Comfort Measures
Story

Domenic

Anna
Understanding Labour Pain

- ↓ blood supply to the uterus
- Stretching of the cervix and lower uterus.
- Pressure and pulling on pelvic structures.
- Distension of vagina and perineum during the second stage of labour.
- Prolonged use of the uterine muscle from contractions.
The Importance of Labour Pain

- Purposeful
- Anticipated
- Intermittent
- Normal
Pain vs. Suffering

**Pain** is an unpleasant physical sensation.

**Suffering** is the emotional reaction to that physical sensation which may lead to trauma.
Gate Control Theory

“The balance between painful and non-painful stimuli that reach your consciousness determines your perception of pain and it’s severity”. (Simkin).
Your Labour Support Team

Support during labour may help you:

- Cope better with labour pain.
- Use pain medications less often.
- Need less medical interventions.
- Have a shorter labour.
- See labour and birth as a positive experience.
Labour support bag

- Camera
- Tennis ball
- Lip balm
- Thermal bag
- Swim suit
- Snacks
- Magazine
- Gel packs
- Cash
- Rolling pin
- Massage lotion
- Hard candy
Relaxation, Touch & Massage

Massage may help you:
- ↓ muscle tension.
- ↓ pain
- ↓ stress
Position Changes
Birthing Ball
Hydrotherapy

May help to:
- ↑ relaxation
- ↓ muscle tension.
- ↓ pain
- ↓ stress
Relieving Back Labour
Other suggestions
Alternative therapies

Sterile Water Injections
(Sterile Water Block)

TENS
(Transcutaneous Electrical Nerve Stimulation)
Self-help Strategies

- Focusing attention
- Vocalization
- Imagery and visualization
- Positive affirmations
- Personal coping skills
- Aromatherapy
Breathe slowly and rhythmically in through the nose and out through the mouth.
Inhale and exhale lightly through your mouth, making a sound on exhalation.
Variable breathing

- Shallow breathing for two to four breaths and then, after one inhalation, exhale slowly allowing your body to go limp.
Pushing
Event Training Schedule

- Establish a timetable
- Vary your training
- Prepare your mind for the race
- Pace yourself
- Take care of yourself
- Have your stuff ready
- Enjoy yourself
Informed choice

- Do what makes you feel comfortable during labour.
- Ask questions to help you make informed choices.
- Consider writing out your birth preferences to share with your health care provider.
- Consider using a code word to signal you want pain medication.
Additional Resources

- Health care provider
- Public health unit
- Community health centre
- Local hospital or birth centre
- Certified Doula
- The Society of Obstetricians and Gynaecologists - [www.sogc.org]