

Comfort Techniques in Active Labor Scenario



Part 1:

You are just starting your day in OB and are assuming care for Karen, a primip in active labor, 6/80/-1. During bedside handoff, you learn that she has a birth plan and wants to have an unmedicated birth. Her prenatal care was uneventful and her doula, Mary is with her along with her partner Tom. Tom remains attentive along with Mary supporting Karen who is lying in the bed moaning. You determine she is in active labor with a Category 1 FHR pattern. As you are doing this initial assessment, she looks up at you and states “I don’t know if I’m going to be able to do this after all.”

- How would you respond to Karen?
- What can you discuss with Karen about being in bed at this point of her labor?
- What do you suggest they could try at this point to help her cope with active labor?

Part 2:

Karen walks for 2 hours. She returns to her room and tells you she really feels like she needs to sit or lay down for a while.

- What positions would you suggest before Karen gets into to bed? What about using the other furniture or devices in the room?
- How can Karen use the bed without getting in it?
- How would you instruct her to use the birth ball or CUB chair?

Part 3:

An hour later you perform a vaginal exam and determine that Karen is 8/100/-1. Karen’s doula, Mary suggests using a rebozo to “jiggle” the baby. Karen wonders if it will also help with pain management.

- How do you talk to Karen and Mary and Tom about this?
- How can you help them create a rebozo?
- What other positions would you suggest?

Part 4:

- Labor is progressing and Karen states she is getting tired.
- What techniques has Karen not yet tried?

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- What other positions might you suggest? Practice suggesting them.

Part 5

Karen has been in active labor for 8 hours and you notice that she is turning increasingly inward during each contraction. Her eyes are closed, and she is panting like a dog during each contraction.

- How would you suggest she breathe during this part of labor?
- How would you demonstrate this to her?

Part 6:

Thirty minutes later Karen is making bearing down efforts with each contraction and making high pitched noises. You check her and find that she is complete and +1 station.

- How would you instruct her to vocalize and breathe now?
- Describe pushing techniques you would encourage

Part 7:

Karen gives birth to a baby boy after pushing for 1.5 hours, intact perineum, Apgars 9 & 9!