

Maternity Exam #2 Study Guide

Nursing Management for the Laboring Patient:

Types of Pain:

- **Visceral Pain:** Located over lower portion of the abdomen and radiates to the lumbar area of the back and down the thighs due to contractions
- **Somatic pain:** Perineal pain (Expulsion of the baby)
- **Referred pain:** Felt in back, flanks, or thighs

Factors affecting pain:

- Perception: Depends on culture, coping skills, support system
- Anxiety, fear, sleep deprivation, fatigue can magnify pain (also substance abuse)

Gate Control Theory of Pain: Pain sensations travel along sensory nerve pathways to the brain

- **Purpose:** Use of techniques that reduce or block the nerve pathway
- **Gate Control Interventions:**
 - **Cognitive strategies:** Childbirth education (Lamaze), hypnosis
 - **Sensory stimulation strategies:** Breathing techniques, music, and focal points, aromatherapy, dimmed lighting
 - **Cutaneous stimulation strategies:** Therapeutic touch, massage, back rubs, effleurage, sacral counter pressure

Nonpharmacological Management of Discomfort:

- **Dick Read Method:** Technique of delivery called natural childbirth. Limited anesthetics. Concentration on the mother's conscious effort to give birth to her child.
- **Lamaze Method:** Laboring women are encouraged to move around and follow their body's urges to push. Method stresses breathing patterns and other natural relaxation techniques for dealing with pain.
- **Bradley Method:** Classes are small and cover nutrition, relaxation techniques for labor and birth, breastfeeding and more.
- Therapeutic touch, massage, and aromatherapy
- Frequent maternal position changes are necessary to relieve fatigue, increase comfort, and to improve circulation.
- During the second stage: Kneeling and squatting are most effective to increase the pelvic outlet.
- Jet hydrotherapy/showers
- Hypnosis, yoga, acupressure.

Regional Anesthesia: Epidural/Spinal

- **Advantages:** Pain free labor and preserves maternal energy
- **Disadvantages:** **Induces major hypotension;** Cannot feel contractions

Study Guide For Maternity Nursing

Rachel S Tattersall



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