Comfort Measures Power of Language Scenario

Judy is a G1P0 @ 39 weeks gestation.

Judy: Act like you are having very painful contractions and feeling like maybe you can’t do this anymore.

Nurse: Ask your routine questions if an abrupt manner. Perform a cervical exam that reveals that she is 2 cm/50%/-2 station. Speak to her in a negative way. For example. “If you think it hurts now just wait until you are in active labor” “You might as well get an epidural now” “It only gets worse from here”

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