

Nurse's Role in Labor Support

Labor Support Workshop

OK Perinatal Nurses' Forum



Kathryn M.L. Konrad, MS, RNC-OB, LCCE, FACCE
Assistant Professor, University of Oklahoma College of Nursing



Why Labor Support?

“Although birth is only one day in the life of a woman, it has an *imprint on her for the rest of her life.*”

–Justine Caines



Objectives

- Discuss the role of labor support in quality improvement and decreasing cesarean rates
- Discuss the role of the labor support team and its members
- Discuss the 4 components of labor support
- Discuss 2nd stage labor practices to reduce perineal lacerations
- Demonstrate hands on measures that promote comfort and support of the laboring woman



Who needs labor support?

- The mom who wants an unmedicated, natural birth
- The induction mom who wants an epidural ASAP
- The planned c-section mom
- **ALL LABORING MOTHERS!!!!**



AWHONN & Labor Support

- AWHONN released the *Women's Health and Perinatal Nursing Care Quality Refined Draft Measures Specifications* in 2014
- Measure 10a: Continuous Labor Support
 - "Women in labor who receive continuous, non-pharmacologic labor support customized to meet their physical and emotional needs by a RN or CD"
 - Goal: 100%



AWHONN & Labor Support

- AWHONN released the *Women's Health and Perinatal Nursing Care Quality Refined Draft Measures Specifications* in 2014
- Measure 10b: Partial Labor Support
 - "Women who receive non-pharmacologic labor support from a RN at least once every hour"
 - Goal: 100%



AWHONN & Labor Support

- “Women who receive continuous support during labor from hospital staff, nonhospital professionals such as doulas and family or friends may have improved outcomes compared with women who do not have such support.”
- “Care and support during labor are powerful nursing functions...”
- (AWHONN, 2018)



Labor Support to Decrease C-section rates

- AWHONN
- ACOG
- ACNM
- Childbirth Connection
- March of Dimes
- Leapfrog

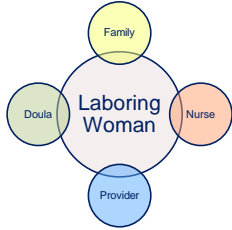


What is “Labor Support”?

- It is more than pain relief
- It is about providing the mother with what she needs & desires for *her* birth
- Supporting her decisions for her labor & birth
- Creating a positive relationship between mother and the labor support team
- Emotional, physical, spiritual, advocacy
- Can be from a variety of sources



Labor Support Team



Konrad, K. 2014



What is a doula?

- The word “doula” is Greek for “a woman who serves”
- A professional labor or postpartum support person





Why use a doula?

- Research supports the use of doulas!
- Doula reduce c/s, improve breastfeeding rates and duration, improve satisfaction with birth experiences, decrease incidence of postpartum anxiety, PPD & PTSD
- Use of continuous labor support by a certified doula encouraged by AWHONN, ACOG and SMFM
- Many certifying bodies- DONA most common



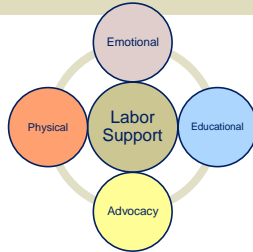
But I am there, why does she need a doula?

- Labor nursing care involves many safety measures, tech needs and other critical thinking and task oriented procedures
- Nurse patient ratios
- Doula there for entire labor, 1:1 continuous support
- Established mother/family/doula relationship
- Continuum of care from doula that L&D nurses cannot offer
- Increased job satisfaction for BOTH nurse & doula



4 Components of Labor Support

- Advocacy
- Emotional
- Informational & Educational
- Physical



Blanch and Adams (2008); Gagnon and Waghorn (1996); Gale, Fathergill-Bourbonnais (2001); Hodnett, et al (2013); McNeven, Hodnett, and O'Brien-Palms (1992)



Advocacy Support

- Recognize YOUR thoughts, wishes, desires for birth
- Recognize HER thoughts, wishes, desires for birth
- Stay **CALM**





Advocacy Support

- Respect and follow her birth plan
- Provide a safe environment
- Promote & provide safe care
- Give HER control



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Emotional Support

- Be present!
- Be open
- Maintain eye contact!
- Care for the patient 1st, equipment 2nd





Emotional Support

- Respect & FOLLOW the birth plan!!!
- Give mom control- it is **her birth**, not yours
- Explain what you are doing
- **STAY CALM!**





Emotional Support

- Encourage mom- "you're doing great!" "Baby is doing well!"
- Provide affirmation- "this is hard work- good job!"
- TOUCH
- Stay on her level
- Be honest



Emotional Support

- Promote communication:
 - Introduce yourself!
 - Respect mom's wishes and culture
 - Maintain eye contact
 - Stay on her level
 - Answer questions
 - Follow up



Educational Support

- Be honest
- Translate
 - Jargon → plain English
- Provide answers
 - If you don't know, find out!
- Use the moment





**Physical Labor Support:
Position Change**



Middle pictures courtesy of Samantha Flowers, BSN, RN, CDDONA ©2012



**Physical Labor Support:
Position Change**



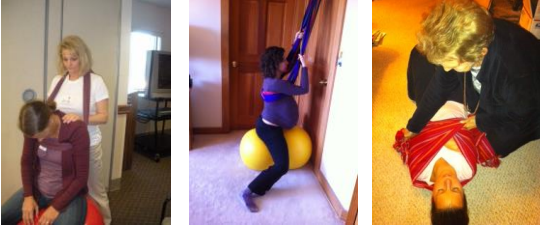


**Physical Labor Support:
Position Change**





Physical Labor Support: Rebozo

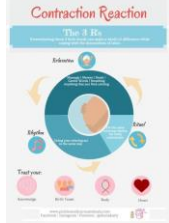


All pictures copyright of Paulina G. Perez, RN, FACCE, LCCCE, CD & Jessilyn Dolan, RN, CLD, CMT, CIMI, HBCE from Rebozo Workshop on October 20, 2012 in Burlington, Vermont



Physical Labor Support: Breathing Techniques

- Works to prevent hyperventilation
- Provides distraction
- Moms often develop their own pattern
 - The 3 R's
- Cleansing breath-exhale completely





Physical Labor Support: Visualization

- Hypnosis
- Focal Point
- Visualizing relaxing place
- Visualizing self with baby
 - Life saver
 - Opening flower





**Physical Labor Support:
Relaxation**

- Progressive relaxation
- Touch relaxation
- Relaxation of specific muscle areas
- Hypnosis
- Breathing
- Meditation/prayer
- The "3 R's"





**Physical Labor Support:
Positive Touch & Massage**

- Offer your hands!
- Effleurage
- Hair brushing
- Hand/foot massage
- Back massage
- Counter pressure





**Physical Labor Support:
Water**

- Shower
- Bath
- Water sounds
- Wet wash cloth
- Drinking



• Photo courtesy of Karen Prior, LCCE, CD(DONA), E-RYT of Mamaste Yoga ©2010



**Physical & Emotional Labor Support:
Mental Activities**

- Distraction
- Rhythm (The 3 R's)
- Talking
- Chanting
- Meditation/prayer
- Hypnosis





**Physical Labor Support:
Heat & Cold**

- | | |
|--|---|
| <ul style="list-style-type: none"> • Heat <ul style="list-style-type: none"> – Rice sock – Heating pad – Warm blankets/towels – Warm environment – Warm water | <ul style="list-style-type: none"> • Cold <ul style="list-style-type: none"> – Cool compress – Cold pack – Cold peripad – Cold pop can – Cool air- fan |
|--|---|



**Physical Labor Support:
Environment**

- Maintain calm
- Minimize interruption
- Minimize harsh lighting
- Adjust room temperature
- Music/TV if mom desires





**Physical Labor Support:
Promoting Labor Progression**

- Encourage movement
 - Walking
 - Birth ball
 - Lunging
 - Leaning
 - Pelvic tilt/rock





**Physical Labor Support:
Promoting Labor Progression**

- Position change (q 30 min)
 - Side lying
 - Hands & knees
 - Squatting
 - Standing
 - Birth ball





**Physical Labor Support:
Promoting Labor Progression**

- Decrease fears
- Administer meds & fluids properly
- Promote maternal hydration



Photo courtesy of Karen Prior, LCEE, CD(DONA), E-RYT, Mamaste Yoga, LLC ©2012



**Physical Labor Support:
Promoting Optimal Fetal Positioning**

- Encourage movement
 - Walking
 - Birth ball
 - Lunging
 - Leaning
 - Pelvic tilt/rock





**Physical Labor Support:
Promoting Optimal Fetal Positioning**

- Position change (q 30 min)
 - Side lying
 - Hands & knees
 - Squatting
 - Standing







Physical Labor Support: 2nd Stage

- Measures to reduce perineal lacerations
- Nurse POWER!





Physical Labor Support: 2nd Stage

- Measures to reduce perineal lacerations
- Comfortable position for mom
- Support the perineum
 - Warm compress to perineum while pushing
- Open glottis pushing
 - Avoid holding breath
 - Gentle exhale



Physical Labor Support: 2nd Stage Pushing Positions





Physical Labor Support: 3rd & 4th Stage- Promoting Bonding

- Keep mom & baby together
- Perform routine assessments and procedures in mother's room (better yet- on mom's chest!)
- SKIN TO SKIN
- Encourage immediate breastfeeding





Physical Labor Support: Interventions for Back Labor

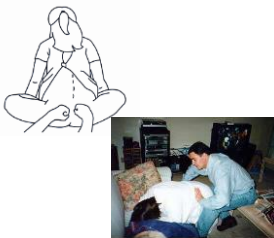
- Hands & knees
- Side lying with rapid side to side movements with epidural
- Peanut ball





Physical Labor Support: Interventions for Back Labor

- Counter pressure
- Double hip squeeze
- Rebozos





Physical Labor Support: Interventions for Back Labor

- Knee press
- Pelvic tilts
 - Passive
 - Maternal



• Photo courtesy of Paulina G. Perez, RN, FACCE, LCCE, CD



“There is a secret in our culture- it is not that labor is painful. It is that women are strong.”

Laura Stavoe Harms



Resources- Online

- AWHONN: www.awhonn.org
- Cochrane Database: www.TheCochraneLibrary.com
- DONA International: www.DONA.org
- Evidence Based Birth: www.EvidenceBasedBirth.com
- Lamaze International
 - 6 Healthy Birth Practices: LamazeInternational.org
 - Research Blog: ScienceAndSensibility.org
 - Videos & info: MothersAdvocate.org, YouTube Channel



Resources- Online

- Current Research:
 - *A Guide to Effective Care in Pregnancy and Childbirth*
www.childbirthconnection.org
 - PubMed: www.pubmed.gov
 - Cochrane Reviews: <http://www.cochrane.org/cochrane-reviews>
 - Cumulative Index to Nursing and Allied Health Literature (CINAHL): www.cinahl.com



Resources- Researchers Online

- Penny Simkin, PT www.PennySimkin.com
 - Information on "Supporting the Woman with an Epidural", "When Pain Becomes Suffering", "The 3 R's", "The Best Cesarean Possible", sexual abuse victims in labor and early PP, YouTube Channel
- Kathleen Kendall-Tackett, PhD, IBCLC
www.UppityScienceChick.com
 - Info on PPD, breastfeeding, sleep patterns, trauma in childbirth



Resources- Print

- Perez, Paulina:
 - *The Nurturing Touch at Birth: A Labor Support Handbook, 3rd ed.*
 - *Birth Balls: The Use of Physical Therapy Balls in Maternity Care*
 - CuttingEdgePress.net



Resources- Print, cont'd

- Simkin, Penny
 - *Simkin's Rating of Comfort Measures*
 - *The Birth Partner, 3rd edition*
 - *The Labor Progress Handbook, 2nd edition* (with Ruth Anceta)



Resources- Print, cont'd

- Smith, Linda
 - *Impact of Birthing Practices on Breastfeeding, 2nd edition*
- Stager, Leslie
 - *Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle*



Resources- Video

- Rice Simpson, Kathleen
 - *High Touch Nursing Care in Labor* (available from AWHONN.org)



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