

## Integrative Therapy in Laboring Patients

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# Integrative Therapy in Laboring Patients

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## BACKGROUND

- Using different interventions that have no side effects on mom or baby
- Using interventions that are not invasive to decrease pain
- Getting the mother to a relaxed and calm state without the use of pharmacological therapy
- Low cost due to reusable resources

## PICO

P- laboring patients

I- integrative therapy (hydrotherapy and warm showers)

C- pharmacological interventions

O- pain management with no maternal or fetal side effects

## EVIDENCE

- Warm showers appear to allow laboring mothers to increase relaxation and have a decrease in discomfort over the time of the shower
- No fetal, neonatal, or maternal harm from hydrotherapy seen
- Hydrotherapy promotes normal physiologic labor
- Pain relief and relief of acute anxiety with hydrotherapy
- Mothers rated their pain lower over the course of the warm showers and hydrotherapy
- Improved labor experience
- Similar rates in receiving an epidural when using warm showers

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## OUTCOMES

- Population
  - 9 out of 13 patients used warm showers
  - 3 out of 13 patients used the tub room
  - 1 out of 13 patients used pharmacological therapy
- Pain Ratings
  - Warm showers: 7 out of 9 patients rated their pain a 4/10 or below
  - Tub room: 3 out of 3 patients rated their pain a 4/10 or below
  - Pharmacological therapy: 0 out of 1 patients rated their pain a 4/10 or below
- Side effects
  - Warm showers: increased fall precautions needed
  - Tub room: None
  - Pharmacological methods: Decreased variability in fetal heart rate; mother reported feeling nauseous, lightheaded and drowsy
- Vital signs:
  - Warm Showers: mom and baby both remain stable throughout therapy
  - Tub room: Mom and baby both remained stable throughout therapy
  - Pharmacological methods: baby's heart lost variability and a few late decelerations occurred; mom's vitals remained stable

## IMPLEMENTATION

- Pre-epidural, low-risk laboring mothers with a reactive fetal strip
- Asking the mother to rate her pain on a scale of 0-10 before, during, and after warm showers or hydrotherapy
- 20 minute warm showers or tub immersion, patient picks position most comfortable for her
- Check vital signs and FHR as per policy

## NEXT STEPS

- Continuing educating patients on alternative options to pain management during labor
- Educate care team on alternative options for patients during labor

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