

The Labor Process

Objectives

- Describe the process of labor and birth
- Understand labor pain and the benefits of labor pain

Outline

I. The Labor Process

- A. Signs of Labor
- B. Due Dates
- C. Water Breaking -COAT
- D. Dilation
- E. Effacement
- F. Station
- G. Anterior Position
- H. Posterior Position
- I. Stages of Labor
- J. Length of Labor (4 P's)

II. Labor Pain

A. Physical Causes:

1. Hypoxia
2. Lactic Acid
3. Pressure
4. Stretching and Tearing
5. Muscle Spasm
6. Fatigue
7. Inadequate Nutrition
8. Poor Body Mechanics
9. Ignoring the Body's Signals

B. Difference Between Pain and Suffering

1. Pain
2. Suffering
3. Coping

C. Benefits of Labor Pain

1. Prepares fetal lungs to breathe
2. Guides mother to optimal positioning
3. Maintains proper labor tempo

D. Understanding Pain

1. Purpose
2. Anticipate
3. Intermittent
4. Normal
5. Pain-Fear-Tension Cycle
6. Birth Energy Effects Pain
7. Tune-in to Body and Trust Process

Notes:
