

Peanut Ball Implementation

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BACKGROUND

- L&D at LVHN only had two birthing balls prior to ordering the peanut ball.
- Patients can't use the birthing ball once they have gotten an epidural. Nurses could use pillows or blankets to keep pelvis open.
- A staff nurse saw a presentation about the use of the Peanut Ball in labor at the Magnet conference. She shared it with management and the decision was made to explore the use of the Peanut Ball in labor as a nurse residency project.
- The purpose of the Peanut Ball is to promote comfort in labor and enhance the progress of labor.

PICO QUESTION

- PICO Question: Are labor and delivery nurses who are properly educated on the use of the peanut ball more likely to implement this intervention with laboring patients.

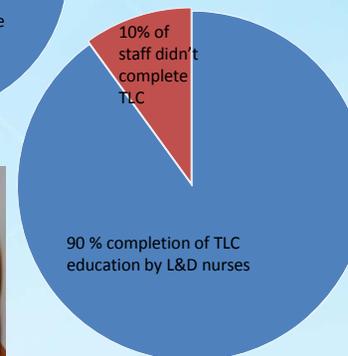
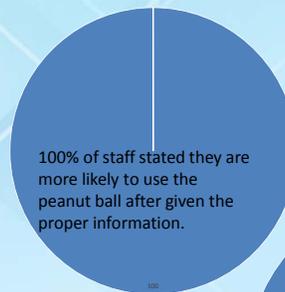
EVIDENCE

- Culture change: promotes teamwork and communication processes. Nursing for Women's Health noted that working towards a unit wide goal promoted a sense of teamwork and accountability on the unit (Implementing the Mother-Baby Model of Nursing Care Using Models and Quality Improvement Tools, 2015, p. 493).
- Patients who utilized the peanut ball felt they maintained self-control during labor and used breathing exercises, exercises on the ball, massage, baths and vertical positions to control pain (Miquelutti 2013).
- Promoting a unit wide change requires intensive research, planning and preparation (Nursing for Women's Health, p. 493.)

Methods

- A pre-questionnaire survey was sent out to all LVH-CC L&D RNs to examine current knowledge of the new intervention that was going to be introduced.
- Education on how to use and maintain peanut balls was then provided through the network's online in-service education system (TLC).
- A post-questionnaire survey was sent out to all LVH-CC L&D RNs to examine if after given multiple education tools the RNs were more likely to use the intervention.

RESULTS



CONCLUSIONS

- There was a unit wide support for the peanut ball implementation including both nurses and physician.
- Nurses stated the peanut ball positioning posters were helpful and suggested posters to be hung in each room, which resulted in increase use.
- LVH-CC L&D RNs expressed excitement regarding implementing the peanut ball intervention after education
- Positive response to educational tools, however, nurses provided feedback for recommendations to include extra hands-on education and to include physicians and anesthesia in patient education regarding the peanut ball.

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