

## Pain Management During Labor- Maternal (OB) Nursing

### Types of pain during childbirth:

- Visceral- slow and deep, poorly localized; dominates **stage 1** of the birthing process
- Somatic- fast and slow, precisely localized; end of **stage 1** and beginning of **stage 2**

### Sources of pain during childbirth

- **Tissue ischemia**- blood supply to the uterus is decreased
- **Cervical dilation**- stretching is painful!
- Pressure and pulling on pelvic structures
- Distention of the vagina and perineum- burning, tearing, splitting

### Influences on pain during childbirth

- Intensity of labor- short and intense is usually severely painful
- Cervical readiness- longer labor and greater fatigue if cervix is not ready
- Fetal position- occiput posterior fetal position is unfavorable
- Characteristics of the pelvis- size and shape
- Fatigue- influences ability to tolerate pain
- Intervention by caregivers- IV line causes pain, fetal monitoring equipment, induction or augmentation
- Culture- how the mother perceives, interprets, and responds
- Anxiety and fear- magnify sensitivity to pain
- Previous experiences with pain
- Preparation of childbirth- preexisting expectations
- Support system

Regional	<p>Mother remains awake and is able to participate in her birth experience.</p> <p>Limitations include:</p> <ul style="list-style-type: none"> <li>- Maternal hypotension (<i>administer IV fluids, IV ephedrine to combat hypotension</i>)</li> <li>- Fetal heart rate changes</li> <li>- Respiratory depression</li> <li>- Nausea/vomiting</li> <li>- Pruritus</li> </ul> <p><b>Spinal block:</b></p> <ul style="list-style-type: none"> <li>- Inserted in subarachnoid lumbar</li> <li>- Relieves uterine and perineal pain</li> <li>- Spinal headache may occur (instruct mother to stay supine)</li> <li>- Decreased BP</li> </ul> <p><b>Epidural block</b></p> <ul style="list-style-type: none"> <li>- Threaded at L3-L4</li> <li>- Can be used for vaginal and c-section births</li> <li>- Decreased BP</li> </ul>
Opioid analgesics	<p>Demerol Fentanyl Stadol Nubain</p> <p><b>Observe for respiratory depression in the neonate</b></p>
Pudendal block	<p>Numbs the lower vagina and part of the perineum Used for vaginal birth or episiotomy</p>
General anesthesia	<p>Used for emergency c-sections or women who refuse or are not a candidate for regional anesthesia Mother is at risk for aspiration of gastric contents</p> <ul style="list-style-type: none"> <li>- NPO, restrict fluids</li> </ul> <p>Mother and baby are also at risk for respiratory depression Wedge is placed under mother to avoid vena cava compression</p>
Nonpharmacological techniques	<p>Relaxation Massage Hydrotherapy Mental stimulation Breathing techniques</p> <ul style="list-style-type: none"> <li>- Slow paced breathing</li> <li>- Pattern-paced breathing</li> </ul>