

Education for Childbirth

- Types of Classes Available
 - Diabetic classes
 - Early pregnancy classes
 - Exercise
 - Infant care
 - Breastfeeding
 - Sibling classes
 - Grandparent classes

Variation Of Basic Childbirth Preparation Classes

- Refresher Classes
 - One or two classes to review material learned from previous pregnancy.
- Cesarean Birth Classes
 - Reason for this method.
 - Anticipate what will occur.

Variation Of Basic Childbirth Preparation Classes

- Vaginal Birth After Cesarean Classes
 - Express unresolved feelings about their previous C section.
 - May be more anxious about labor.

Variation Of Basic Childbirth Preparation Classes

- Adolescent Childbirth
 - Their needs are different than adults.
 - It is important to have special class for them to express their fears and concerns.
 - Often single and have immature perception of birth and child rearing.
 - May be held in school setting since a lot them can not drive.
 - Fathers are included.

Childbirth And Pain

- Childbirth is a part of a normal birth process.
- She has many months to prepare for it and for the pain management.
- Pain threshold – also known as pain perception.
- Least amt of sensation that a person perceives as painful.
- Fairly constant.
- Pain tolerance – amt of pain one is willing to endure.
- Can change under different conditions.

Childbirth and Pain

- Sources of pain
 - Dilation and stretching of cervix.
 - Decrease of uterine blood supply during contraction.
 - Pressure of fetus on pelvic structures.
 - Stretching of vagina and perineum.

Physical Factors That Modify Pain

- CNS
 - Endorphins – natural body substances similar to morphine.
 - Increase during pregnancy and reach a peak during labor.
 - Need smaller doses of analgesic or anesthetic.

Physical Factors That Modify Pain

- Maternal Condition
 - Cervix – if her cervix isn't making any changes, then she will have a longer labor.
 - Pelvis – size and shape will influence how readily the fetus can descend through it.
 - Labor intensity – as the cervix, vaginal, and perineum stretch more abruptly at the later stages of labor and the contractions may come faster. The woman may not get a rest between contractions.
 - Fatigue – as labor begins, many woman are tired because during the later of pregnancy they don't get a lot of sleep.

Physical Factors That Modify Pain

- Fetal Presentation
 - Presenting part acts as a wedge to efface and dilate cervix.
- Interventions
 - IV's, fetal monitoring, amniotomy, and vaginal exams.
- Psychosocial Factors
 - Culture will determine how she feels about pregnancy and how she reacts to pain.

Nonpharmacological Pain Management

- Advantages
 - Does not harm mother or fetus.
 - Does not slow labor if provide adequate pain control.
 - Carry no risk for allergy or adverse reactions.
 - Reduces pleasure of this extraordinary experience.
- Limitations
 - Should be rehearsed before labor begins.
 - With childbirth classes, they are taught other techniques to use during labor.

Methods Of Childbirth Preparation

- Dick-Read Method
 - English physician.
 - Concept of fear – tension – pain cycle during labor.
 - Fear of childbirth contributes to tension, which results in pain.
- Bradley Method
 - Husband coached childbirth.
 - First one to include father.
 - Slow abd breathing and relaxing techniques.
- Lamaze Method
 - Mostly used.
 - Mental techniques that prepare woman to respond to contractions with relaxation rather than tension.

Nonpharmacological Techniques

- Skin Stimulation
 - Effeirage – striking abd with fingertips in a circular motion. Stimulates large diameter nerve fibers which interfere with pain transmission.
 - Sacral pressure – firm pressure against lower back.
 - Thermal pressure – warm blanket or warm compresses. Many woman like cool cloth to face.

Nonpharmacological Technique

- Relaxation
 - Concentration of reduce muscle tension.
 - Tub or shower helps promote relaxation and refresh her.
 - Should be aware of labor area, procedures, and what is happening to her body.
- Positioning
 - Changing positions relieves muscle fatigue and strain.

Nonpharmacological Techniques

- Breathing
 - Each breathing pattern begins and ends with cleansing breath.
 - First stage
 - Slow paced breathing.
 - Modified paced breathing.
 - Patterned paced breathing.
 - Second stage
 - Pushes while exhaling and counts to 10.

Nonpharmacological Techniques

- Gate Control Theory
 - Massage

**Nurse's Role In Nonpharmacological
Techniques**

- Identify tension
 - Identify signs of tension so she can be guided to release it.
 - Tense body posture or facial grimacing.
- Make eye contact
 - Helps her to concentrate on breathing during each contraction until she gets control.
- Minimize environmental irritants
 - Lights lowered, change underpad, adjust temp, apply warm blanket when necessary.
