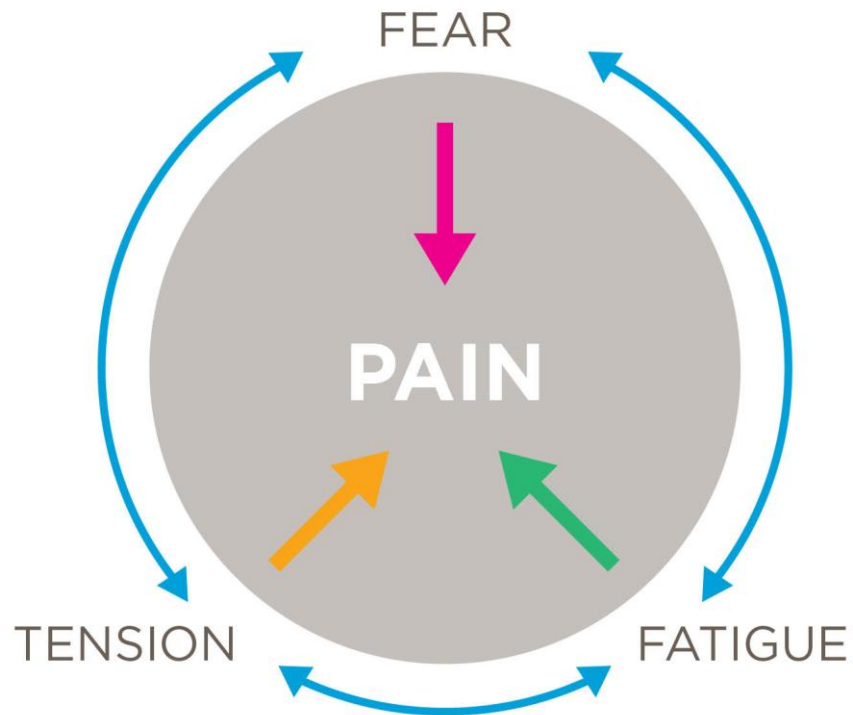
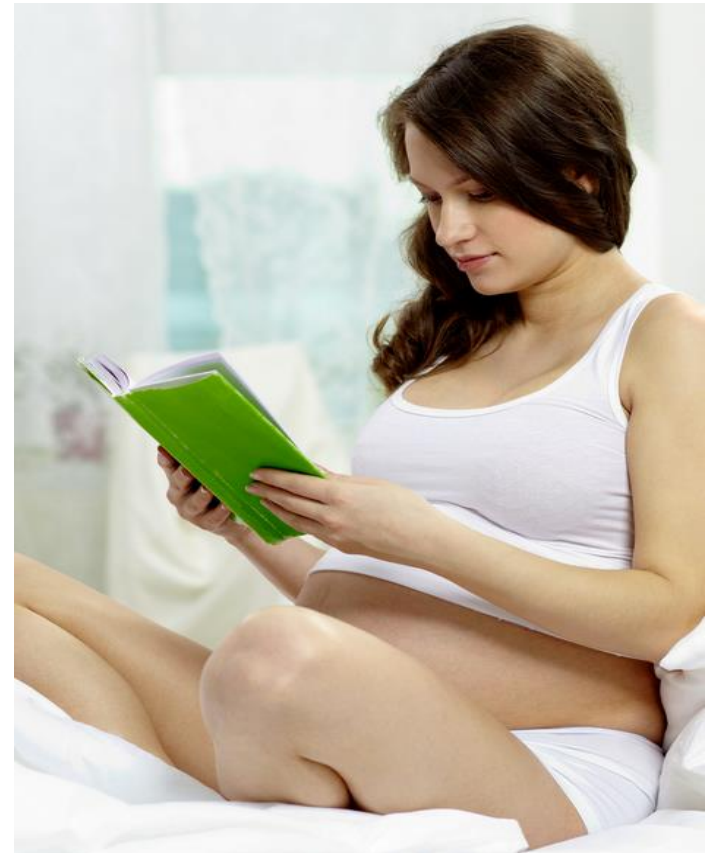


# **PAIN RELIEF IN LABOUR**



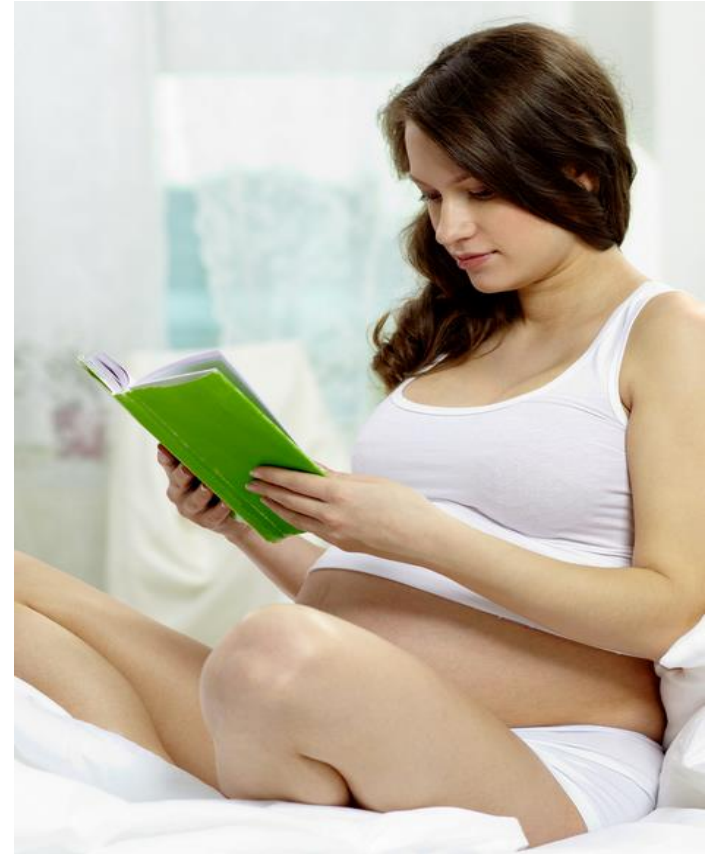
# RELAXATION

- **Conserve energy and reduce fatigue**
  - Relax muscles ↓ tension
- **Calm your mind and reduce stress**
  - Relaxed body → relaxed mind
- **Reduce pain**
  - Relaxation ↓ tension and fatigue
  - Allows more O<sub>2</sub> ↓ pain



# LEARN TO RELAX

- **Tense + release**
  - Muscles
  - Body
  - Mind
- **Say 'I CAN'**
  - Practice daily
  - Observe yourself
  - Touch massage
  - Breathing
  - Movement



# POSITIONS FOR THE FIRST STAGE OF LABOUR



Leaning on cushions



Kneeling and leaning



Straddling a chair



Kneeling on all fours



Lying on your side

# **ENTONOX GAS (LAUGHING GAS)**

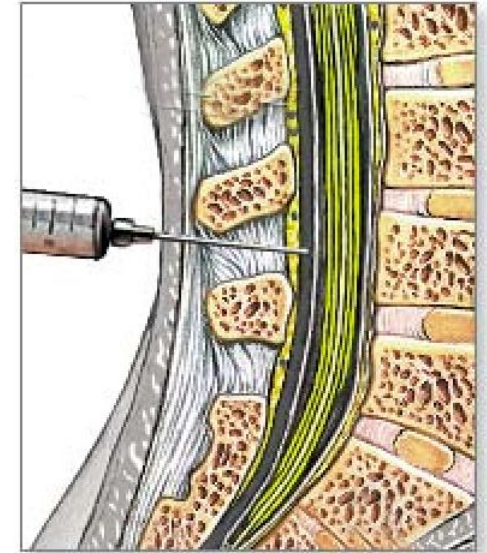
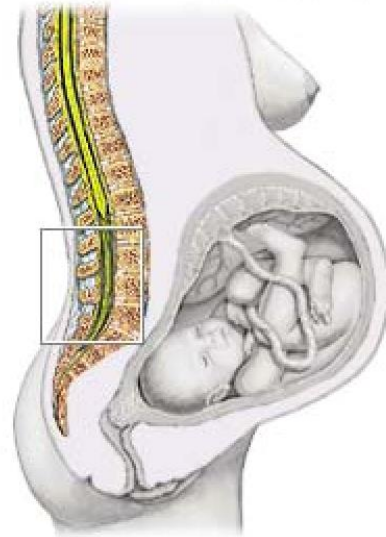
- Entonox for Labour Pain Management
- Possibility of over dosage is ruled out as the mask slips out of the patient's hand, when patient gets drowsy
- Entonox is a pre-mixed homogenous gas mixture of 50:50 Nitrous oxide and oxygen compressed in a cylinder
- Entonox is an ideal choice for obstetrics analgesia as labour pains during contractions are intermittent and entonox can be inhaled accordingly to synchronise the contractions and analgesic effect of the gas mixture. It is a well proven safe and effective analgesia for obstetrics use due to its ideal properties of rapid onset, short duration and rapid offset characteristics. Side effects are minimal and gets withdrawn once gas inhalation is stopped

# Pethidine-Strong Narcotic Given In Early Labour For Pain Relief

- If pethidine is given via an injection into the muscle, it usually takes around ten to twenty minutes to begin working. Pethidine's effects, when given by this method, last two to three hours
- Pethidine is usually given in early labour so that by the time the patient is fully dilated the effects of the pethidine is out of the patient's system
- Women report pethidine provides greater relief in early labour rather than in later labour (when the contractions are a lot stronger). The bigger the dose of pethidine, the more effective the pain relief. But the bigger the dose, the more side effects a woman and her baby may experience.
- Overall pethidine may reduce pain experienced during labour in some women. If a woman is tired, pethidine can provide sedation (and sometimes much needed sleep). Pethidine can act as a muscle relaxant which can in some cases result in faster dilation (opening) of the cervix.

# EPIDURAL PAIN RELIEF

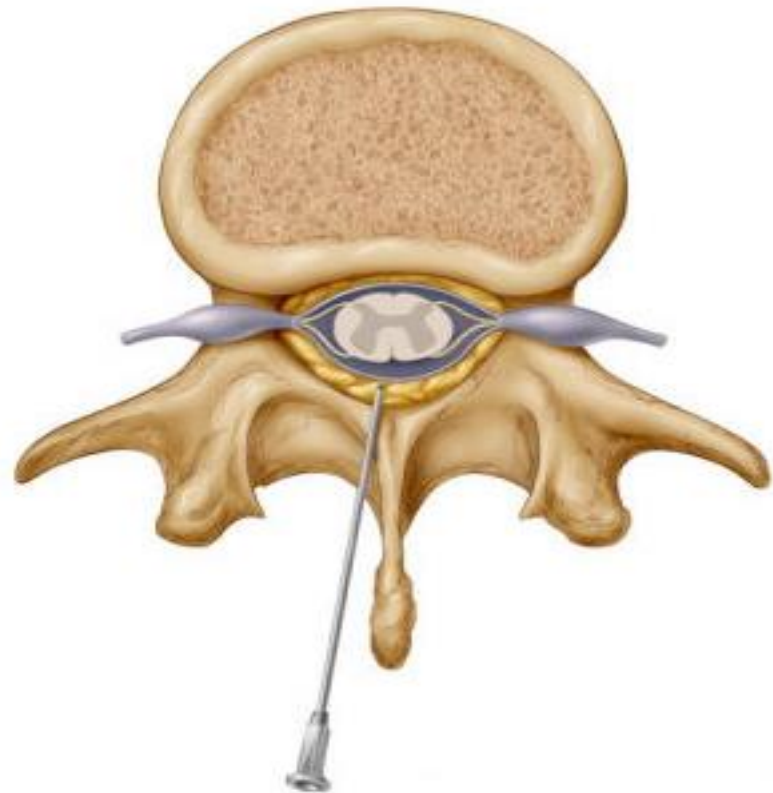
- The transmission of painful sensations is temporarily blocked as the nerves are bathed in the local anesthetic.





# EPIDURAL PAIN RELIEF

- An epidural is the injection of a local anaesthetic into the epidural space. This is the area where the nerves supplying sensation to the uterus are located.



# SPINAL INJECTION





# **SIDE EFFECTS OF AN EPIDURAL**

- Hypotension
- Uncontrollable shivering
- Itching of the face, neck and throat
- Post partum headache
- Bleeding
- Epidural only working in one area (patchy block)
- Infection