Theory of Human Becoming: Nurses Supporting Laboring Women
Objectives

• Participants will be able to identify 2 ways to support women in labor
• Participants will demonstrate increased awareness of the barriers to low medical intervention in a low risk birth
• Participants will examine the AWHONN position statement: Nursing Support of Laboring Women
• https://youtu.be/NcHdF1eHhgc
Approaches to Limit Intervention During Labor and Birth
Informed Refusal

• The responsibility of the medical provider
• Supports the principle of autonomy
• Patient understands what she is consenting to, and the persons and procedure to take place are detailed
• Physician/APRN must explain and ensure understanding of the procedure, the benefits and risks, why they believes it is necessary, alternatives and the consequences of refusal
• A valid consent is not obtained through fraud, force or undue influence
Do birth plans make a difference?

• Women who are more confident going into birth have better birth experiences
• Birth experiences have a significant influence on a mother's self-esteem and how she views her baby
• A sense of control is important to women in labor
• Birth plans significantly increase birth experience satisfaction
• Recommended for a woman to bring a birth plan or create one upon admission to the hospital using a standard template
The Nurse’s Role in labor

- Assessment and management of the physiologic and psychological processes of labor
- Facilitation of normal physiologic processes, such as the women’s desire for movement in labor
- Provision of physical comfort measures, emotional and informational support and advocacy
- Evaluation of fetal well-being during labor
- Instruction regarding the labor process
- Role modeling to facilitate family participation during labor and birth
- Direct collaboration with other members of the health care team to coordinate patient care
SYMBOL OF HUMAN BECOMING THEORY

Black and white = opposite paradox
significant to ontology of human becoming
and green is hope

Center joined = co created mutual human
universe process at the ontological level &
nurse-person process

Green and black swirls intertwining =
human-universe co creation as an ongoing
process of becoming
Co-creating New Realities

- Meaning
- Rhythmicity
- Transcendence
Nursing Support of Women in Labor

- Shorter labor
- Decreased use of analgesia/anesthesia
- Decreased operative vaginal births or cesarean births
- Decreased need for oxytocin/uterotonics
- Increased likelihood of breastfeeding
- Increased satisfaction with the childbirth experience
Suspending Judgement

Inflatable pool: $200
Birth photographer: $700
Doula: $500
Eating your own placenta: Priceless!

Yes, we do make bets on when your doula will leave, your birth plan will go out the window, and you'll beg for an epidural. Happy Nurses Week!

your ecards
someecards.com
Peanut Balls

• Shortens first stage of labor in primiparous women
• Reduce the length of labor by 90 min during the first stage of labor and 22 min during the second stage of labor (with epidural)
• Improves patient satisfaction
• Reduced Cesarean rates by 13% in one study
• Inexpensive
• Adjustable
Size matters

- 70 cm
  - for sitting not side-lying
- 60 cm
  - Tall or plus sized women
- 50 cm
  - Average sized women
- 40 cm
  - Petite or short legs
Seven Essential Peanut Ball Positions

- Side Lying
- Tuck Position
- Semi-sitting Lunge
- Fire Hydrant
- Forward Leaning
- Straddling
- Pushing

- Increases pelvic outlet compared to stirrup
- Less risk of nerve injury than with stirrup
Hypnosis for Birth

- Altered state of consciousness
- Aware of surroundings
- Used for pain management in other specialties
- Used by nurses every day
Hypno-tips for nurses

- Create and maintain comfortable environment
- Adopt hypno-language (pressure wave=contraction)
- Protect mother during pressure wave from interruptions or questions
- Team up with birth partner and/or doula
Advice for administrators

• Staff one nurse for every laboring mother
• Write policies that reflect the AWHONN EFM guidelines for intermittent monitoring
• Promote the use of birth plans
• Provide labor tools such as peanut balls
• Create a supportive environment for doulas to feel welcome at the bedside
• Provide education for nurses on labor support techniques
• Send nurses to conferences such as AWHONN to keep up on best practices
• Encourage nurses to develop complimentary skills such as therapeutic touch or massage by providing or reimbursing for classes
Co-creating a birth experience

- Safe
- Comfortable
- Mutually satisfying
- Transcending
References


Website Resources

• www.perinatalempowerment.com
• www.premierbirthtools.com
• www.spinningbabies.com
• www.hypnobabies.com
• http://www.babycentre.co.uk/a1038554/aromatherapy-in-pregnancy
• http://www.therapeutictouchontario.org/index.php/therapeutic-touch/what-is-therapeutic-touch
• http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Approaches-to-Limit-Intervention-During-Labor-and-Birth