

Tips and Tools for Labor - A Hands on Experience

Presented by:

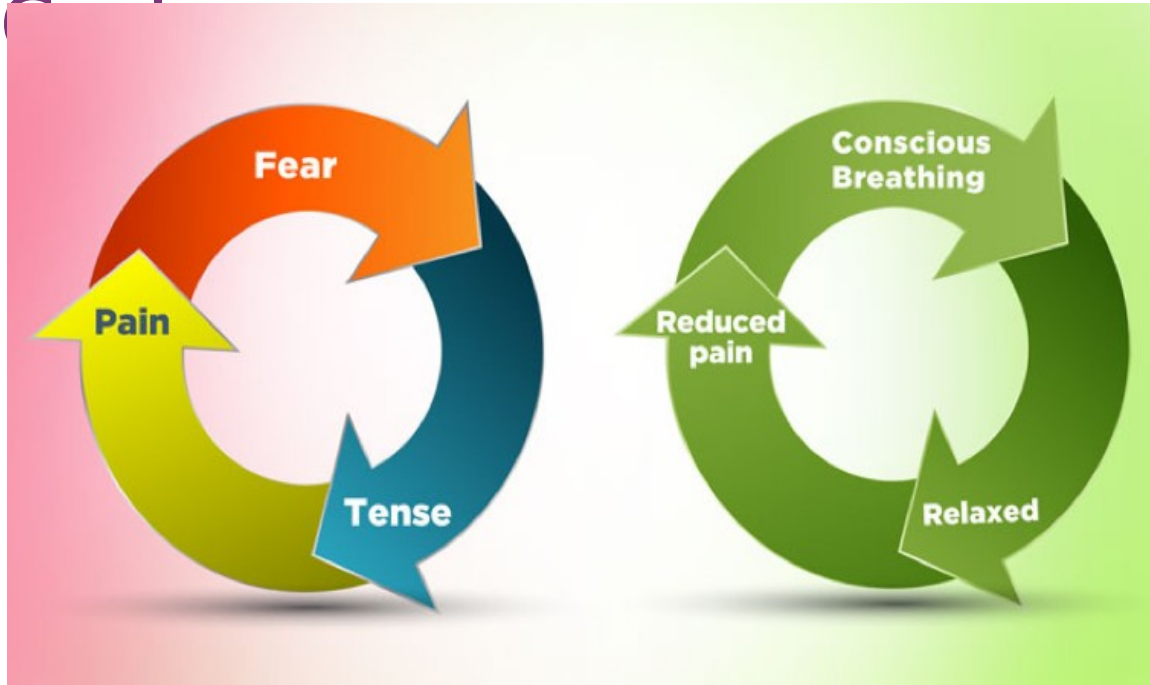
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Overview

- Understanding the need for comfort measures
- Common Comfort Measures for use in the acute care setting
- Hands on Experience



Understanding Pain - Fear/Tension/Pain



PAIN in Labor

Purposeful
Anticipated
Intermittent
Normal

FIGURE 1: Pain Cycle, retrieved from <http://consciousbreathing.com/articles/your-breath-powerful-tool-pain-relief/>

Practice Techniques

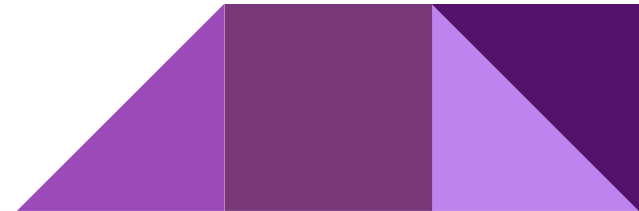
All techniques can be utilized with the medicated and unmedicated patient

- Side-Lying Release
- Rebozo
- Hip Squeeze and Sacral Press



Disclaimer

As with any intervention, there are maternal and fetal considerations that should be assessed prior to performing any of these techniques.



SIDE LYING RELEASE

Why

- To take pressure off sacral nerves
- Balancing the pelvis
- Lengthens muscles of the pelvic floor

<http://spinningbabies.com/learn-more/techniques/the-fantastic-four/sidelying-release>

When (3 Contractions each side)

SIDE LYING RELEASE

How to do it:

- Patient is laying on their side at the edge of the bed
- Bottom leg is straight
- Hand contact point is on the iliac crest
- Lift leg up and over and then hang off side of bed
- Keep shoulders and hips stacked on top of each other
- Do both sides for balance

REBOZO

Why

- Relaxes the pelvic muscles and ligaments
- Creates space in the pelvis
- Encourages the cardinal movements of birth

When (Between contractions)

- Asynclitic Position

REBOZO

How to do it

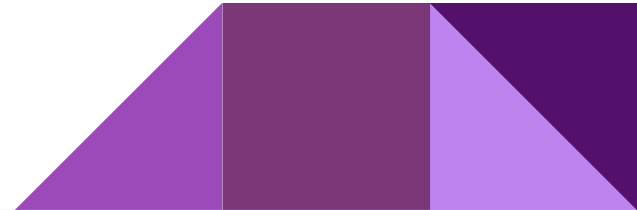
Hands and Knees

- Scarf or flat sheet is placed over belly with top and bottom secured
- Check your own posture! (knees bent, back straight)
- Have patient take a breath in and while exhaling, pull upwards to lift belly
- Hold here or do small circular motions with your hands to lightly move baby from side to side
- Let patient know when you are going to lower down so that she can engage her muscles to support her belly again

HIP SQUEEZE & SACRAL PRESS

Why

- Pain relief
- Shifting the coccyx out of the way
- Create more space



HIP SQUEEZE & SACRAL PRESS

How to do it

Sacral press

- Palm of hand contacts the sacral base.
- Pressure is applied anteriorly.



Hands on Experience

- Partner up in groups of 2-3
- Go to a station
- Practice technique
- Rotate through stations
- Have Fun!



References

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Simkin, P., & Ancheta, R. (2011). *The labor progress handbook: Early interventions to prevent and treat dystocia*. Chichester, West Sussex, UK: Wiley-Blackwell.



Other Non Pharmacological Comfort Measures

Be upright and move

(walking, sway side to side, hips in figure 8s)

Change positions

(hands and knees, leaning over bed, sit or lean on a birthing ball)

Deep Relaxation Breathing

Moaning/Vocalization

Water

(Take a Shower or a Bath)

Hot pack

Cold wash cloth

Massage or touch

Music

Aromatherapy

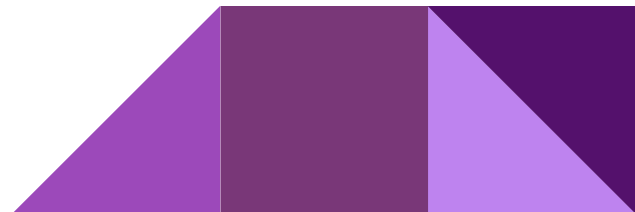
Visualization

Encouragement

Eating and drinking

Going to the bathroom often

A DOULA!



Positions for Comfort



Positions for Comfort

