

Pain-free delivery is one of the most exciting and rewarding moments in medicine

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UNIRI

Pain terrifying lord of life/22nd October 2018

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Aims

- describe pain during labor
- show the most common techniques for analgesia during labor and delivery
- discuss about advantages and disadvantages of pain-free labor and delivery

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Pain during labor and delivery

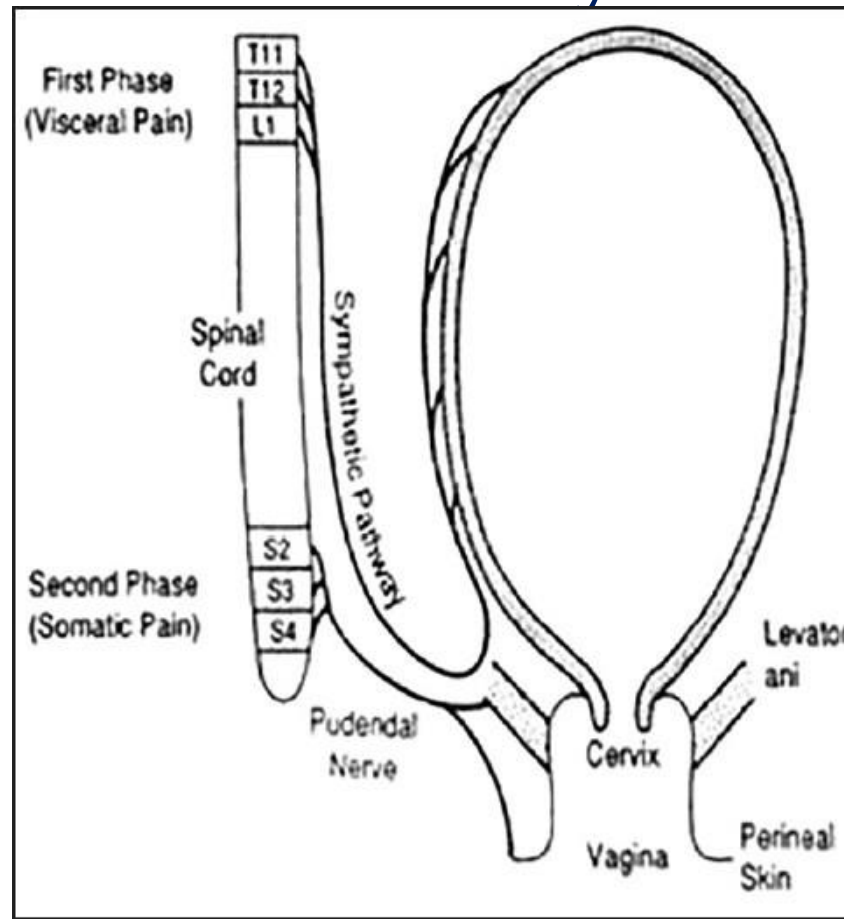
- acute pain
- described as strong or unbearable



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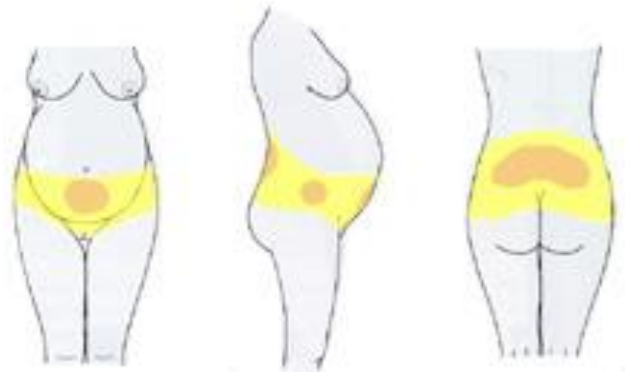
Pathways of pain during labor and delivery



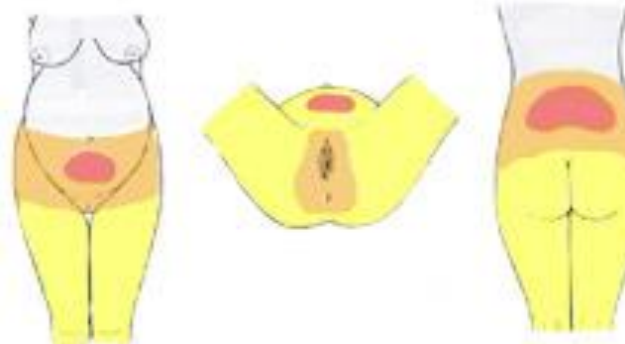
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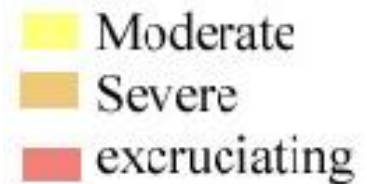
first stage of labor



late first stage second stage of labor



late second stage of labor delivery



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Experience of pain

- **individual**
- **complex**
- **depends of many factors – age, culture, previous experiences etc.**

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Description of pain during labor and delivery













- intensity
- localisation
- duration
- frequency

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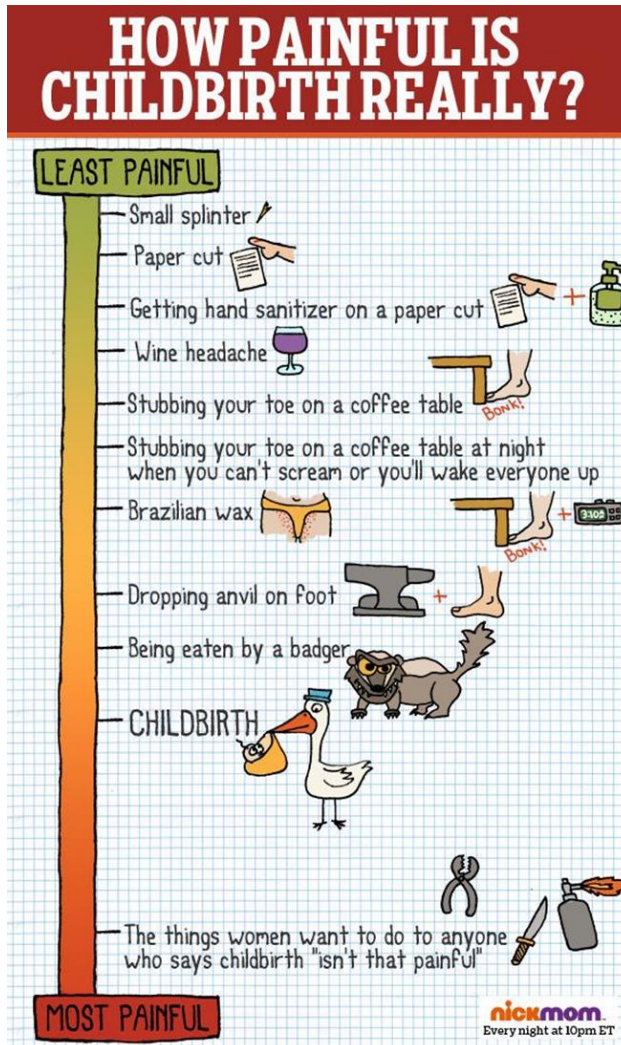
Intensity of pain

COMPARATIVE PAIN SCALE CHART (Pain Assessment Tool)

											
0 Pain Free	1 Very Mild	2 Discomforting	3 Tolerable	4 Distressing	5 Very Distressing	6 Intense	7 Very Intense	8 Utterly Horrible	9 Excruciating Unbearable	10 Unimaginable Unspeakable	
No Pain	Minor Pain			Moderate Pain			Severe Pain				
Feeling perfectly normal	Nagging, annoying, but doesn't interfere with most daily living activities. Patient able to adapt to pain psychologically and with medication or devices such as cushions.			Interferes significantly with daily living activities. Requires lifestyle changes but patient remains independent. Patient unable to adapt pain.			Disabling; unable to perform daily living activities. Unable to engage in normal activities. Patient is disabled and unable to function independently.				

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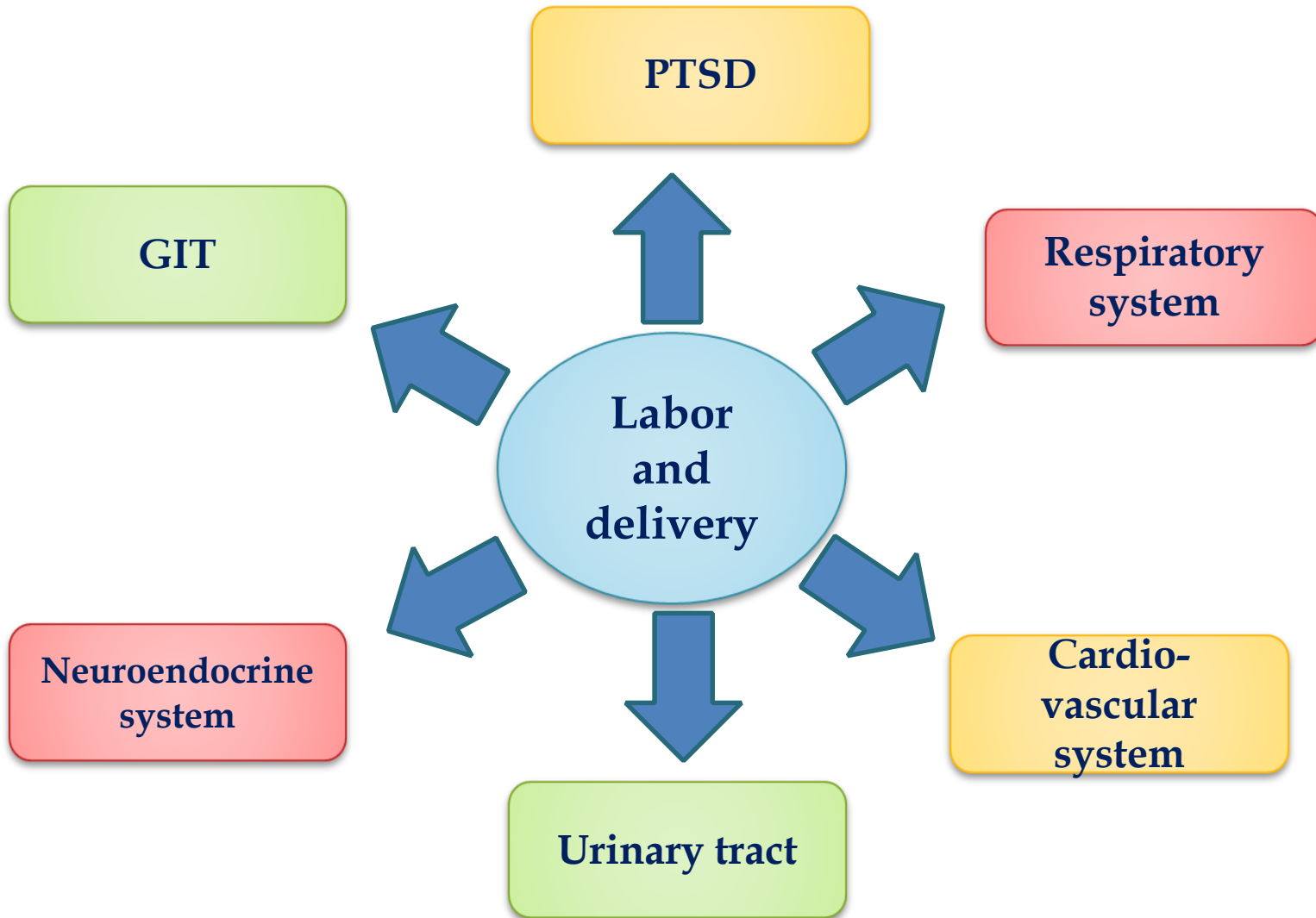


Should labor and delivery be painless?

- **Contraversy!**
- **“Labor and delivery is natural process”**
- **Woman should (not) suffer!!**
- **Influence of analgesia to mother**
- **Influence of analgesia to baby**
- **Influence of analgesia to labor and delivery**

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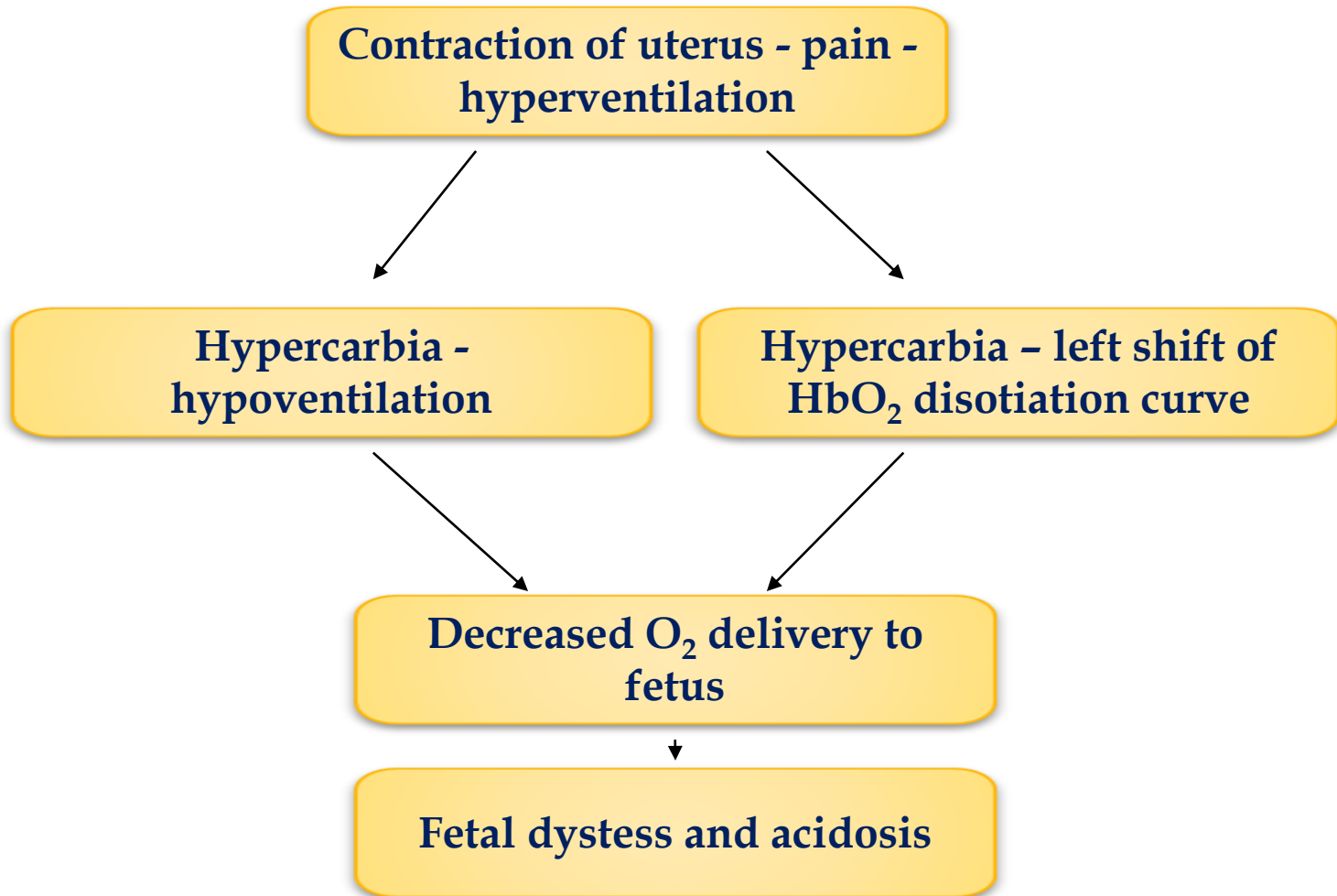


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Influence of pain



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Aims of analgesia during pain and delivery

- **diminish pain intensity**
- **active participation of mother during pain and delivery**
- **save**

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Methods of analgesia during labor and delivery

- nonpharmacological
- pharmacological
- regional analgesia

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Nonpharmacological methods of analgesia

- **Breathing exercises**
- **Physiological approach**
- **Water birth**
- **Acupuncture**
- **TENS**



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Acupuncture

- once a week
- 4 week
before due
day



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Pharmacological methods

- analgesic – meperidin (25-100 mg, <1-4 h before delivery)
- inhalational analgesia – NO₂

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Remiphentanil - PCA

- PCA - Patient controlled analgesia - *lock out* 3 min
- short-action opioid
- duration of action 6 min



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Regional analgesia

- Paracervical block
- Pudendal block
- **Neuroaxial analgesia**

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Neuroaxial analgesia

- gold standard
- EPA
- SAB
- CSE



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Neuroaxial analgesia

- **Advantages:**
- **Mininal effect to mother and child**
- **Titration and control of application**

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Neuroaxial analgesia

- **Disadvantages:**
- **equipment**
- **stuff**
- **educations**
- **complications**

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Indications for neuroaxial analgesia

- **Desire of women – most often**
- **Obstetrics indications - spasticity of cervix, long labor, possibility for Caesarian section**
- **Other indications – comorbidities**

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Contraindications for neuroaxial analgesia

- **Absolute:**
- **patient refusal**
- **lack of adequate equipment**
- **lack of expertise or supervisory staff**
- **severe coagulopathy**
- **infection at the site of puncture**

- **Relative:**
- **neurologic disease**
- **fixed cardiac output**
- **infection remote for the site of puncture**

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Epidural analgesia

- **boluses**
- **contunous**
- **walking**

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Walking analgesia



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Conclusion

- **Different techniques of analgesia for labor and delivery should be available 24/h**
- **Individual approach**
- **Save**

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Questions?



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