

# Press release onclinical q: is educating first time laboring women on non-pharmac...

[Health & Medicine](#), [Nursing](#)



Press Release Press Release First time laboring mothers aged between 19 and 44 years usually develop fear about their delivery. Some of them even suggest the use of analgesic in their early months of pregnancy. Education on pain relieving methods during antenatal clinics is critical in ensuring that the most suitable way of relieving pain is chosen.

Non-pharmacologic method of pain reduction is meant to prevent suffering. A woman in labor may experience suffering without pain which mainly involves psychological elements such as distress or loss of control (Klossner 2006). This method of pain relief involves a number of procedures that not only aims at reducing the physical pain, but also seeks to give care to the spiritual and psycho-emotional part of a suffering woman.

Most labor pains in the United States are relieved using analgesic. Regional analgesic is the commonly used method that flexes loss of pain on the area that is affected. This is achieved by blocking the afferent transfer of pain using a local anesthetic agent (Ballantyne, Fishman & Rathmell, 2010). There are two types of regional analgesic methods which are Spinal and epidural analgesic. Spinal analgesic involves an injection on the intrathecal space and it can last for several hours. Epidural on the other hand constitutes continuous injections of local anesthetic that is focused at the epidural space.

Most non-pharmacological methods are usually associated with maternal satisfaction hence appearing to be safer for the baby and the mother than the analgesic (Sundin & Murdoch, 2007). Almost all of these methods a woman in labor may be assisted by a relative to perform them making it

friendly. The methods are usually very simple and relaxing removing fears from the mind of the woman in labor and give more assurance of a natural and simple delivery.

#### References

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