be the object of our interest.
3. **For example,** pregnant women should have access to modern knowledge about pregnancy and childbirth as well as modern medical care.
4. **Precise** means defining the problem in as much detail as possible.
5. **In other words,** it means providing detailed data that will help determine and understand the essence of the problem.
6. **For example,** the vast majority of gynaecologists and midwives strive to medicalize childbirth, treating a pregnant woman as a patient requiring treatment (even when there are no clear medical indications or complications). 43% births in Poland end in a caesarean section (average in Europe is 25%).
7. **Relevance** means sticking to the essence of the problem.
8. **In other words,** it means providing arguments, facts and data relating only to the issue being discussed, avoiding digressions and raising side topics.
9. **For example,** appropriate education of pregnant women, showing them areas that require special care and interest before childbirth (such as urological physiotherapy, appropriate exercises, physical activity, nutrition, proper, natural supplementation, taking care of their mental state, natural methods of pain relief) have a significant impact on the course childbirth and the mental and physical condition of the mother and the newborn.
10. **Depth means** an indication of the complexity of the topic in terms of the number of aspects it covers and how deep it goes.
11. **In other words,** it means that the topic, the problem should be explored in depth, all complexities should be taken into account, the essence of the problem should be found, not focusing only on its superficial symptoms.
12. **For example,** neglects in perinatal care and education of pregnant women result from many factors:

- lack of modern knowledge of doctors (reluctance to develop, fear of a natural approach to childbirth)

- medical care system (underfinanced, outdated methods and equipment)

- doctors' conscience clauses (i.e. politics in medicine)

- lack of cooperation between physiotherapists, doulas and doctors

- oppressive approach to women giving birth (disrespect, intimidation, lack of decision-making on their part).

**a. Breadth means t**aking into account the points of view of all parties involved in the problem.

b. **In other words**, it means that I must make every effort to learn the perspective of all parties involved in this topic, being willing to verify my own assumptions.

c. **For example,** to fully understand the current state of perinatal care, I should hear the opinions of the Minister of Health, gynaecologists, nurses and midwives, doulas, pregnant women, women who have recently given birth, neonatologists, urological physiotherapists, and ideally I would like to know the opinions of foetuses and newborns.

**a. Logic means,** understanding the cause and effect relationships within this problem.

b. **In other words**, it means that I have to take into account all the dependencies and connections in the system I am dealing with.

c. **For example,** the medical system is in poor shape because the government focuses on superficial measures; officially, doctors do not allow or recognize knowledge in the field of natural medicine; there is no connection between medicine, physiotherapy and psychology (there is no holistic approach to a pregnant woman); Pregnant women do not seek information, they defer to "omniscient" doctors, and they succumb to outdated beliefs about pregnancy and childbirth.

**a. Significance means** that the topic I deal with is important for a specific social group or the entire society, humanity, the world.

b. **In other words**, this means that the energy I devote to delving into the topic, understanding the problem, and looking for a solution is a well-placed investment that will serve the good of the larger community.

c. **For example,** if we change the approach to perinatal care, it will reduce the number of medical interventions during childbirth, which will improve the physical and mental condition of mothers and newborns (the number of necessary procedures and postpartum therapies will decrease, the length of stay in the hospital after childbirth will be shortened), it will change the attitude young women for pregnancy and childbirth (it will increase the birth rate, which is currently very low in Poland - 23,000 children per month).

**a. Fairness means,** honesty in action.

b. **In other words**, this means my actions must always be characterized by honesty and transparency, without bias. I must act for the good of all, not for the benefit of individuals.

c. **For example,** I am raising this important topic not only because I am pregnant myself and I want to obtain the best possible perinatal care for myself. But because when I was pregnant, I noticed many shortcomings of the system and I want the situation of all pregnant women to improve.