

# Application of the Coping With Labor Toolkit to Assist Laboring Women

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# Labor Support

- ▶ Emotional and physical nursing interventions to provide support for laboring women
- ▶ Enhances the laboring woman's comfort, confidence, and sense of being cared for and safe
- ▶ Should be continuously provided during the labor and delivery process
- ▶ Goal of Association of Women's Health, Obstetric, and Neonatal Nurses (AWHONN):
  - ▶ 100% of women receiving continuous labor support

# Labor Support

- ▶ Providing continuous labor support is shown to:
  - ▶ Increase spontaneous vaginal deliveries
  - ▶ Shorten time of labor
  - ▶ Decrease analgesic use
  - ▶ Provide a more positive birth experience
  - ▶ Improve 5-minute Apgar scores for infants



# Labor Support

- ▶ Labor support provided by a nurse results in
  - ▶ Higher levels of patient satisfaction and feelings of reassurance
  - ▶ Improved patient outcomes
- ▶ Reasons nurses do not provide adequate labor support
  - ▶ Seen as an exception instead of routine care
  - ▶ Nurse's beliefs toward childbirth

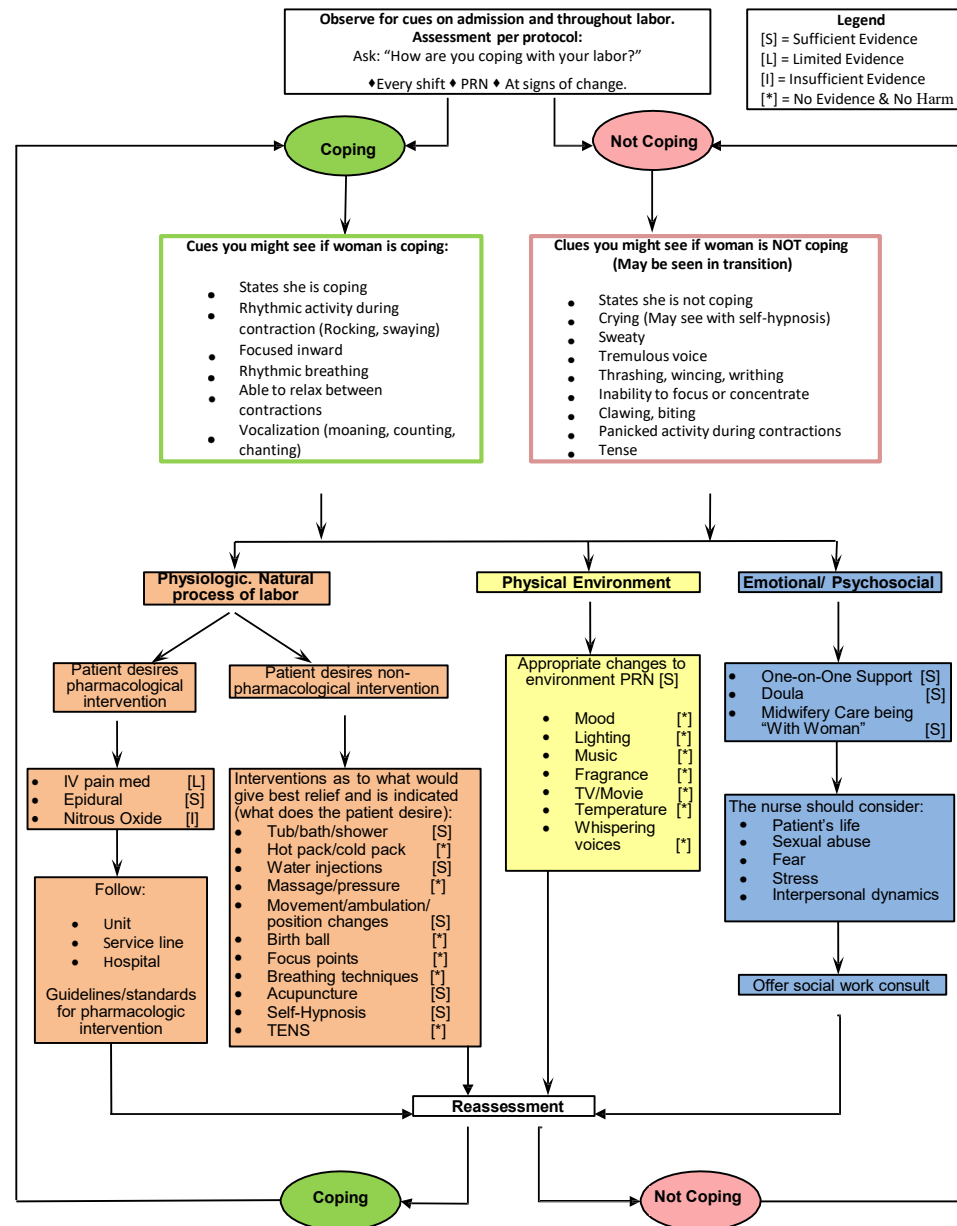
# Coping with Labor Toolkit

- ▶ Created to provide education and assist intrapartum (IP) nurses in implementing the Coping with Labor Algorithm into practice
- ▶ Provides participants with
  - ▶ An overview for labor support
  - ▶ Information on how to apply the Coping with Labor Algorithm
  - ▶ Education about labor support interventions to support laboring women
  - ▶ Outlines unit-specific policies in place for labor support interventions

# Coping with Labor Toolkit: Labor Support Overview

- ▶ Defines the following:
  - ▶ Labor support
    - ▶ Physical support
    - ▶ Emotional support
- ▶ Provides a literature synthesis of evidence-based research articles that confirms the benefits of
  - ▶ Providing continuous labor support to all laboring women
  - ▶ Labor support being provided by IP nurses

# Coping with Labor Algorithm v2 ©



# Coping with Labor Algorithm: Physiologic Pathway

## Pharmacologic Interventions

- ▶ Epidural
- ▶ Intravenous pain medications
  - ▶ Stadol
  - ▶ Fentanyl



# Coping with Labor Algorithm: Physiologic Pathway

## Non-pharmacologic Interventions

- ▶ Hydrotherapy
- ▶ Hot/Cold Packs
- ▶ Massage/Acupressure
- ▶ Movement/Position Changes
- ▶ Birthing Balls
- ▶ Peanut Balls
- ▶ Focus Points
- ▶ Breathing Techniques

# Coping with Labor Algorithm: Physical Environment Pathway

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## Changes made to:

- ▶ Mood & Lighting
- ▶ Noise
- ▶ Music
- ▶ Fragrance
- ▶ Distraction
- ▶ Temperature

# Coping with Labor Algorithm: Emotional/Psychosocial Pathway

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- ▶ Provide support:
  - ▶ One-on-one support
  - ▶ Doula support
- ▶ Consider the woman's past history and current stressors
- ▶ Social work consult as needed

# Project Results

- ▶ IP Nurse's Beliefs Related to Birth Practice Scale (IPNBBPS) developed by Adams and Saul (2014):
  - ▶ Used to measure the birth beliefs of the IP nurse related to birth practice
  - ▶ Results indicated that the IP nurses had positive beliefs about birth prior to implementation



# Project Results

- ▶ Labor Support Scale (LSS) created by Sleutel (2002):
  - ▶ The frequency subscale of the LSS was used to assess changes in the perceived frequency of labor support interventions provided by IP nurses
  - ▶ 57.1% of the variables were found to significantly change between pre- and post-survey samples
  - ▶ Positive findings that did not change between the pre- and post-survey samples

# Conclusion

- ▶ Coping with Labor Toolkit
  - ▶ Guided labor support
  - ▶ Increased the frequency and type of labor support interventions provided
  - ▶ Placed emphasis on providing continuous labor support
  - ▶ Could positively impact the nurses' beliefs
  - ▶ Could lead to improved patient outcomes and patient satisfaction

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