

NON-PHARMACOLOGICAL PAIN MANAGEMENT

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BENEFITS

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NON-PHARMACOLOGICAL PAIN MANAGEMENT

Benefits:

- Reduces anxiety, fear, and tension
- Inexpensive and safe
- Produces minimal effects in comparison to pharmacologic pain management
- Easily combined treatment
- Does not limit mobility

GATE-CONTROL THEORY OF PAIN

The sensory nerve pathways that send pain sensations to the brain allow only a limited number to travel at one time. The gate-control theory encourages mothers to use distractions to block the pain signals and inhibit the brain's perception to pain.

SENSORY STIMULATION STRATEGIES

Sensory stimulation strategies are based on the gate-control theory to promote relaxation and pain relief.

Examples:

- Music
- Dimmed lighting
- Imagery
- Breathing techniques
- Aromatherapy

COGNITIVE STRATEGIES

- Childbirth education
- Childbirth preparation methods to promote relaxation and pain management
 - Lamaze: Use of a partner to facilitate breathing techniques during labor
- Hypnosis
- Biofeedback
 - Using visual or auditory feedback to gain control over involuntary bodily functions such as blood flow, blood pressure, and heart rate

LAMAZE BREATHING METHOD

DURING ACTIVE LABOR

- 1 Begin with a deep breath.
- 2 Breathe through your nose and release through your mouth.
- 3 Maintain a slow breathing pattern. Speed up when the contraction increases.
- 4 Relax your shoulders.
- 5 As your contractions improve and breathing rates enhance: Change your breathing pattern to a light one by breathing in and out through your mouth, one breath each second.
- 6 When your contractions decrease: Breathe slowly. In through the nose out through the mouth.



TRANSITION BREATHING

This type of breathing is helpful in controlling feelings of exhaustion and despair. Transition breathing can be useful as you change to light breathing.

- 1 Start with a deep breath.
- 2 Focus your attention on a certain object you can see.
- 3 During contractions breathe in and out at a rate of 1-10 breaths every 5 seconds.
- 4 Blow a long breath in every fourth or fifth breath.
- 5 Take a relaxing breath when the contraction finishes.
- 6 Use a "hee" for every short breath and a "hoo" for each long breath.

HEE



HOO



THE 2ND STAGE OF LABOR

- 1 Begin with a deep breath.
- 2 Focus on your baby moving down and out.
- 3 Breathe slowly during contractions.
- 4 Adjust your breathing to your comfort level.
- 5 If it feels like you need to push, take a deep breath and then release it slowly while bearing down.
- 6 When the contraction is done, relax and take two calm breaths.
- 7 Give yourself a positive mindset mantra like "I can do this" or "I'm OK, my baby's OK" to help keep your head in the right place.



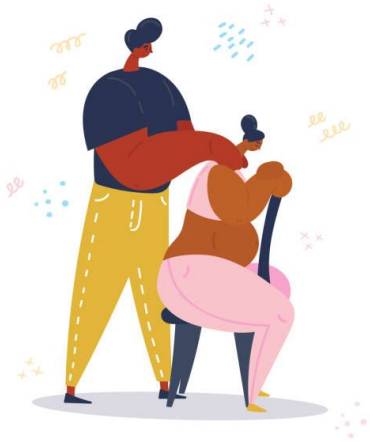
For more helpful Lamaze techniques visit
www.mommabe.com/lamaze-breathing-techniques

MommeBe.com
MOMS SUPPORTING MOMS

TRY THESE BREATHING TECHNIQUES THROUGHOUT THE DIFFERENT STAGES OF LABOR!

CUTANEOUS STIMULATION STRATEGIES

- **Therapeutic touch and massage:** back rubs and massage
- **Sacral counterpressure:** pressure applied to the lower back using the heel of the hand or fist to counteract pain felt from contractions
- **Application of head or cold compress**
- **Hydrotherapy:** water birth or shower



CUTANEOUS STIMULATION STRATEGIES



USE OF A BIRTHING BALL

ROCKING



WALKING



CUTANEOUS STIMULATION MEASURES

MATERNAL POSITION CHANGES TO TRY!

- SEMI-SITTING
- SQUATTING
- HANDS AND KNEES
- SUPINE POSITION WITH THE PLACEMENT OF A WEDGE UNDER THE HIPS



FORMULATE A BIRTH PLAN

What to Think About When Writing Your Birth Plan



Background Details

- Medical team's contact info
- Hospital or birthing center's address
- Birth partner



Preferences During Labor

- Labor/delivery positions
- Pain medication
- Labor induction



Preferences for Giving Birth

- Episiotomy vs. potential tear
- Type of anesthesia (in case of a cesarean)
- Who to consult in an emergency



Preferences for After the Delivery

- Who'll hold your baby first?
- Medical procedures for baby
- Baby with you at all times?



A BIRTH PLAN ALLOWS FOR A
SELF-CONTROLLED AND
COMFORTABLE LABOR AND
DELIVERY

MY BIRTH PLAN

Labor

- Partner & Mom in the room
- Spend labor in birthing pool
- Pain meds only if asked
- Walk around freely

After Delivery

- Dad cuts cord
- Immediate skin-to-skin contact

Birth

- Avoid birthing on back
- No forceps
- No episiotomy
- C-section OK if needed

Newborn Care

- No pacifiers
- Explain all newborn procedures to me BEFORE they're done to baby
- Baby must be accompanied by me or Dad the whole time

SOURCES

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