Hydrotherapy To Decrease Pain During Labor.

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- In laboring women with a low-risk singleton, term pregnancy, does the use of hydrotherapy versus not using hydrotherapy decrease pain?

- Hydrotherapy:
  - Significantly lowered pain and anxiety levels. (Abo-Romia, El-Adham, Fouad, 2014)
  - Increased coping and relaxation; reduced tension and anxiety levels. No statistically significant changes in pain. (Stark, 2013)
  - Lowered Pain scores at 4 and 7 centimeters dilation, increased feelings of control during labor. (Lee, Liu, Lu, Gau, 2012)
  - Significantly reduced pain after 15 and 60 minutes. (Benfield, Herman, Katz, Wilson, Davis, 2001)

- The Maternal Care Pathway, initiated in January 2017, supports labor and childbirth as a natural process rather than a medical diagnosis.

- Currently, the policy Whirlpool Hydrotherapy – Obstetrics (Lehigh Valley Health Network, 2014) is in place for hydrotherapy use. However, due to lack of patient education and decreased opportunity, use of hydrotherapy has declined, opting for medical interventions as primary pain control options.

- Through unit management, education was given to all nursing and medical staff working on the unit regarding aspects of the Maternal Care Pathway, including hydrotherapy use.

- Data Collection sheet was placed around unit for staff to fill out regarding patient use of hydrotherapy. The data collection included: pain scale rating before and during hydrotherapy session, type of hydrotherapy used, amount of time used, if epidural was received and dilation at time of epidural.

- Hydrotherapy should only be used for patients with low-risk patients. Due to a mainly high-risk patient population, a small sample size was obtained.

- Study could be beneficial to a mainly low-risk patient population. Pain reduction clearly found in patients studied.

References

- Lee, Shu-Ling; Liu, Chieh-Yu; Lu, Yu-Yin; Gau, Meei-Ling. Efficacy of Warm Showers on Labor Pain and Birth Experiences During the First Labor Stage. JOGNN. 2012

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