

## **Provider Information**

### **CB-PM PAIN MANAGEMENT**

**OUTCOME:** The patient will be aware of the modalities and techniques that are available for pain management during labor and delivery, and after delivery.

#### **STANDARDS:**

1. Explain the current understanding of the cause of “labor pains.”
2. Review and compare the benefits and risks of “natural” labor (incorporating the use of touch, relaxation, focusing and breathing techniques) with narcotic analgesia during labor, or an epidural, as applicable. Explain that breathing and relaxation techniques may be useful as adjuncts to medications.
3. Explain that it is not always possible to completely relieve pain during labor.
4. Discuss epidural vs. general anesthesia for C-section.

#### **Highlights of Pain Management:**

- Discuss with the expectant mother the non-pharmacologic pain relief methods for labor

#### **Managing labor pain**

All women worry about how they will cope with the pain of labor and delivery. Pain during childbirth is different for everyone. No one can predict how you will feel. The amount of pain a woman feels during labor depends partly on the size and position of her baby, the size of her pelvis, her emotions, the strength of the contractions, and her outlook.

You can experience childbirth using natural methods of pain relief alone. Building a positive outlook on childbirth and managing fear may also help some women cope with the pain. It is important to realize that labor pain is not like pain due to illness or injury. Labor is caused by contractions of the uterus that are pushing your baby down and out of the birth canal. In other words, labor pain has a purpose.

#### **Try the following to help you feel positive about childbirth:**

- Take a childbirth class. Call the doctor, midwife, hospital, or birthing center for class information.
- Get information from your doctor, midwife or nurse. Write down your questions and talk about them at your regular visits.
- Share your fears and emotions with friends, family, and your partner.

### **Natural methods of pain relief**

Many natural methods help women to relax and make pain more manageable. Things women do to ease the pain include:

- Trying breathing and relaxation techniques
- Taking warm showers or baths
- Getting massages
- Using heat and cold, such as heat on lower back and cold washcloth on forehead
- Having the supportive care of a loved one, your partner or nurse
- Finding comfortable positions while in labor (stand, crouch, sit, walk, etc.)
- Using a labor ball
- Listening to music

You can try all of these during your labor.

Click here for a Patient Education Handout for the mother on the [Pain Management during labor](#)

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