

Labor –It’s Not a Spectator Sport!

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Background

- Introduction of Maternal Care Pathway and promotion of the Baby Bundle by LVHN.
 - The Maternal Care Pathway ensures one will get appropriate and consistent care throughout the LVPG practices which will help promote safe delivery
 - The Baby Bundle is a book/app that provides parents with resources on what to expect with pregnancy, delivery, and caring for a newborn.
- Nurses often notice that the support person is not involved in the labor process.
- Oftentimes the support persons mention that they do not know how to help.

PICO Question

- **P:** Labor & Delivery RNs
- **I:** Educational flyer with RN teaching targeted for labor support person
- **C:** Current practice of no teaching for support person during labor
- **O:** RN’s perception of labor support person’s involvement in comfort measures

From the perspective of the labor RN, is an educational flyer in conjunction with RN teaching an effective tool to increase involvement of the labor support person in comfort measures during the laboring process?

Evidence

- Women with a knowledgeable support partner feel more capable of their ability to cope with labor²
- Women who receive continuous labor support are more likely have a spontaneous vaginal delivery (without vacuum or forceps or cesarean delivery)¹
- With continuous labor support, women are less likely to use pain medications, more likely to be satisfied with their labor experience, and more likely to have shorter labors¹
- Continuous labor support from an experienced person who is not part of the woman’s social network is most beneficial, but support from a chosen family member or friend appears to increase women’s satisfaction with their childbearing experience (as compared to having no companion during labor)¹

Results

- Ten surveys were completed by L&D RNs.
 - 7/10 RNs somewhat or strongly agreed that the use of the flyer increased the involvement of the labor support person in care.
 - 9/10 RNs somewhat or strongly agreed that the flyer was an effective educational tool for the RN in terms of ease of use.
 - 7/10 RNs somewhat or strongly agreed that they would continue utilizing the flyer as an educational resource for future laboring patients and families.

Conclusion

Through the use of an educational flyer distributed in each L&D room, we found that the overall consensus out of 10 L&D RNs surveyed agreed that the flyer increased involvement in care, was an effective educational tool, and would continued to be used for future laboring patients.

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