



@ vbachypnobirthing



**PAIN
MANAGEMENT
DURING
LABOUR**

WHAT IS PAIN?



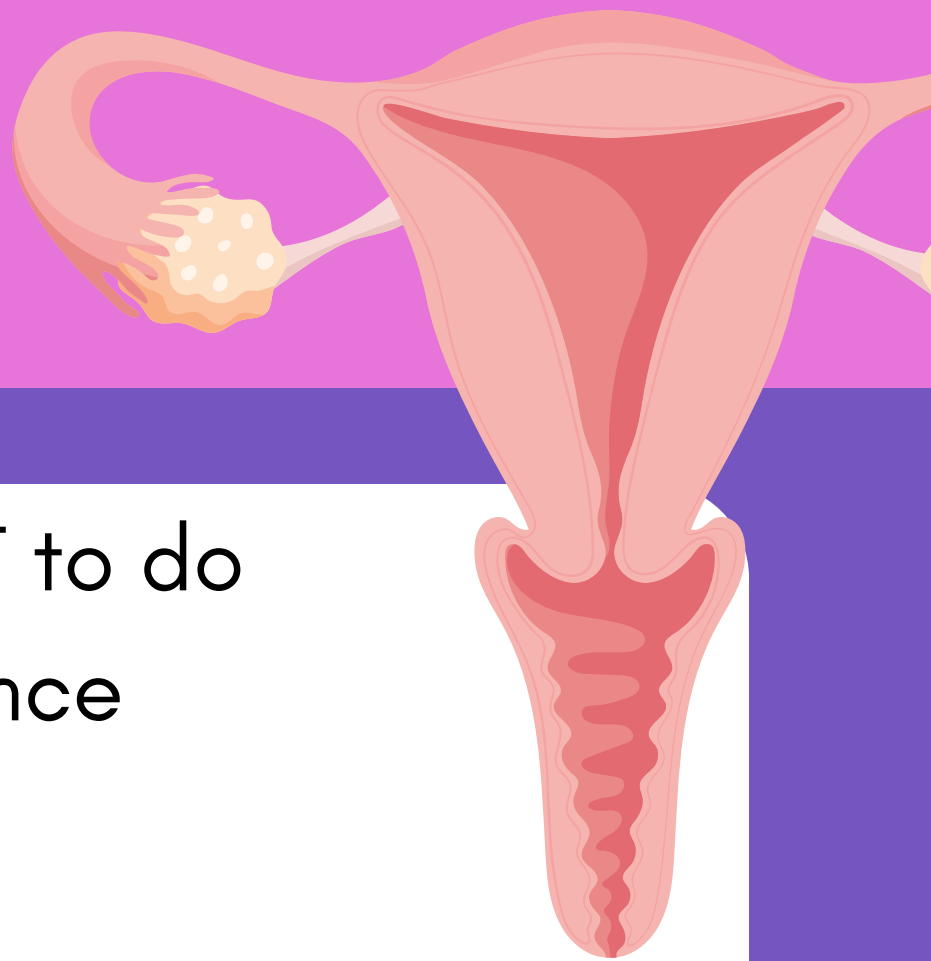
“Labor pain is one of the most severe pains which has ever evaluated and its fear is one of the reasons women wouldn’t go for natural delivery.” (Beigi, N., et al. 2020)

My TOP TIP is to understand the birth process first to help you manage pain.

So what is pain during labour...



THE UTERUS



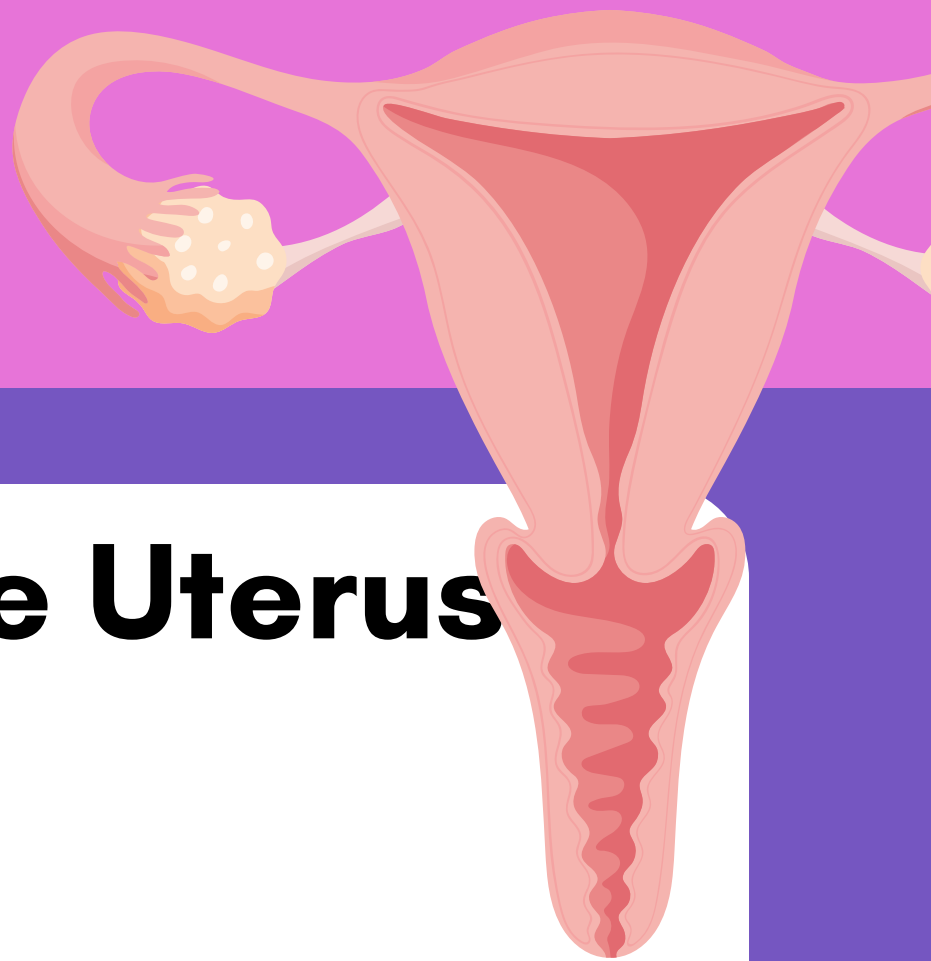
Your uterus has A LOT to do with how you experience contractions.

The uterus has layers of involuntary muscles. Muscles need oxygen to do the job...comfortably!

If you panic, these muscles won't receive the oxygen they need and will make your contractions feel painful

You may then enter **the fear tension pain cycle!!**

THE UTERUS



How to help the Uterus

BREATHE!

Remaining Calm

No Fear

Feeling safe

Feeling Supported

Working WITH our hormones

Our environment.

Changing the language around

“pain” using comfort measures

instead.

And of course.....

...USING HYPNOBIRTHING TECHNIQUES

There are tools such as breathing techniques, meditation, massage, etc which can prevent adrenaline and ensure that oxytocin (the love hormone needed for labour) is flowing!

But this is now what this guide is about. Lets take a look at ALL the other options.



PLANNING

Some people may think it's best to 'wing' it, but I totally disagree.

Yes, only considering one option could be 'risky' but you can plan for multiple outcomes....

- Do a course if you can (hopefully mine...)
- Learn as much as possible
- Plan for most eventualities
- Learn about pain management and your options
- Benefits and Risks

Let's start with natural comfort measures.



ENDORPHINES



NATURAL METHODS

Natures Pain relief, said to be 200x's more effective than morphine.

Think about when you are doing some physical exercise or work and it starts to feel good that is a release of endorphines.

These are released at a different rate between person to person.

They build up over time so those who have a quicker labour may not feel the benefits.



WATER



NATURAL METHODS

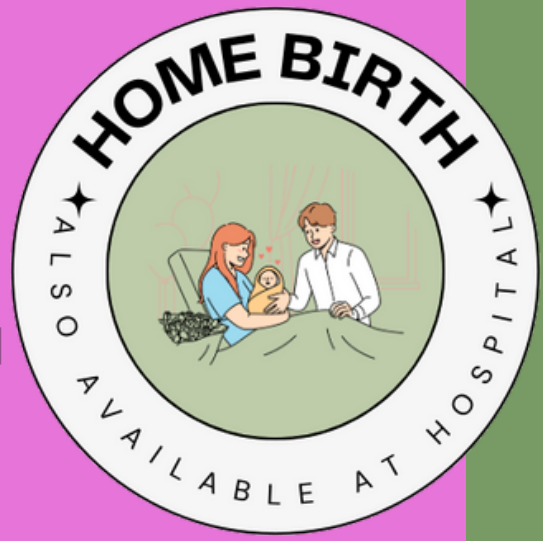
A study carried out in 2012 demonstrates the advantages of labor in water in terms of reduction in 2nd and 3rd stage of labor, reduction in pain and obstetric intervention such as induction or amniotomy.

(Mollamahmutoğlu, L. et al. 2012)

- Most of us find water relaxing which helps our mind set.
- Increases blood flow which means more oxygen is being carried to the uterus.
- Drinking water! Sounds obvious but birth is a physical activity – fuel your body
- Labouring in water may reduce the number of women having an epidural.



WATER



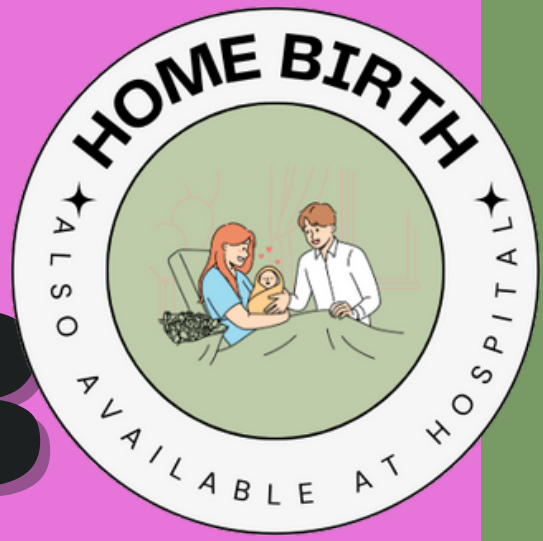
NATURAL METHODS

Some things to consider...

- Some hospitals may not have the facility.
- Some hospitals might have limited numbers of birth pools, but other options such as showers or baths should be available.
- If you are high risk you may be told 'you can't' ...but make sure you ask why!
- Some people don't enjoy it when they get in.
- You might not want to be in the pool the whole time.

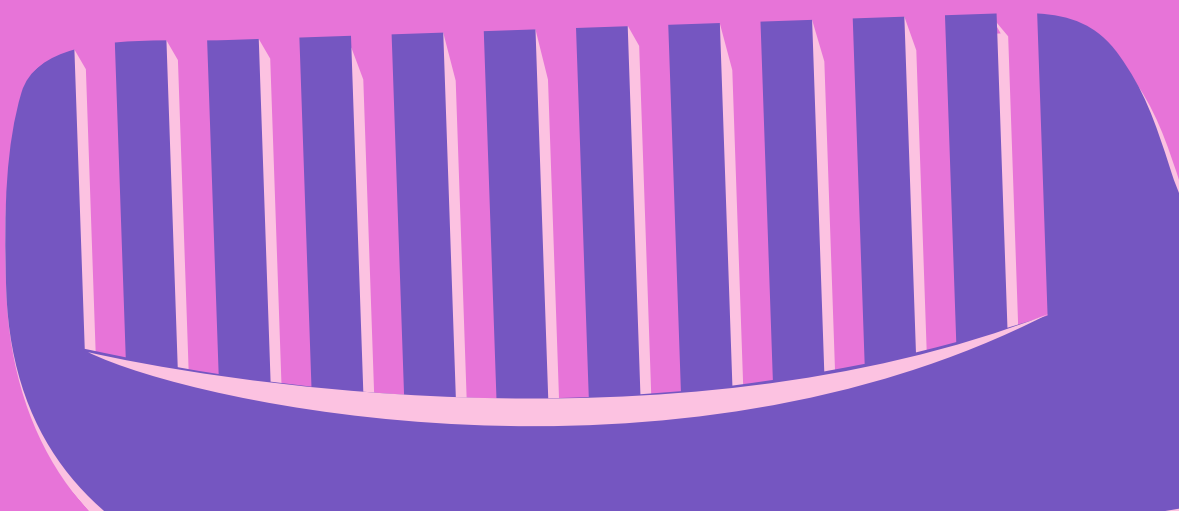


A COMB

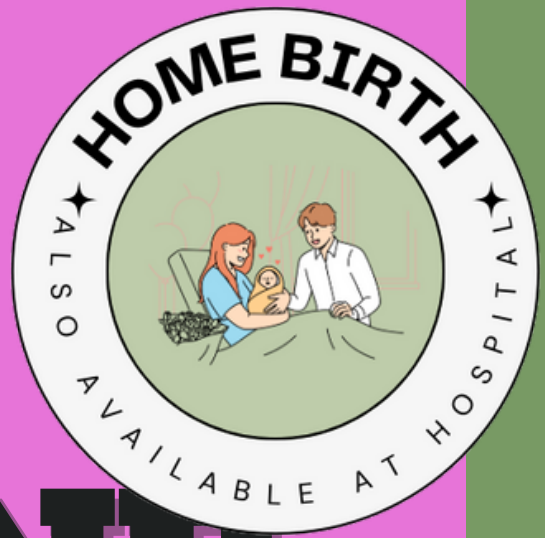


NATURAL METHODS

- The comb acts as a distraction technique. Sending signals to your brain to focus pain elsewhere.
- For more info check out gate control theory
- The comb also activates pressure points in your hand. (Check out Accuputures)
- These points release hormones such as endorphins which are your bodies natural pain relief
- Use any comb from home and face the teeth inwards.
- Grip as you start to feel the contraction coming.



TENS MACHINE



NATURAL METHODS

TRANSUTANEOUS ELECTRICAL NERVE STIMULATION

- Mild form of pain relief
- Machine uses small sticky pads called electrodes
- Battery operated device
- Pads attached to your skin. Sends impulses to specific areas of your body
- These impulses can reduce pain signals going to the spinal cord and brain
- Again, this may stimulate the production of endorphins and activate the 'gateway' theory





GAS AND AIR

Nitrous oxide can be used during all stages of labour, even after the birth. Like for example, if you're having a perineal tear repaired.

You can stop and start it and it can be used alongside other drugs

Works within a minute and it is not invasive and doesn't affect your ability to move

MEDICALISED METHODS

Cochrane Review found that nitrous oxide is better than placebo or no treatment at lessening pain, but it does have some side effects as nausea, vomiting, and dizziness.

You also have to continue holding onto the tube or mask which some people may find frigging annoying!

Read More

<https://evidencebasedbirth.com/nitrous-oxide-during-labor/>

PETHIDINE

Pethidine is an opioid used in the UK (other versions used in the US)

All opioids cross the placenta and can cause side effects in the fetus, or newborn.

However, it depends on the dose, and how it's given, to determine how long it lasts, and how long it takes the drug to leave your body, and your baby's body.



MEDICALISED METHUEN

Pethidine is usually given in early labour before 6 / 7cm dilated This is to stop labour slowing at transition and to prevent complications with baby's breathing and feeding

It takes about 20 minutes to work and one injection of Pethidine can last between two and four hours. It will help you to relax, and some women find that this lessens the pain.

It is given via an injection and some people say it makes them feel sick or spaced out!

Read More

<https://www.britishjournalofmidwifery.com/content/clinical-practice/pain-in-labour-and-the-intrapartum-use-of-intramuscular-opioids-how-effective-are-they/>

EPIDURAL

This is when a catheter is placed in your lower back in an area right beneath where the spinal cord ends.

Drugs given through that small plastic tube or catheter can help with pain during labour. More drugs or stronger drugs can also be given through that tube if you end up needing a cesarean, forceps or vacuum delivery.



MEDICALISED METHODS

An epidural can cause some loss of feeling and numbness in the lower part of your body, but the person who's in labour remains fully awake and alert.

An epidural takes about 10 minutes to set up and takes about 10 to 15 minutes to start working. It doesn't always work well at first and sometimes your medications may need to be adjusted so that you get the pain relief during labor you're looking for.

PROS

- Effective form of pain relief
- Safe for baby as it doesn't pass through to baby like pethadine does
- if somebody is really tired or exhausted from labor, epidurals can help them rest and relax, and get some much needed sleep if they've been having a long labor.
- If you are stressed, it will calm you down which is better for the baby

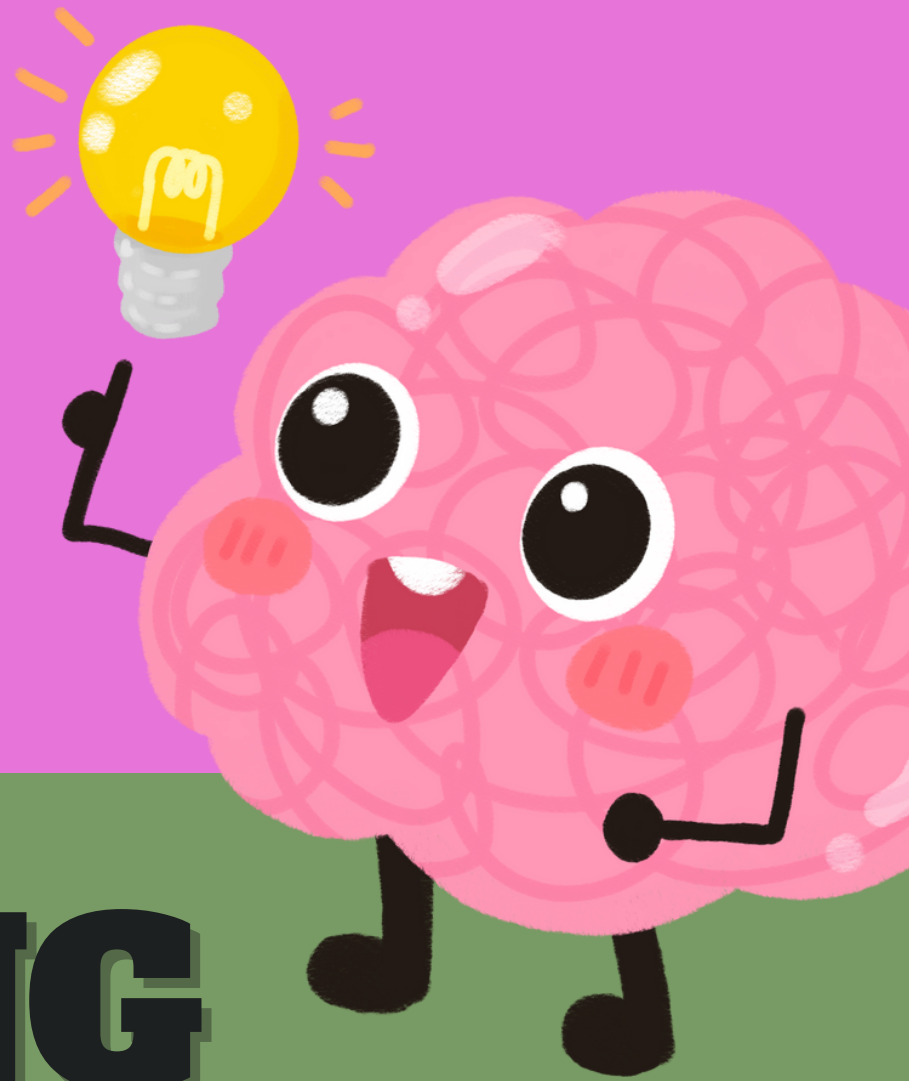
CONS

- Studies have found You're much more likely to need a forceps or vacuum delivery to help the baby come out at the end of the pushing phase. This type of delivery is more likely to cause severe tears in your perineal area.
- You're more likely to experience low blood pressure which may affect baby and result in assisted delivery
- Numb feeling. cant use legs - doesnt happen to everyone
- Likely to slow down your labour.

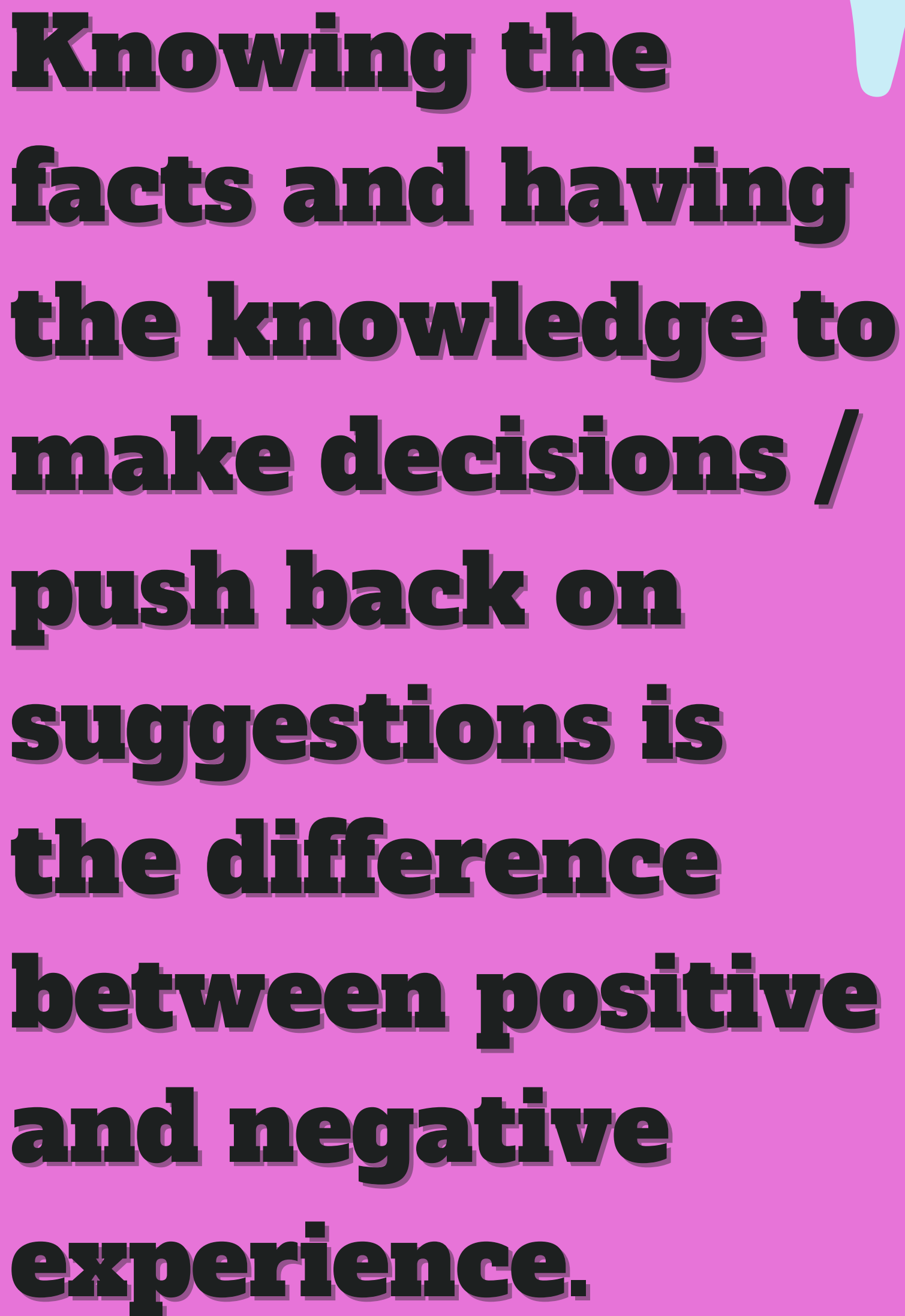
We are all different

What I feel is a risk, you dont. For example, I would NEVER jump out of a plan but some people love that!

So do research and use your BRAIN



MAKING DECISIONS



Knowing the facts and having the knowledge to make decisions / push back on suggestions is the difference between positive and negative experience.

Some of the studies further resources.

Beigi, N. M., Broumandfar, K., Bahadoran, P., & Abedi, H. A. (2010). Women's experience of pain during childbirth. *Iranian journal of nursing and midwifery research*, 15(2), 77-82.

Mollamahmutoğlu, L., Moraloğlu, O., Ozyer, S., Su, F. A., Karayalçın, R., Hançerlioğlu, N., Uzunlar, O., & Dilmen, U. (2012). The effects of immersion in water on labor, birth and newborn and comparison with epidural analgesia and conventional vaginal delivery. *Journal of the Turkish German Gynecological Association*, 13(1), 45-49. <https://doi.org/10.5152/jtgga.2012.03>

Some good places to look for more information.

<https://sudburymidwives.com/wp-content/uploads/2015/05/Pain-relief-in-Labour.pdf>

<https://www.aims.org.uk/information/item/managing-your-labour>

<https://evidence.nihr.ac.uk/alert/better-pain-relief-for-women-in-labour/>

Podcasts

<https://podcasts.apple.com/gb/podcast/get-ready-to-birth-like-a-badass-with-the-birth-uprising/id1664948059?i=1000618076451>

VBAC HYPNOBIRTHING

