

UCLA Health

Childbirth Preparation

Class Two

Welcome to Childbirth Preparation!

- **Class One: Overview of the labor process**
- **Class Two: Focus on comfort measures and pain management**
- **Class Three: Labor interventions, cesarean births and Postpartum**

- **Zoom – HIPAA compliant**
- **Group Format - Consent to participate**
- **Personal questions in a group format**
- **General advice – not Medical Advice**
- **Please “Mute” yourself–background noise- Show Video**
- **“Raise Hand” or wave or use the Chat Box**
- **Be respectful**

The instructor does not have any relevant financial relationships with commercial interests

Pain Relief Measures/Comfort Measures



The Four Stages of Labor



First Stage

- Early labor
- Active labor
- Transition

Second Stage

Third Stage

Fourth Stage

- Purposeful
- Anticipated
- Intermittent
- Normal

...is a roadmap of your desired labor path



...is not inflexible or set in stone

- Music helps relax the room and provide a focal point
- Choose familiar music that is soothing to you personally
- LED candles are a relaxing soft light source and a focal point
- UCLA approved essential oils



Back Massage

- For relaxation and rhythmic touch
- For back labor/posterior baby



Visualizing & Focal Points





- Breathe in and out through your nose or mouth, or use a combination of both
- Begin and end with a cleansing breath
- Use breathing exercises anytime during labor



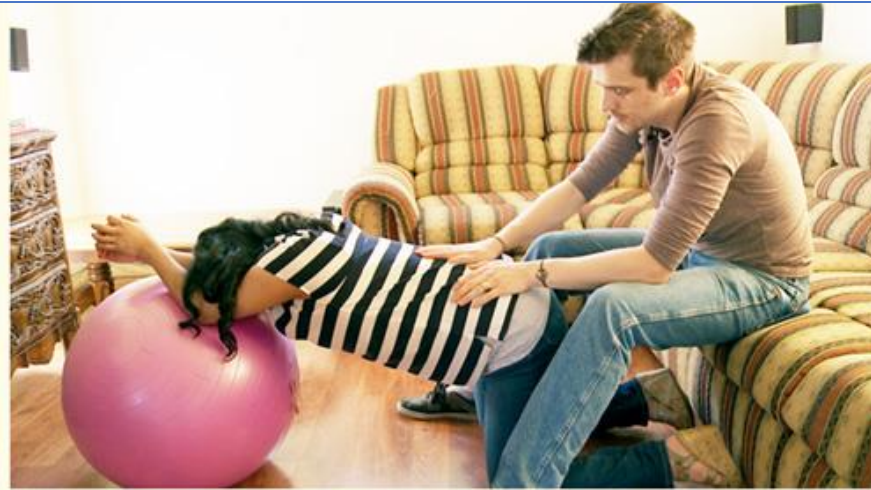
Hydrotherapy



Labor Positions



Labor Positions



Tips for Back Labor



Counterpressure



Heat or Cold Packs



Double Hip Squeeze



- Suggest a variety of comfort measures (try one at a time)
- Rest when you can
- Nourish yourself
- Be the link between medical staff and Mom
- Don't take things personally



Find what works best for Mom



Let's Practice Breathing with Positioning

- Two contractions in an upright position, e.g., slow dancing, leaning on partner's back or countertop
- Contraction straddling a chair or yoga ball
- Contraction on all fours or leaning with back flat
- Back labor contraction with counter-pressure from bean sock or similar

Pushing Positions



Hands-and-knees



Squatting



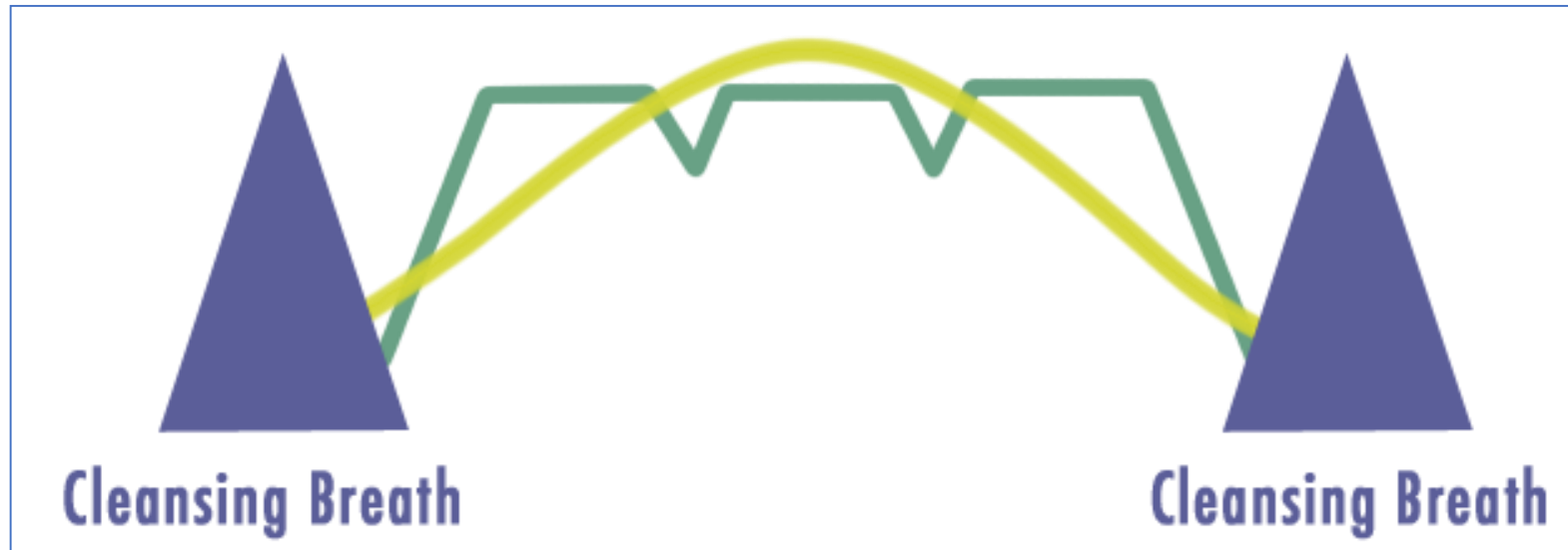
Side-lying



Birth Stool



- Breathe in a way that feels good during pushing
- Try a controlled exhale as you push, instead of holding your breath
- You will push 3-4 times per contraction for about 6-8 seconds each time



Partner's Role During Pushing



Nitrous Oxide

- Given by mask
- Controlled by the mother; applies and removes the mask as needed

Intravenous Narcotics

- Available early in labor; in limited amounts
- Described as “taking the edge off”
- May cause drowsiness



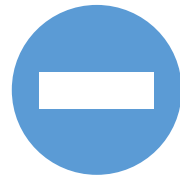
Advantages



- Can be given soon after requested
- Provides fast relief
- Does not numb your muscles (mobility is still possible after the drug has worn off)

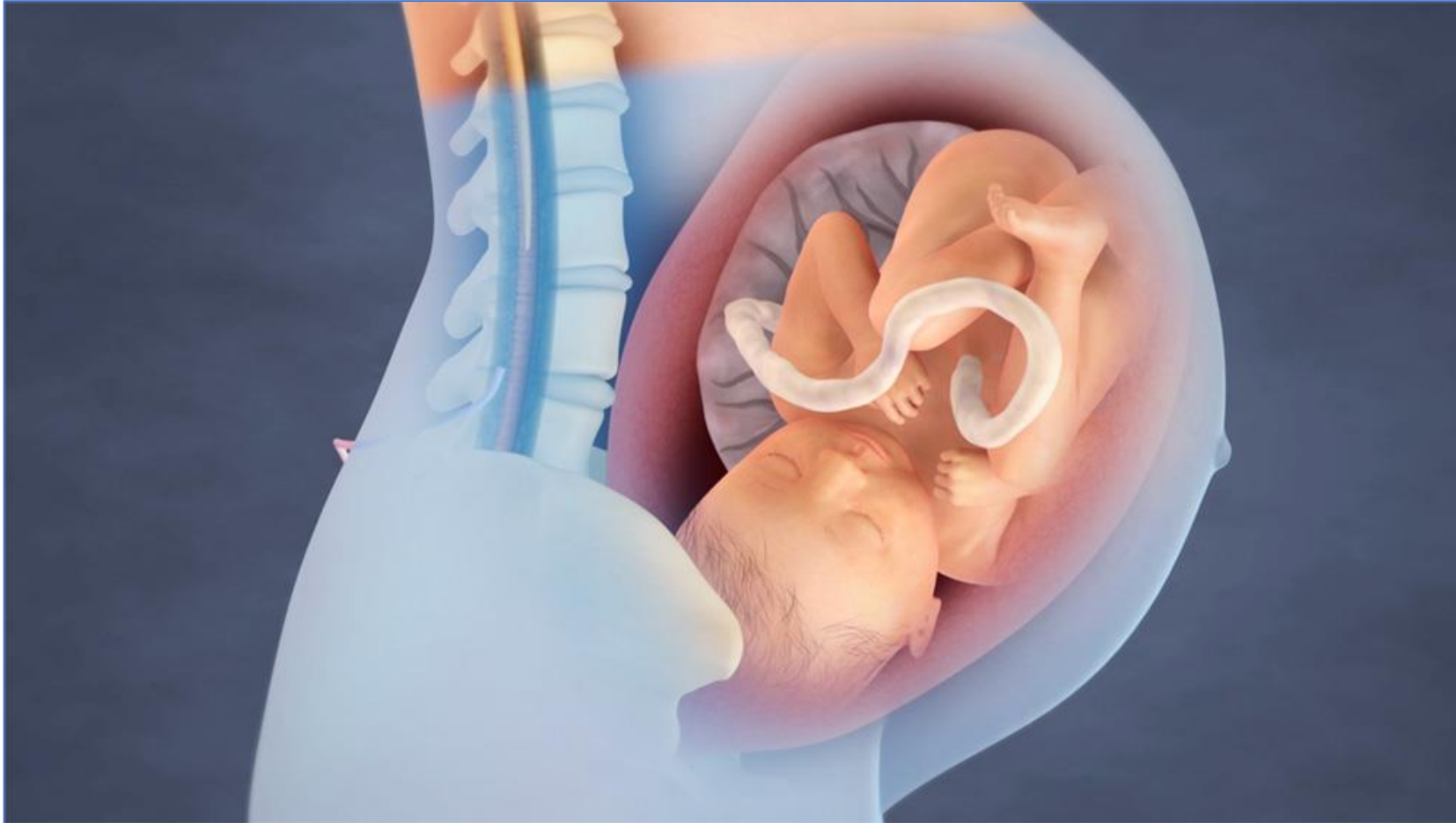
Disadvantages

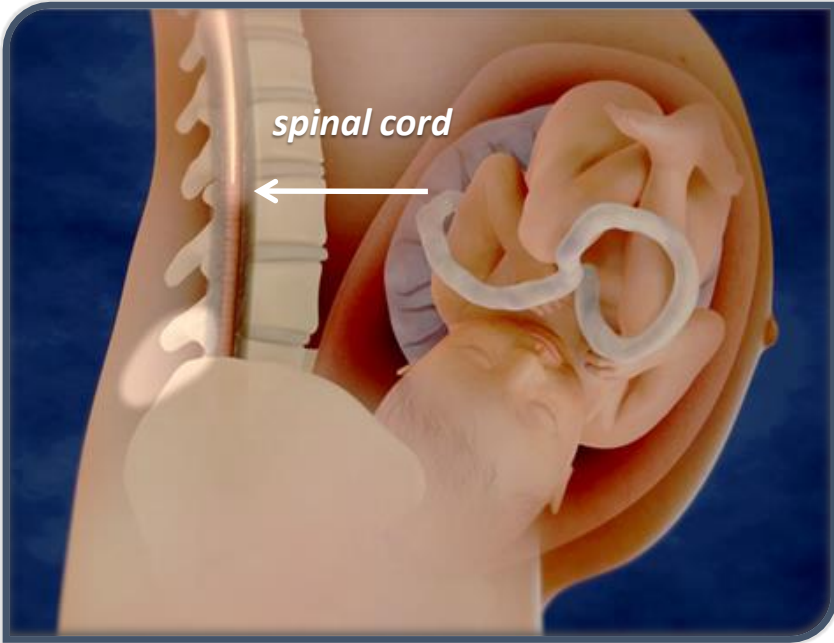
- Does not provide total pain relief
- May cause drowsiness, disorientation, itching, or nausea
- May slow breathing or lower blood pressure
- May inhibit mobility while in effect



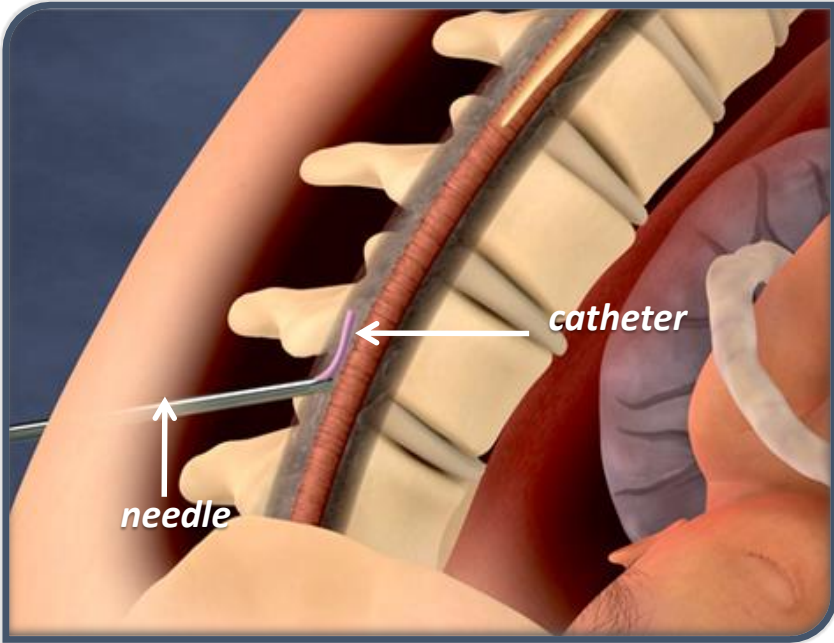
Side Effects for Baby

- May be sleepy and have difficulty breastfeeding at first
- May slow breathing and reflexes temporarily
- Avoid just prior to birth to reduce these effects





The administration area is below the spinal cord



Epidural needle and catheter



- Variation of epidural
- Less local anesthetic & more opioid pain medication than conventional epidural
- Assessment performed on parent and baby before walking is permitted
- One-hour minimum lead time necessary, inquire early

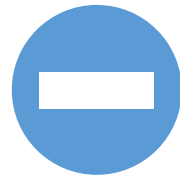


Advantages

- Very effective pain relief
- Allows rest
- Does not affect Mom's mental state

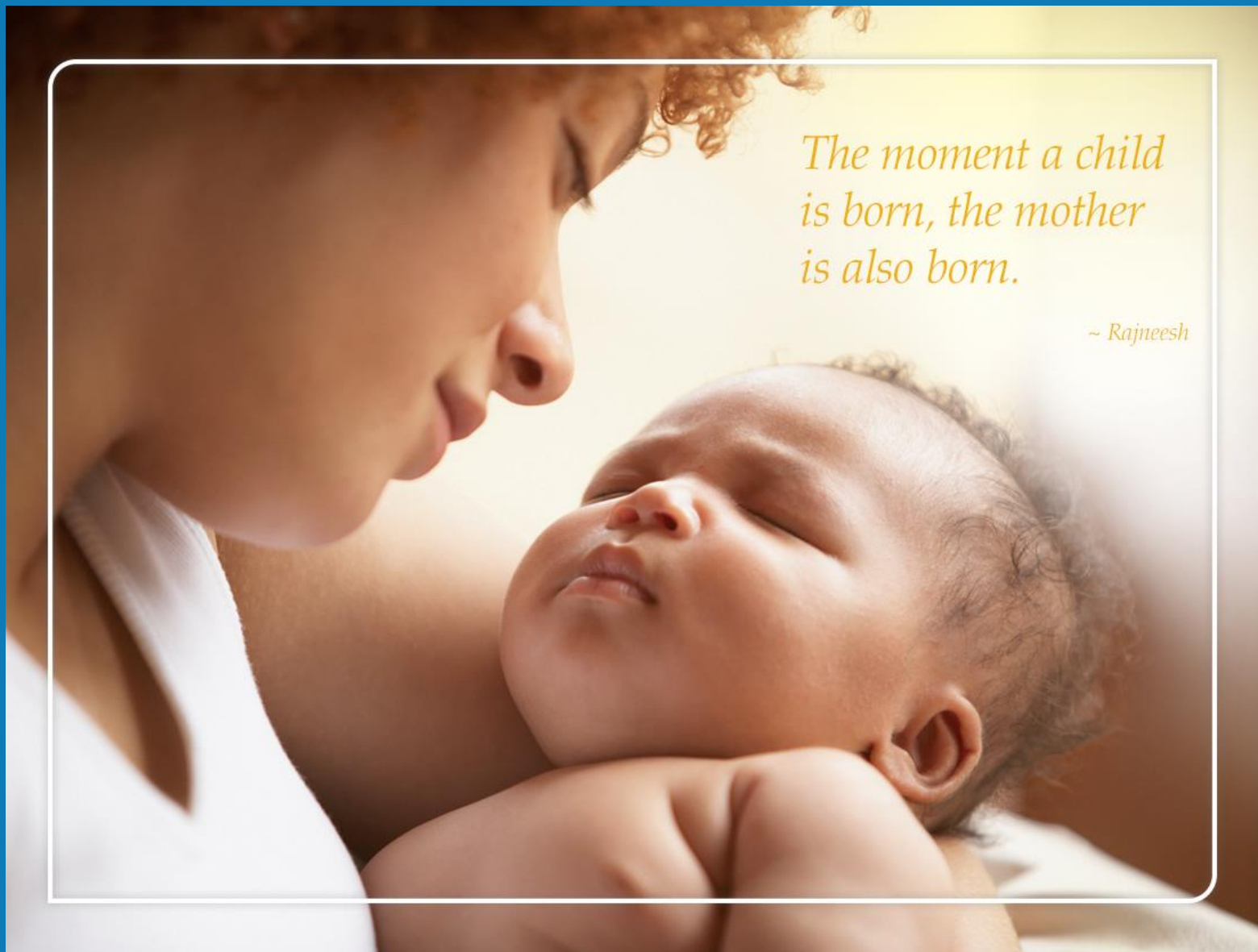
Risks

- May offer incomplete areas of relief
- May lower blood pressure and cause fetal heart rate to drop
- May cause shivering, fever, itching, and/or nausea
- May cause soreness or bruising at the administration site
- Rare but serious risks are listed on the consent form
- (No significant risk to the baby is known)



Effect on Labor

- Continuous fetal monitoring
- Mom must stay in bed and needs a urinary catheter
- May affect labor progress
- May decrease Mom's ability to push effectively



*The moment a child
is born, the mother
is also born.*

~ Rajneesh

